

Hope week 3: Reading the Psalm's

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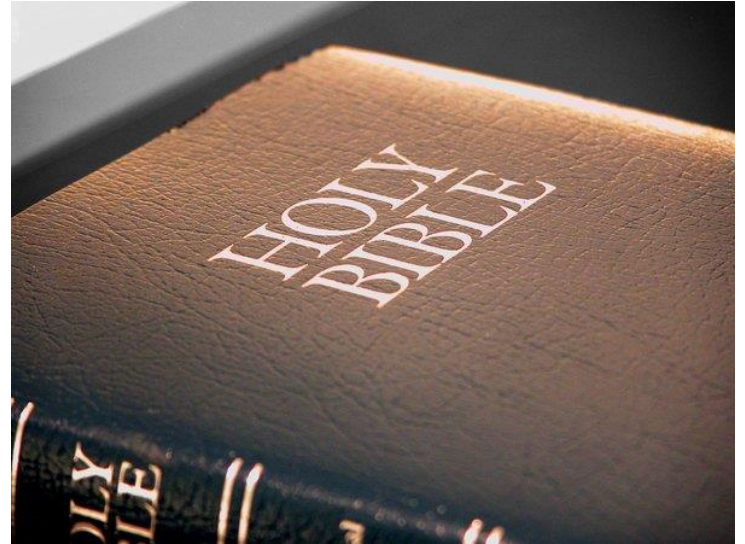
Finding Hope in the Bible

Today we will be reading three different passages from the book of Psalm:

Psalm 25:5

Psalm 42:5

Psalm 62:5





Psalm 25:5

“Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.”

→ **Self Care:**

- ◆ Reading the Bible
- ◆ Colouring
- ◆ Playing outside
- ◆ Singing
- ◆ Dancing
- ◆ Yoga

My eyes
ARE ALWAYS ON
The Lord

PSALM 25:15



Psalm 42:5

“Why, my soul, are you downcast?
Why so disturbed within me? Put
your hope in God, for I will yet praise
him, my Savior and my God.”

- Turn to God for Hope in the messiness
- Pray to God for the good and the bad
- Know that God can handle whatever you bring to Him in prayer





Psalm 62:5

“Yes, my soul, find rest in God; my hope comes from him.”

- Turning to God for rest
- Finding hope in God
- Taking a day for rest and relaxation



Truly my soul finds rest in God;
my salvation comes from him.

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Psalm 62:1

GOSPEL OF GOD 1



Finding Hope Each Day

Day 1 – Isaiah 40:30-31 – What will happen when I “hope in the Lord?”

Day 2 – Psalm 33:20-22 – What will I do if I truly hope in the Lord?

Day 3 – Psalm 147:10-11 – How does God react to my hope?

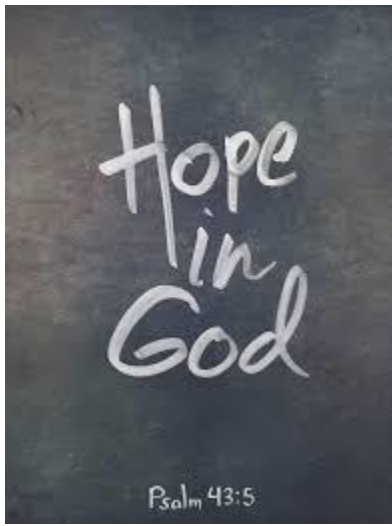
Day 4 – 2 Chronicles 7:14 – What should I do when there seems to be no hope?

Day 5 – 1 Peter 3:15-16 – How should I tell others about my hope?

Day 6 – Romans 15:13 – What must I do to “overflow” in hope?

Day 7 – 1 Corinthians 13:4-7 – How do hope and love work together?





Closing



May the GOD of HOPE
fill you
with
great JOY
& PEACE
as you TRUST in Him.
Roman 15:13

Send me your favourite passages of HOPE in the Bible.

What gives you HOPE each day?

