

## 7-Day Devotional: Rediscover Your Hope

**Theme Scripture:** *"This I recall to my mind, therefore I have hope. Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness. 'The Lord is my portion,' says my soul, 'Therefore I hope in Him!'"* (Lamentations 3:21–24, NKJV)

### Day 1: The Slow Leak of Hope

**Scripture:** *"Hope deferred makes the heart sick, but when the desire comes, it is a tree of life."* (Proverbs 13:12)

**Devotional Thought:**

Let's start with a question: *How is hope lost?* It doesn't disappear overnight. It's like a slow leak in a tire—disappointment, unmet expectations, and life's struggles chip away at it until you're running on empty.

Jeremiah knew this feeling. In Lamentations 3, he's sitting in the rubble of Jerusalem, wrestling with despair. But instead of staying stuck, he makes a decision: *"This I recall to my mind, therefore I have hope."*

Today, take inventory of your hope. What's been draining it? What disappointments have you been carrying? Acknowledge them, but don't stop there. Decide to recall God's faithfulness.

**Reflection Question:**

What's one area of your life where you've been running on empty? How can you start recalling God's faithfulness in that area?

**Prayer:**

Lord, help me to identify the areas where I've lost hope. Teach me to recall Your faithfulness and trust in Your promises. Amen.

### Day 2: Responding to the Recall

**Scripture:** *"Bless the Lord, O my soul, and forget not all His benefits."* (Psalm 103:2)

**Devotional Thought:**

When a product is recalled, it's not about punishment—it's about protection. The manufacturer identifies a defect and offers to fix it so the product can function as it was designed to.

Spiritually, God is calling us to a recall. He's saying, *"There's something in your thinking that's defective. You've been focusing on the wrong things, and it's causing you to lose hope."*

Responding to the recall means intentionally remembering who God is and what He's done. It's about shifting your focus from your problems to His promises.

**Reflection Question:**

What's one promise of God that you need to recall today?

**Prayer:**

Lord, I respond to Your recall. Help me to shift my focus from my problems to Your promises. Restore my hope as I remember who You are. Amen.

**Day 3: The Power of a Reset**

**Scripture:** *"Do not remember the former things, nor consider the things of old. Behold, I will do a new thing."* (Isaiah 43:18-19)

**Devotional Thought:**

Sometimes, your phone starts acting up—apps glitch, the screen freezes, and nothing works. The only solution? A reset. It's not fun, but after the reset, the phone works like it's brand new.

God's mercies are like a daily reset for your soul. But here's the catch: you can't embrace today's mercies if you're still holding onto yesterday's mess. Let go of the past and trust God to do something new.

**Reflection Question:**

What's one thing from your past that you need to let go of so you can embrace God's new mercies?

**Prayer:**

Lord, I release the weight of my past. Reset my heart and mind so I can fully embrace the new mercies You have for me today. Amen.

**Day 4: Rooted in Relationship**

**Scripture:** *"The Lord is my portion," says my soul, "Therefore I hope in Him!"* (Lamentations 3:24)

**Devotional Thought:**

Jeremiah says, *"The Lord is my portion."* In other words, God is enough. But let's be real: in today's culture, we've put our hope in everything *but* God—our jobs, relationships, bank accounts, and even ourselves.

When your hope is rooted in your relationship with God, it's unshakable. Why? Because God doesn't change. He's the same yesterday, today, and forever.

**Reflection Question:**

Where have you been placing your hope? How can you root your hope in your relationship with God?

**Prayer:**

Lord, I declare that You are my portion. Teach me to root my hope in You and not in the temporary things of this world. Amen.

**Day 5: Hope in Motion**

**Scripture:** *"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."* (Isaiah 40:31)

**Devotional Thought:**

Hope isn't passive—it's active. It's not just sitting around, waiting for things to get better. It's taking steps of faith, trusting that God is working behind the scenes.

Think about it: when you truly have hope, it moves you to action. It gives you the strength to keep going, even when life gets hard. So, stop going through the *hope motions* and start putting your hope in motion.

**Reflection Question:**

What's one step of faith you can take today to put your hope in motion?

**Prayer:**

Lord, give me the strength to put my hope in motion. Help me to take steps of faith, trusting that You are working all things together for my good. Amen.

**Day 6: The Slow Fade of Distraction**

**Scripture:** *"I will remember the works of the Lord; surely I will remember Your wonders of old."* (Psalm 77:11)

**Devotional Thought:**

Distraction is one of the biggest enemies of hope. We get so caught up in what's wrong that we forget what's right. We scroll through bad news, compare our lives to others, and let negativity take over our minds.

Jeremiah shows us a better way: *"This I recall to my mind, therefore I have hope."* He chooses to focus on God's faithfulness instead of his circumstances.

**Reflection Question:**

What distractions have been stealing your focus? How can you intentionally recall God's faithfulness today?

**Prayer:**

Lord, help me to silence the distractions and focus on Your faithfulness. Teach me to recall Your goodness and let it fuel my hope. Amen.

**Day 7: Where Is Your Expectation?**

**Scripture:** *"Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."* (Romans 15:13)

**Devotional Thought:**

Let's end with this question: *Where is your expectation?* If we're honest, many of us have placed our hope in the wrong things. We've been going through the *hope motions*—saying the right things but not really believing them.

But here's the good news: hope isn't lost. It's just misplaced. And today, you can rediscover it by placing your expectation in God. He is the God of hope, and when your hope is in Him, it's unshakable.

**Reflection Question:**

Where have you been placing your expectation? How can you shift your focus to the God of hope?

**Prayer:**

Lord, I place my expectation in You. Fill me with Your joy and peace, and help me to abound in hope by the power of Your Spirit. Amen.

**Final Challenge:**

This week, take time to reflect on what you've learned. Write down three ways God has been faithful in your life and use that as fuel to reignite your hope. Remember, hope isn't just wishful thinking—it's confident expectation in a faithful God. Let's move from *hope motions* to *hope in motion!*