



28 DAYS  
of

HOPE



JUST CHOOSE HOPE





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ISBN: 979-8-218-42000-0

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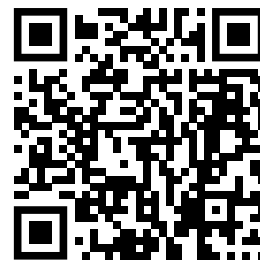
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Weekly Questions to lead Life Group discussions

# THE JOURNEY BEGINS

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint." Isaiah 40:31*

*Scan QR code for introductory video.*



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## 28 DAYS OF HOPE

As we begin this journey together, there is a sense of excitement about what God is going to do. If you have a desire to grow in your faith, strengthen your relationships, gain wisdom, cultivate new habits, experience more peace, and live daily with purpose and passion, then you are in the right place. Here is what you need to know to make the most of the next four weeks:

## WHAT CAN YOU EXPECT?

28 Days of Hope is sequential, as each day builds upon the previous day. Every day is significant and it is important to take this one day at a time. Incremental leads to monumental. The foundation determines the security and altitude of a building. The same is true about the content we will cover together. Let the Scripture dwell in you richly for a full day before moving forward to the next passage.

28 Days of Hope is transformative. This course is designed to change the trajectory of your life in both practical and profound ways. God wants to do a deeper work in our lives. You will not stay the same. The more teachable you are with God, the more you will grow. God's Word and the Holy Spirit powerfully work together to make us more like Jesus.

28 Days of Hope is restorative. God is a healer and close to the brokenhearted. Abiding with Jesus always bears fruit. Aligning with heaven brings hope. Turning away from sin leads to freedom. Cultivating powerful habits renews our minds and souls. Shalom is a holistic wellness and blessing from Jesus, who is the Prince of Peace.

*There are no limits to what God can do as we spend time in His presence.*

28 Days of Hope includes reliance. You will feel challenged and stretched as you grow. The Christian life is not a solo endeavor. We cannot save ourselves, and we are not self-sufficient. We need God and each other. It is wise to rely on God. Our weaknesses lead us to His greatness. God is more interested in our availability than our ability. These four weeks are primarily about God and what He will do in you, through you, and beyond you. God's goodness, love, and faithfulness will strengthen you daily. God offers us an indestructible and abundant hope daily.

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13*

# WHAT IS THE FORMAT?

Each of the four weeks has a different focus and theme. Personal time with God, small group discussion with friends and family, as well as the weekly sermon, will all work together in terms of inspiration and application. Take the plunge and intentionally grow in your faith over the next 28 days.

For each of the 28 days, there are daily written and video devotionals for you as you seek God. In addition to Scripture and prayer, there is a video that covers a hope story from the Bible. The written piece is connected to the video devotional to help you go deeper with God. I challenge you to invest in your relationship with God and take 28 minutes each day to meet with Him over the next 28 days. Yes, 28 minutes a day is my recommendation and challenge. It means you probably need to reduce the time you spend each day on screens. On average, we spend many hours a day watching devices and televisions. Cut down on your screen time daily so you can create time in your schedule. It is more about your priorities, because we always make time for what we value. You will not regret this new habit and rhythm. Find others who will do the same. God will encourage and empower you in transformative ways as you seek Him.

# WHY MORE HOPE?

We are designed to receive and give hope daily. It is easy to lose hope or misplace our hope. The God of hope wants to fill us with His presence and an overflowing hope. Hope inspires, motivates, and glorifies God. When we run low on hope, it affects our attitude, relationships, responses, dreams, energy, and countenance, and how we treat our neighbors locally and globally. Churches exist to be the most hope-filled places and communities in our cities. We cannot have hope-filled churches, though, without hope-filled homes. We can't have hope-filled homes without hope-filled hearts

*We cannot have hope-filled hearts unless we abide with Jesus, the source of hope.*

We are hungry for God and His hope in our souls. We see a deterioration spiritually and morally in our nation. We see churches that are trying to figure out how to be relevant and faithful. We know our families need God's help. It is time for healing in our land. We say, "No" to the status quo. We reject the narrative of hopelessness. Hope is available. Hope is relational. Hope is habitual. The hope of Jesus is indestructible.

*Choosing hope does not mean that we stuff or hide our pain.*

Choosing hope does not send the message that denial is good. Choosing hope does not minimize our suffering. Choosing hope does not lack compassion and understanding. Choosing hope is not forcing or manipulating. Choosing hope is not a trite saying or superficial. Choosing hope is not necessarily easy to do. Choosing hope might be a very different pattern for your family. Choosing hope might be met with opposition. Choosing hope does not mean that life will become easier, and everything will start to become just how you want it. Choosing hope is simply a good decision in every situation because God offers a hope that is both in the eye of the storm and greater than the challenges we face.

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# WHAT IS THE CORE MESSAGE OF HOPE?

*"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint." (Isaiah 40:31)*

Hope is a confident and joyful trust in someone or something. Hope is a choice. Your hope is only as strong as the one in whom you trust. How much you trust God is the greatest indicator of the amount of hope you have. God does not run out of hope. There is no shortage of hope in God's presence or kingdom. When we make room for God and give Him full access to our lives, hope overflows. You will be strengthened when you put your hope in God. God wants to fill His people with His infinite and indestructible hope. Eagles don't often flap their wings; they learn how to harness the power of the wind. Father God is good. Jesus is risen. The Holy Spirit is powerful.

It is time to spiritually soar!

**JUST  
CHOOSE**   
**HOPE**



# WEEK ONE

## HOPE GIFTS



*Hope increases when we know and celebrate who God is and what God has done.*

Trust is at the heart of your relationship with God. Your view, beliefs, and understanding of God shapes how much you trust God. Your walk with God will only be as deep as the level that you trust Him. You won't have more hope than the amount you trust God. Hope doesn't grow until trust grows. What is the basis of trust? God's revelation, character and track record lead us to trust Him.

*We need to know who God is, what He has done, and how much He loves us.*

God's gifts are linked to God's character. This week, we begin with both the gifts from God and the character of God because they are inseparable and the foundation of our lives. God has filled a treasure chest with hope gifts that have your name on it.

*Trust is more than just knowledge and information; it's a saturation in our souls.*

Trust is more than just doctrine; it's a daily decision. Trust is more than a feeling; it's a deep conviction. Let's grow in our trust because God is trustworthy. "In God we trust" is America's national motto, but we want the reality, not merely the words. The first seven days are designed to help us grow in realization and appreciation of our great God. Every day is significant and builds up the levels of hope in our mind, heart, and soul.

# Day 1

*God gives you grace because He is benevolent.  
Ephesians 2:8-9*

*Read Paul's Hope story in  
Acts 9:1-19 and scan QR  
code for accompanying  
video.*



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Hope is based on the goodness of God. His grace is evident both historically and personally. **Saving grace** means that Jesus died for our sins and rose from the grave. It is by grace, through faith in our Lord, that we are forgiven and have peace with God for eternity. **Sustaining grace** means that God will give us everything we need to be faithful. He gives us what we need for life and godliness, one day at a time. Each day has enough trouble, but His power is made perfect in our weaknesses. **Strengthening grace** means that God is committed to make us more like Jesus. The hope of God fuels us to press on to the goal and grow in our character, relationships, and service.

*Jesus came to give us an abundant hope.*

Grace and hope are like parallel train tracks that always travel side by side. They cannot be separated but highlight each other as an incredible duo that glorifies God. In the book of Genesis, the devil approached Adam and Eve to tempt them. His scheme was to undermine the goodness of God. If we think that we cannot trust God and His ways are not good, then we will try to move God out of the way and lead by ourselves. When you push your Creator away, you will try to find a substitute in creation. This is called idolatry. The truth is nothing created can take the place of our good God. The pathway to hopelessness includes pride, lies, transgression, guilt and shame. The good news is that the hope of God leads us to His grace which begets more of His hope.

*God's presence is our great treasure, and His hope and grace carry us there.*

If your view of God and His goodness has been tainted by the world and you are not confident in His character, hope begins to leak. Remember that God not only communicates but also demonstrates His grace and hope through the death and resurrection of Jesus, and also daily through the Holy Spirit. Taste and see that God is good. His grace is not merely a covering over us, it saturates our soul and is pervasive in all that we are and do. The apostle Paul rejoiced that God's grace is greater than our sin. God's hope is not merely studied academically, it is like a refreshing lake on a summer day to be enjoyed. This lake is full of His peace, promises, and faithfulness. God is good and His love endures forever.

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*Hope Point: We can be overflowing with grace and hope.*

**Notes & Takeaway:**

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How do you receive the grace of Jesus and how has His indestructible hope changed your life?

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How often do you extend grace to others freely, without expecting anything in return?

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How are you demonstrating God's grace as you disciple and reach others? Give some examples.

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Do your neighbors, co-workers, or acquaintances who don't know Jesus see you as someone overflowing with hope?

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**Additional Scripture Reading: Psalm 103**

**Prayer:** Father God, thank You for Your grace and loyal love. You have been so kind to me. Your goodness gives me hope in every situation. I live for Your glory and pray in Jesus' name, amen.

# Day 2

*God gives you security because He is faithful.  
Isaiah 41:10*

*Read Noah's Hope story  
in Genesis 6:9-22 and  
scan QR code for  
accompanying video.*



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Yesterday, we explored the truth that God's goodness is the basis for our hope. We are diving into God's character to unearth where we can truly find hope. Would you allow this part to sink deep into your soul?

The hope of God is an anchor for the soul. Our ultimate security is based on God's faithfulness, not our behavior and abilities. If you want to be insecure, then make life all about you and put yourself on the throne instead of God. Our feelings, performance, and attitude fluctuate continuously. Jesus is the same yesterday, today, and forever. Your hope will either be based on what you do and how well you do it, or it will be based on God's character and promises.

*Your house will either be built on sand or the rock.*

In the world, hope means "maybe". People say, "I hope something will happen." Biblical hope is not maybe, it means "yes". For example, our blessed hope is the return of Jesus. The second coming of Christ is not maybe, it is a certainty. How do we know that? Jesus promised this wonderful reality. God is a covenant keeper and fulfills all of His promises. Heseb is a Hebrew word for God's loyal love. God does not lie, waver, or stumble in keeping His word. Study the numerous prophecies that God has fulfilled. Facts lead to faith. Jesus was born of a virgin in Bethlehem, just as God declared hundreds of years earlier. If every prophecy was perfectly completed for His first coming, the same will be true with His second coming.

*Hope rises because you can be secure about God.*

You can be secure about His promises. Noah trusted the word of God, even when the culture rejected God on every level. You can be secure about salvation. You can be secure about Scripture, God's eternal truth. You can be secure about the character of Jesus. You can be secure that your sins are forgiven, and you are loved and accepted through Jesus. You can be secure that you are in God's family forever. You can be secure that you will spend eternity with God in heaven. You can be secure that you will receive a resurrected body that is imperishable. Your hope is secure because God is faithful.

Just Choose Hope

*Hope Point: We can be confident in God's faithfulness in the present and the future.*

**Notes & Takeaway:**

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How does God's faithfulness and hope make you secure?

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What is God's plan for your life, and do you trust it?

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What gets you most excited about being a follower of Jesus?

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Do you believe that everything will end in God's ultimate victory? How does this impact your daily hope?

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Additional Scripture Reading: Psalm 89

Prayer: Father God, Your faithfulness is like a rock in my life. You give me a security that no one else can. I am eternally grateful for You, and Your hope overflows in me. I pray in Your name Lord, amen.

# Day 3

*God gives you an identity because He is compassionate.  
John 1:12-14*

*Read Peter's Hope story  
in John 21:15-22 and  
scan QR code for  
accompanying video.*



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This week, we are building a foundation of God's hope and learning to receive from God's infinite supply. The more you receive, the more you will be overflowing with hope. God's provision for us includes a new identity. Knowing who God is leads to knowing who we are in the Lord.

Hope is secure when you know who God made you to be. Because God cares about you, He gives you an identity that is deeper than anything the world can offer. When you know that God is good and faithful, you will want to find your identity in Jesus. How God sees you is more important than how you view yourself. Let His perspective become your perspective. Hope flourishes when we believe God's report instead of what the culture tells us. God wants to give you His hope and protect you from classic identity traps.

A performance-based identity is a cruel rollercoaster ride. It whispers and declares that your worth and significance is based on what you do and how well you do it. This approach sounds appealing to people who are achievers and have had success or put their ultimate trust in their own abilities. Here is the trap. If your identity is performance-based, you will fluctuate between pride and shame, being inflated and deflated. I know because these were my patterns until I was a young adult in my twenties. I did not even realize I had a performance-based identity until my soccer career ended tragically. I was fighting for my life for a year, and it took ten years to fully recover. I learned at that painful point of my life that I cannot place my identity in anything I can lose. My childhood dream, job, career, passion, and health were all suddenly taken away, and I was wrestling with Who am I? I shifted and placed my hope and identity in God. I am one of God's children and nothing is deeper, more secure, or more hopeful. It is an identity that can never be stolen or lost.

God is compassionate. Everyone is loved by God, made in God's image, known by God, and pursued by God. Not everyone, however, has put their hope in Jesus. Security comes when you are in the body of Christ. Jesus has one family, and all are invited to have His secure hope for eternity. Decide to follow Jesus if you have never made that decision. If you are a follower of Jesus, He has come to set you free from performance traps and past failures. Peter denied Jesus three times, but Jesus restored him and raised him up to lead the movement. Our bad decisions do not define us. It is time to land your identity in His presence, promises, and provision. This is received, not achieved. You are who God says you are. Because of Jesus, you are in God's forever family.

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*Hope Point: We can be secure in our identity in Christ.*

**Notes & Takeaway:**

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How has God given you a hope-filled identity?

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How do you answer the question when people ask you, “What do you do?”

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When you talk to people about fulfilling your life’s goals, what do you tell them?

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In what ways do you value your identity in Christ more than your personal reputation?

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Additional Scripture Reading: John 9

Prayer: Thank You, God, that I am accepted and belong in Your family forever. Jesus, thank You for changing my life and destiny. My identity is in You. I am secure because no one can separate me from Your love and hope. I pray in Your holy name, amen.

# Day 4

*God gives you proximity because He is relational.  
James 4:8*

*Read the Samaritan woman  
at the well's Hope story in  
John 4:1-26 and scan QR  
code for accompanying video.*



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God not only gives us a secure identity, but He also wants to walk closely with us. We are in His family forever, and we can enjoy abiding with Him throughout the day. Let these realities recalibrate your view of yourself as you gain a Biblical perspective of God's hope and how He views you. God likes you and likes being close to you.

Hope is relational. Religion cannot satisfy your soul, but a relationship with God can. It is personal. There is one God, three Persons: Father, Son, and Holy Spirit. We worship, trust, and follow Father, Son, and Holy Spirit. We see perfect love and unity within the Trinity. The fullness of the Godhead leads to the fullness of our relationship with God. Father God sent His Son, the Savior of the world, who ascended to heaven after His resurrection. When you decide to follow Jesus, the Holy Spirit now resides in you as a seal and constant presence. God not only left heaven to rescue you but is in you and will never leave or forsake you.

*The hope of God is indestructible.*

These powerful truths remind us that God loves us, and He likes us too. He is thrilled to spend time with us. God values us even more than the land, sky, sea, stars, animals or anything else in the earth. We are His only creations that are made in His image. If you think God hates you, is ambivalent towards you or barely tolerates you, then you will forfeit hope. Maybe you had a parent that you could never please, or a parent who didn't enjoy you, or a parent who was cruel, or a parent who was absent. God is different. It is time to separate your experiences with your earthly parents from your relationship with your heavenly Father. God invites you to be near to Him because He wants to be near to you. God loves spending time with you and doing life together. Let that sink in and don't resist that. How does that make you feel?

The Westminster Catechism states that the chief end of mankind is to glorify God and enjoy Him forever. Because God enjoys us so much, it is good to enjoy Him too. Nearness to God is where you will find the most hope and joy. The Samaritan woman at the well was stunned that a Jewish rabbi and Messiah would draw near and have a conversation with her. Her thirsty soul received the living water of Jesus. There is no better place to be. It is always a good decision to return to God. Hope floods into our minds and hearts when we abide with Jesus. This relationship is 24-7, not merely one hour, day, or place during the week. When you compartmentalize faith, you compartmentalize hope. Abide and abound is God's will for you. If you abide with Jesus, you will bear much fruit.

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*Hope Point: We can experience continual closeness to Jesus during the week.*

**Notes & Takeaway:**

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How does God's presence and affection bring you daily hope?

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Do you experience the presence of Jesus at work or with your family together at home? Please give examples.

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Are there times, places or activities in your life where Jesus is not fully welcome? Do not write them down but think about this deeply.

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When you pray do you feel as if you are speaking directly to Jesus? Describe how He speaks to you.

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**Additional Scripture Reading: Psalm 84**

Prayer: God, I praise You today, and my deepest joy is being near You. Thank You for welcoming me and caring for me. My relationship with You is most important in my life, and I want to keep growing in my faith. I pray this in Jesus' name, amen.

# Day 5

*God gives you a calling because He is your Redeemer.  
2 Corinthians 5:20-21*

*Read Nicodemus' Hope  
story in John 3:1-21  
and scan QR code for  
accompanying video.*



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Nearness to God increases your sense of calling. Jesus invited the disciples first to Him, then to spend time together, then He sent them out with purpose. Jesus redeems, which means to purchase through His shed blood. This act of love demonstrates how valuable you are to God. Hope is costly. Hope is free for us, but it was not free for Jesus. Hope has a price that we can never pay. Only Jesus was sinless. Only Jesus was both God and human. Only Jesus could take our place on the cross. Only Jesus became sin for us. Only Jesus gives us His righteousness in a great exchange. Only Jesus overcame the grave and left the tomb. Only Jesus has victory over death. Only Jesus is our Redeemer. To redeem means to buy back. We were purchased with the precious blood of Jesus. Without the shedding of blood, there is no forgiveness of sins. God is holy. The wages of sin are separation from God for eternity. We were on our way to hell, but Jesus rescued us. The death and resurrection of Jesus is our only hope. This is the gospel, and this is why we will worship Jesus forever.

Hope is not dainty with merely a fancy ribbon. Hope is real, rugged, and knows how to walk through the valley of the shadow of death. Jesus saves. In Christ, the power of sin is broken as you have a way out in every temptation. The penalty of sin has been poured out on the Messiah. The presence of sin will be removed in heaven. Jesus has saved you from the worst imaginable eternity. Jesus has also saved you for a great purpose. The goal is not only that we will be in heaven but also that we will bring heaven to earth. God's unstoppable kingdom is growing every day. God has given you a calling that far exceeds anything we can plan or any job we can apply for in the marketplace.

*God's hope is your calling.*

The Bible says that when you start a relationship with Jesus, you are a minister, priest, and ambassador of Christ. Those roles are not something you earn after many years of writing papers and taking Bible tests. Your position and calling starts immediately when you follow Jesus. The priesthood of all believers is radical and Biblical. Imagine what would happen in churches across our country if everyone realized that they are already a minister and have a ministry where they live, work, learn, and play. Imagine what would happen if every day as an ambassador of Jesus you received and gave hope. Imagine what would happen if instead of just the church staff being the priests, we all loved people and led them to God. This is God's vision and calling on your life. Nicodemus was religious, but he wasn't born again. The first part of your call is to know God and the second part is to make Him known. You can try to rationalize, deny, or run from it like Jonah, but you cannot stop His calling. Jesus, our Redeemer, saves us both from and for a great hope and daily purpose. It is time to receive this truth and change the world.

*Hope Point: We have a calling to serve God in all places and at all times.*

**Notes & Takeaway:**

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How does Jesus help you to receive and give hope every day?

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Do you feel as if you are called to your profession? Please explain why or why not.

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Do you feel called to share your faith? How does this calling turn into action?

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What are the purposes God has for your unique experiences and relationships with people? Are you actively fulfilling those purposes?

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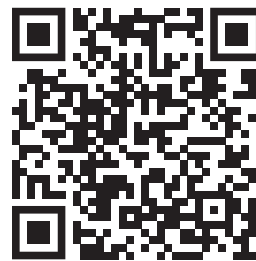
Additional Scripture Reading: Ephesians 1

Prayer: Father God, I praise You for rescuing and redeeming me. Your love has been demonstrated in such a powerful way. Your hope is eternal. I want everyone to taste and see how good You are. Help me to be faithful to all You have called me to do and say. I pray in the wonderful name of Jesus and for Your glory, amen.

# Day 6

*God gives you promises because He is Sovereign.  
Romans 8:38-39*

*Read Abraham and Sarah's  
Hope story in Genesis  
12:1-9 and scan QR code  
for accompanying video.*



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Hope is based on the reality of the promises of God. Why are promises essential? When our circumstances are brutal, we hold onto God's word. When you cannot see God's hand, trust His heart. We walk by faith and not by sight. For many people hope is fleeting because it revolves around situations that are constantly changing and are often frustrating and disappointing. How can you be filled with hope when your experiences are heartbreaking? We can grieve and have hope at the same time. The hope is greater than the mourning because of Jesus. There is no resurrection without a death. Sickness, injuries, injustice, oppressors, and our mortality try to derail our hope. The battle belongs to the Lord, and we need the armor of God.

In this first week of focusing on hope gifts, you might feel like these daily devotions are describing life as only being wonderful. Building a foundation for a lifetime of hope includes an emphasis on God's character, provision, and promises. It does not, however, exclude the existence of evil. There is mystery in our suffering and questions that cannot be answered. There is also clarity as the Bible is very straightforward about the devil and demons who are fallen angels. They come to steal, kill, and destroy. People also mistreat each other and cause harm. God was not pleased when Cain killed Abel. Jesus fiercely rebuked the religious leaders, called out hypocrisy, and flipped over the tables in the temple to confront the greed and manipulation. God is not the cause and does not endorse hatred, abuse, and the cruel violence we see today around the world. God does not give us a spirit of timidity though, and His perfect love drives out fear. The Holy Spirit comforts and empowers us to overcome and shine the light of Jesus which is greater than the darkness.

Not all circumstances are good, but God will work all things together for the good of those who love God. God will use the pain to forge and fuel a new purpose and passion. The agony drives us to the hope of God. God's truth will prevail over the lies. God's promises are "Yes" and "Amen" in Christ. God is Sovereign, which means he has the final say in all matters. He will bring a final justice and even vengeance. Evil will bow down to the name of Jesus. All trials are temporary. God has a good plan and is in control. He is on the throne. Charles Spurgeon said that when you go through a trial, the Sovereignty of God is the pillow on which you lay your head. Daniel in the lion's den and the three Israelite young men in the fiery furnace have rest in their souls because they trust God's Sovereignty. Abraham and Sarah ventured to the Promised Land because God directed them. They overcame doubt and believed that their descendants would be like the stars in the sky, even though they were senior citizens with no children. Only Almighty God can give promises that are unbreakable. The promises of God are filled with hope. Let them dwell in you richly for they are a fountain that never runs dry.

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*Hope Point: We can rest and risk because of God's promises..*

**Notes & Takeaway:**

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What are some of God's promises that give you indestructible hope?

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What are specific promises that God has fulfilled in your life?

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Do you feel peace and contentment because of God's promises? Give some examples.

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How much does your faith in God's promises allow you to step out of your comfort zone on a daily basis? Explain ways in which you might start taking more risks.

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Additional Scripture Reading: 2 Corinthians 1

Prayer: Father, thank You for always being reliable and keeping all of Your promises. Your word brings me hope every day. I trust You and surrender to You. Lead me and guide my steps as I serve You with all of my heart. In Your name, Jesus, I pray.

# Day 7

*God gives you a destiny because He is eternal.  
John 14:1-3*

*Read the thief on the cross' Hope story in Luke 23:32-43 and scan QR code for accompanying video.*



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The hope of God has an eternal perspective. Heaven is our home and that is where our ultimate citizenship belongs. We are not of this world. We are just passing through as our bodies are temporary, and this earth will eventually burn with fire. Do not be discouraged, because Jesus is making all things new. The Bible tells us about a new heaven and earth and new resurrected bodies God will give us. There will be no more death, sickness, immorality, shame, strife, temptation or mourning. The devil is a defeated foe. We will finally see God face to face. The story could not end any better. The best is yet to come. The story is not over with our final breath or funeral ceremony. We will enter into God's presence and the fullness of His hope. We can risk now because we will rest then.

*Worship and choosing hope are our response to the greatness of God.*

Hope has a destination. Do not be consumed with the immediate and lose sight of the big picture. Do not tackle the short-term without seeing the long-term. Don't stare at your problems for too long because they will grow in your mind and heart. Lift your eyes to the hills because your help comes from the Maker of heaven and earth. Hope teaches you to keep your eyes on Jesus, not on the waves. These are light and momentary troubles compared to the eternal glory God has for us. Even our bodies decline with age, but God renews us inwardly day after day. We are fragile and have weaknesses, but God's power is evident, and we go from strength to strength until we appear before Him.

*We worship God with awe and reverence.*

"Jesus wept" (John 11:35) is the shortest verse in the Bible and it reminds us that He understands and enters into our pain. At the same funeral, He also boldly declared that He is the resurrection and the life. He raised Lazarus from the dead and promises whoever believes in Him will have life after death with God in paradise. Every knee will bow on earth and under the earth at the name of Jesus. Mary was weeping until the resurrected Lord called her by name. Paul was killing Christians until the resurrected Lord humbled him. The disciples were discouraged until the resurrected Lord appeared to more than 500 of them. The thief on the cross was headed to hell until Jesus saved him on the cross and invited him into paradise. It may feel like Friday, but Sunday is coming. The resurrection is not just for one day of the year. It is our daily hope and changes our destiny for eternity.

Just Choose Hope

*Hope Point: We have a full-time ministry and an eternal destiny.*

**Notes & Takeaway:**

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How do you describe the truth of God's infinite hope?

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How do you treat your work or career as if it is your full-time ministry? Give some examples.

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Do you consider your social life as part of your ministry outreach? If so, share what you are actively doing now.

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Based on your life experiences, talents, and relationships, what is your unique ministry opportunity that God has created for you?

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**Additional Scripture Reading: Hebrews 13**

**Prayer:** Gracious God, there are no limits to what You can do. Your kingdom is unstoppable. Your glory and goodness are unrivaled. You are worthy of my praise and devotion. Jesus, You are the source of my peace and hope. I gratefully pray in Your name Lord, amen.

# WEEK TWO

## HOPE SHIFTS



The first week is now complete and provides a foundation of hope that is based on who God is and what God has done. We have infinite hope because God is with us and gives us promises and blessings daily and eternally. Hope is not arbitrary, random, vague, or unavailable. Hope is directly linked to our relationship with God, who is overflowing with hope. If this is true, how do we lose or misplace hope? Week two is going to take a deeper look at our hearts and why hope leaks.

*Get ready to make some significant shifts that will change your relationship with God and how you abide with Jesus.*

When you are taking an exciting journey and have a clear destination, the trajectory of travel is very significant. In nautical terms, if the directional settings of your boat are one degree off, this will have major implications. One degree sounds minimal until you journey a few days and realize you need to make adjustments. Over an extended time, one degree off can lead us to a state, country, or location that is not ideal or even desirable. It is at that point we need to admit that one degree is a big deal. The winds and the waves of this world can also knock us off course. There are lies, false teaching, people who intentionally and unintentionally influence us, trials, temptations, and evil forces that we need to navigate through and stay on course. Honest assessment precedes restoration.



As we walk with the God of hope, sometimes our hearts are one degree off. We do not recognize the lack of alignment when we start the day, but by the evening, we notice that we are not where we want to be. Our attitude, reactions, conversations, relationships, work, and future outlook are lacking the fullness of God's hope. Our homes can be places of stress, strife, and separation or places of peace, laughter, and inspiration. Church is designed to be the most hopeful place in our city, but people go to the movies, bars, gym, stores, and casinos to look for hope. If our hearts and homes are not full of hope, our churches will be one or more degrees off. As a result, we are not bringing the light and love of Jesus into our communities. Instead of every man, woman, and child hearing about and experiencing the good news of God's hope, our cities are wandering in darkness.

*God's plan is that every follower of Jesus be an ambassador for Christ where they live,  
work, learn, and play.*

God has called every Christian to be a priest and a minister (1 Peter 2:9). Lies and hope thieves have undermined our purpose as followers of Jesus. Our nation needs healing on many levels, and it is time to return to the God of infinite hope. You cannot force or manipulate other people to follow Jesus. You can, however, humble yourself, turn from your sins, learn to abide with Jesus, and inspire more people than you will ever realize. It all starts with your heart. Let's go there.

God calls His people to make shifts and U-turns of 180 degrees when we are off course. Repentance brings renewal. Throughout the Bible, God asks powerful questions to shepherd our hearts. This week will include more conviction, but it is always coming from a place of love and support. There is a healthy refining as we will listen to God's voice in a noisy world and receive more of His hope as we meditate on one question each day. Make shifts that align with heaven and glorify God. Hope is rugged and never trivializes our suffering. You can grieve with tears and carry a profound hope. You cannot have all the answers this side of heaven, but you can still have hope. You can be on the receiving side of the worst crimes and injustice, but no one can take away your eternal hope.

As we wrap up this first week, do you sense that God is pursuing and filling you with His hope? I am excited for us as we dive into week two and examine our hearts and make room for the new things that God wants to do. I need this week just as much as you. This is the week where truth heals and repentance leads to the life that is truly life. Let's walk by faith together and become more like Jesus.



# Day 8

*God asks: Where are you?  
Genesis 3:9*

*Read Adam and Eve's  
Hope story in Genesis  
3:1-24 and scan QR code  
for accompanying video.*



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Adam and Eve walked with God and lived in a garden full of blessings and a world without sin. There was temptation and the potential for rebellion, but it was their decision. The devil showed up and planted seeds of doubt. Nothing is new under the sun. The same misleading schemes are still working today: “God is not good,” “His word is not reliable,” and “Life will be better if you do things your way which is better than God’s plan”. When those three seeds become planted in our hearts and minds, we take a bite of the forbidden fruit. Pride leads to confusion instead of clarity, doubts instead of trust, isolation instead of communion, enmity instead of unity, and shame instead of hope.

*Nothing is new under the sun.*

The first round of hide and seek with God, the introduction of the blame game in our relationships, and the walls of personal denial were not necessary. What begins in Genesis is multiplied billions of times today. Adam and Eve can point fingers at each other or say, “The devil made me do it.” Neither excuse will bring restoration with God or each other. God doesn’t ask them, “Where are you?” because His GPS is broken, his Wi-Fi is slow, or His Life360 App is still downloading. This is not a question about location; it’s a question about the condition of their hearts.

*God wants to remove your guilt and clothe you with His grace.*

There is no healing for Adam and Eve until the revealing of sin. God still has hope for them even though their lives will not be the same. The Lord provided garments for Adam and Eve. Their new clothes were made from the skin of animals which was a foreshadowing of the sacrifice of Jesus who provides the ultimate covering for our sins. God wants to remove your guilt and clothe you with His grace. Turn from sin and make room for God. Surrender every part of your life to Jesus. Partial access only results in partial hope. You can shift from distance to closeness with God right now. Take a few minutes and ask God to search your heart and see if there is anything that does not honor Him. We need to drop our pride, get rid of excuses, confess sin, receive mercy and hope, and return to God. Shift from rebellion to reconciliation.

Just Choose Hope

*Hope Point: We can be completely forgiven because God's grace is greater than our sin.*

**Notes & Takeaway:**

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In what ways do you need to repent and return to God?

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Are there areas of your past that still produce shame? If so, without writing them down, pray for God's forgiveness and give the shame to God.

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Are you held back at all in sharing your faith because of your past mistakes and current shortcomings? If so, let God's hope change this now.

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Are there attitudes, conversations, or activities in your life that you try to hide from God? If you're unsure, pray for God to reveal them to you and repent.

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Additional Scripture Reading: Psalm 32

Prayer: Father God, thank You for pursuing me even after I have made bad decisions. I want to make some changes in my life, so that You are honored. I return to You today with all of my heart. I turn from all of my hidden and repeated sins. I choose to fully follow you, Jesus. Amen.

# Day 9

*God asks: What is in your hand?*

*Exodus 4:2*

*Read Moses' Hope story in Exodus 4:1-17 and scan QR code for accompanying video.*



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God brings hope in the worst situations. Moses was called by God to deliver the Israelites from slavery. God had a plan to set His people free. Moses had the right motivation and intentions but made a terrible decision. He saw the injustice and oppression of slavery and took matters into his own hands as he murdered an Egyptian man. As a result, Pharaoh wanted to kill him, so Moses ran for his life and fled to Midian. God wanted Moses to trust Him, but Moses was stubborn and decided to handle the situation his way. Moses struggled with anger management, and his temper got the best of him on several occasions. The life of Moses can be summarized by saying he spent the first forty years of His life telling God, “My way,” then the next forty years telling God, “No way,” and the last forty years sincerely wanting to live “God’s Way”. Can you relate?

God heard the groaning and prayers of the Israelites and gave Moses a second chance to bring hope. Moses didn’t want to go back to Egypt and tried to avoid God’s direction. The truth is we will never regret obedience, but we often try to rationalize our rebellion instead of choosing faithfulness. Moses knows he is inadequate by himself. Your God-given purpose will bring a sense of compulsion and at the same time an awareness that the assignment is much bigger than you. God reassured Moses several times with His presence and promises. God gave Moses a staff in his hand that when thrown on the ground became a snake and then when picked up by the tail became a staff again. This was a sign both to Moses and the people that God was with him.

*Rediscovering hope includes recalibrating our lives.*

It would be impossible for Moses to call the shots and be full of hope. God never works that way. Some of us learn the hard way, and don’t change until the consequences are massive. Is independence from God working for you? It might initially feel good to have the illusion of control and dominance. Sin is like a chocolate covered poison. The first taste isn’t bad, but once swallowed, it starts to kill your hope and is destructive for both you and the people near you. God asks, “What is in your hand?” to redirect Moses to a better way. God’s power, God’s wisdom, and God’s hope travel along God’s way. God displays His might through our weaknesses, so that He receives all the glory. You will have the most hope when you are depending on and glorifying God. Shift today from independence to reliance.

Just Choose Hope

*Hope Point: God can move powerfully through our weaknesses.*

**Notes & Takeaway:**

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How is God specifically leading you to rely on Him?

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Do you find yourself getting discouraged and resentful at what is happening daily in the news? If so, listen to how God is directing you in this area.

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Do you respond to the actions of people who don't know Jesus with bitterness and frustration? If so, does this align with Scripture?

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What are the weaknesses in your walk with God that could use healing and restoration from God?

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Additional Scripture Reading: Isaiah 6

Prayer: Gracious God, thank You for empowering me. Your grace is sufficient, and Your hope is transformative. I want to use all of my talents to serve You and bring You glory. Forgive me for being too passive. I move forward with faith in You Jesus. Amen.

# Day 10

*Read Job's Hope story  
in Job 42:1-17 and  
scan QR code for  
accompanying video.*



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*God asks: Where were you when I laid the earth's foundation?*

*Job 38:4*

Job loses his possessions, his health, and his children. It's absolutely devastating. The scales cannot measure his anguish. His wife tells him to curse God, but he continues to bless the Lord. His faith is steadfast, and his grief is immense. His so-called friends arrive to console and process with him. They have noble intentions and horrible statements. Instead of just listening well and understanding, they give lengthy speeches. They came to him and mourned with him. That was a good start. Then they tried to explain why people suffer, with inaccurate assumptions and conclusions, and essentially told Job it's all his fault because he did something wrong. Job told them they were miserable counselors. God condemned their advice. Job then pivoted, exaggerating his own righteousness, and confronted God. Have you ever done that?

Job's losses were a test of his character and faith. He was not the cause of the trials and at the same time he had an inflated self-righteousness. Pride can subtly creep in when we have knowledge, make good choices, have been in church for decades, receive blessings, or even go through immense trauma. Pride kills hope. Pride is the elevation of self above others and ultimately above God. Pride can include boasting, and pride can also be a stubborn despair and refusal to receive God's hope. Those are two sides of the same coin. Religion is all about doing enough, checking the right boxes, and self-exaltation. A relationship with God is all about walking humbly with God in love and truth. Jesus called out the religious leaders because they had become self-righteous hypocrites, straining out a gnat while swallowing a camel. Jesus said they were like whitewashed tombs, looking good on the outside but full of dead bones. The swelling of pride will cause a stern rebuke. Wounds from a friend can be trusted. The right rebuke causes us to say, "Ouch, that helps!"

God's question for Job ("Where were you when I laid the earth's foundation?") is designed to help him return to his right place and perspective, not too big and not too small. Still loved and yet not self-consumed or deceived. Compared to our Creator, who are we? How can we try to take over the throne of our lives when we put our resume next to God's abilities and accomplishments? Worship God with reverence and awe. To fear the Lord is the beginning of wisdom. It's good for our souls to be reminded of who is truly righteous. Hope increases when we get on our knees or fall on our faces before a holy God. Pain can taint our view of God. God grieves with Job and guides Job out of the ditch. We all need God's perspective and peace in our anguish. Our hearts go out to Job as we read his story. God loves Job deeply. Job comes to his senses. The Bible says God then blesses Job with twice as much as he lost. Let's take God's question to heart. Shift from arrogance to humility.

Just Choose Hope

*Hope Point: We have access to the infinite and eternal wisdom of God.*

**Notes & Takeaway:**

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What is true about God that creates awe and leads you to worship Him?

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Do you believe that the Bible provides absolute truth in every situation and for every topic?

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When you need deep and profound answers to life's challenges, where do you go first for answers?

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Do you have godly mentors in your life who help guide you with wisdom? What are their names?

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**Additional Scripture Reading: Isaiah 40**

Prayer: Holy God, You are worthy of my trust and devotion. Who compares to You? Your power and wisdom humble me. Your greatness leaves me in awe. I bow down and lay down my life in worship. You are the potter, and I am the clay. I pray all of this in Your name Lord, amen.

# Day 11

*God asks: What are you doing here?  
1 Kings 19:9*

*Read Elijah's Hope story  
in 1 Kings 18:16-19:18  
and scan QR code for  
accompanying video.*



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Elijah was bold and courageous. He represented God and spoke the truth in a culture that was clinging to lies and idolatry. On Mount Carmel, there was a visible and undeniable display of the supernatural power of God. Elijah had a showdown with the leaders and worshippers of the false god Baal. They called on their deity who is impotent and nothing happened. Then Elijah called on God who is omnipotent and fire came down from heaven. This memorable display resulted in everyone seeing God's greatness and dominion. There are many times in Scripture when God establishes His presence with signs and wonders. After this astounding victory, Elijah begins to fear Queen Jezebel, and hides in a cave. Many believers have seen God's mighty works and yet are content to retreat in the present moment. You can talk about the old glory days while missing what God wants to do now because you are checked out and unavailable.

God's question asks both, "What are you doing here in the cave?" and "What are you doing here on earth?" Elijah has too wonderful a calling to reside in a cave because he is scared. There is no hope in the cave. He is in the wrong place. Rest is good, eating some nourishing food is good, receiving God's hope and courage is good. But don't stay in the cave of fear. There is a part of us that wants to run away from all threats and danger, play it safe, always be liked, never rebuke anyone, retire and relax for years and decades. God is using a question to lead Elijah to get back in the game. Christianity is not a spectator sport. The apostle Paul, who mentored Timothy, reminded him that God doesn't give us a spirit of fear, but power, love and a sound mind.

*God doesn't give us a spirit of fear, but power, love and a sound mind.*

None of us can live in the past. We celebrate what God has done and learn from our errors, but we can't go backwards in time. Elijah is stuck in the cave because he has lost hope. He has forgotten that God is greater than the bully he faces. It's easy to be intimidated and silent. It's easy to run away from the mission. It's easy to shrink back instead of stepping up. It's time to leave the cave, find your voice, and regain your confidence in God. Take back the hope the enemy has stolen. Refuse to be intimidated. Know why you want to heal and move forward. This isn't just about you. What God has called you to be and accomplish is for your family, friends, community, and nation. You can shine light in the darkness and not just watch the deterioration happen. The best is yet to come, and God's hope is too wonderful to be trapped in a cave. The land will be filled with the glory of God. Shift from passive to intentional.

Just Choose Hope

*Hope Point: We can be intentional and bold in sharing our faith.*

**Notes & Takeaway:**

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How proactive are you to lead people to God?

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Do you believe that as Christians we can share our faith at work and in our social circles? What are the obstacles in our way?

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Do you feel as if the world is winning and Christians need to hide what they believe? Give some examples of how we might be “hiding in the cave.”

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How can you be bold in your faith, full of hope, but not arrogant or self-righteous?

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**Additional Scripture Reading: Matthew 11**

Prayer: Forgive me, God, for giving in to worry and fears. When I take my eyes off You, I often feel hopeless. I don't want to hide or be buried in despair. As I return to You, raise me up with Your courage and love. I know You have a rich purpose and deep meaning for me daily. I will stand up with boldness in an ungodly world. I pray this in Your name Jesus, amen.

# Day 12

*Jesus asks: Do you want to get well?  
John 5:6*

*Read the paralytic man's  
Hope story in John 5:1-15  
and scan QR code for  
accompanying video.*



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There was a man in Bethesda who was physically incapacitated for 38 years. It's hard to comprehend the fullness of his grief. We have empathy as we learn about his journey. Chronic illnesses and long-term conditions can be challenging on many levels. Our physical situations can affect our emotional, relational, financial, and spiritual well-being. When a situation is prolonged, it can begin to feel hopeless. This paralytic man had watched other people be active, acquire jobs, walk, run, and enjoy life in ways that he could only dream about being able to do. Year after year, he made the best of his predicament and limitations. He could not heal himself, but his story was not over. Jesus brought fresh hope and encouragement. God's renewal is sometimes spiritual, emotional, and relational. Other times, he ministers to our physical illnesses. Realistically, God doesn't always heal us physically this side of heaven, and sometimes it's very gradual. In this passage it was accomplished in a day.

The question Jesus asks ("Do you want to get well?") relates to the man's desire, not his ability. Jesus doesn't heal everyone. It can be very disappointing when you pray and do not see any improvements. In this instance, healing is offered from God. Sometimes we give up and think God has given up on us too. We are not ready to receive what Jesus has for us. Many people resist the healing God wants to supply. Naaman didn't want to dip seven times in the Jordan when he had leprosy. Peter didn't want Jesus to go to the cross or even wash his feet. Judas remained in remorse and self-hatred. After Jesus drove a legion of demons out of a man, the people in the town pleaded with Jesus to leave the region. The religious leaders didn't want new wine in their old wineskins. Healing is complex and very simple at the same time. It's surprising how often we either have lost desire, settled for hopelessness, or want God to move in our timing and on our terms.

*Healing and hope are a gift to be received.*

I have talked with many addicts who don't want to be sober; people who are unemployed who don't want to work; couples who are in pain who refuse counseling; hurting people who don't want prayer or God; stubborn people who won't receive much love or grace; independent men who will not enter into the blessing of real community; and worried women who will not give God leadership and control. Healing and hope are a gift to be received. Strong desires lead to strong prayers. Those who hunger for God will be filled. Shift, by faith, from despair to restoration.

Just Choose Hope

*Hope Point: God can heal us physically, mentally, and spiritually.*

**Notes & Takeaway:**

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In what ways is God wanting to bring healing into your life?

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How often are you aware that you need healing, and what steps do you usually take, either positive or negative?

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Do you believe that God can provide you with abundant hope in your life? Provide some examples of how He has done this in the past for you.

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Are there times when you experience spiritual doubts or complacency? How do you seek restoration and revival?

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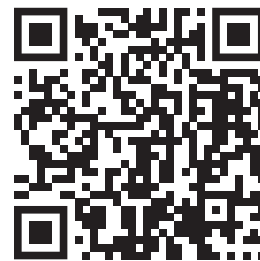
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**Additional Scripture Reading: Acts 3**

**Prayer:** Gracious God, You are my Healer and Hope. Thank You for all of the ways You renew and restore me. You bring emotional, relational, and physical healing. I want to move past my doubts. I believe You will do great things for Your glory. I pray in Your name Lord, amen.

# Day 13

*Read Jonah's Hope story  
in Jonah 2 and scan QR  
code for accompanying  
video.*



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*Jesus asks: Why do you call me "Lord, Lord" and do not do what I say?*

*Luke 6:46*

Jesus was teaching about good trees bearing good fruit, and bad trees bearing bad fruit. Each tree is known by its fruit. Then Jesus contrasted wise and foolish builders. The foundation of our lives is determined by our response to Jesus and His words. Intellectual agreement is not the end goal. Verbal affirmation is not the end goal. Alignment with heaven happens when we live in a way that honors and glorifies God.

Sin is an archery term meaning to miss the mark. There are sins of omission when we fail to do the good things God wants us to do. Nothing is hidden from God's sight. Our family and friends will confirm the truth too. Sins of commission include doing what God forbids us to do. In both cases, repentance is the answer.

Jonah rebelled against God in multiple ways. The wayward prophet literally fled in the wrong direction geographically. At the same time, Jonah hardened his heart. He refused to go to Nineveh and faithfully lead the city to Jesus. It's easy for us to be caught up in our own pursuits and miss the call of God in our daily lives. In the belly of the fish, Jonah came to his senses and returned to God. Repentance is the first step towards faithfulness.

Repentance is deeper than a surface level behavioral modification. Yes, our actions need to change. Underneath our visible response is our beliefs. If you don't believe that keeping your word is always the right thing to do, you will wiggle out of your commitments, not follow through, and rationalize why you dropped the ball again. You will only keep your word when it's easy or convenient, not when it's costly. Your belief needs to change to make your action consistent. If someone thinks that drunkenness, swearing, or pornography is not a big deal, they won't really change their actions.

There is a layer deeper than behavior and beliefs. It is your view of God. I call this "behold". If you don't see God as faithful to protect and provide, you will anxiously worry. You might want to worry less and believe worrying is not helpful, but until you know who God is and trust Him, worry continues. There were large crowds of people who enjoyed hearing Jesus teach, but they didn't want to fully follow Him. They were intrigued by His messages and miracles but refused to be doers of His words. Jesus challenged them to abide and have a solid foundation of hope. Repentance includes all three levels: behavior, belief, and behold. Hope leads to a greater consistency in our walk with God.

The Apostle Paul confessed that he often does what He knows is wrong. He admits that he is wretched apart from Christ. The Bible says to kill the flesh so we can live by the Spirit. It's as if your life was a house, and you need to open up every door in the house so God can fully enter. If you only open up half the doors, you will have a double life and compromise your integrity. God tells us to be filled with the Holy Spirit. Yield to God. Ask for His presence. The Holy Spirit can take over and bring hope into the rooms that have been moldy, closed, messy, broken, dingy, or abandoned. The root determines the fruit. Hope is the fruit that is available for anyone who will say yes to the Holy Spirit's leadership. God will never turn away from anyone who is contrite and asks for His presence. Shift from darkness to light.

Just Choose Hope

*Hope Point: We can follow Jesus with an undivided heart.*

What is one way that your view of Jesus can change your beliefs and behavior?

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Do you believe that if we love Jesus, we should follow His commands? Provide some examples of difficult commands you follow daily.

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Are there parts of your life where you have drifted away from Jesus' guidance? If you're unsure, pray for God to reveal those and return to the Lord.

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What is Jesus saying to you about receiving His hope and following His ways on a daily basis?

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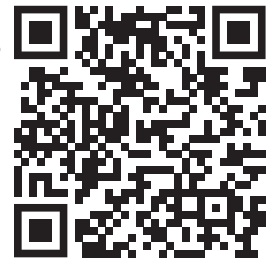
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**Additional Scripture Reading: Psalm 51**

**Prayer: Father God, forgive me for all of the ways I have forsaken you. I have often given you lip service and rattled off the right spiritual answers. My life looks more impressive on the outside, but You know the full story. I repent. Take over in my life I ask and fill me with the Holy Spirit. I beseech you, Jesus, and pray in Your name. Amen.**

# Day 14

*Read Esther's Hope story in Esther 4 and scan QR code for accompanying video.*



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*Jesus asks: Do you understand what I have done for you?*

*John 13:12*

Jesus came to serve, not to be served. This was evident as He washed the disciples' feet. The sinless Savior stooped down, not only from heaven to earth, but underneath the men He was leading. Down is up in the kingdom of God. Servant leadership is the only type of leadership that honors God. Serving is living. The greatest among you will serve the most. These are counter-cultural practices and often very counter-intuitive too. The question Jesus asks ("Do you understand what I have done for you?") covers His specific foot washing but also extends to the cross where we experience the greatest demonstration of love, sacrifice, hope and humility. Salvation is free for His followers, but it cost Jesus His very life. The Good Shepherd is willing to die for the sheep so their hope and joy will be complete. It's good to remember how much Jesus has done for us and express our thankfulness. That's one of the reasons we take communion together. We take our focus off ourselves and bring our affection and devotion to Jesus.

When you understand what Christ has done for you, it changes your thoughts, attitudes, actions, words, motivations, relationships, work, and definition of success. We live in a self-consumed and self-absorbed world. There is an endless appetite for more attention, more likes, more approval, more applause, more recognition, more pictures, more awards, more followers, more shares, more money, more possessions, more greed, and more affirmation. We are drunk on ourselves, our preferences and our opinions. What does it profit us to gain the whole world and forfeit our souls? (Mark 8:36) Who can deliver us from this narcissistic current? The One who washes our feet and asks us if we understand. Look at the people spit on Him, beat Him, mock Him, reject Him, and consider the scars from the nails in His hands. He never wavered but continued to serve in radical and unselfish ways.

In the Old Testament, Esther was a queen who risked her life to serve and rescue her people. She could have ignored their plight and enjoyed the comforts of the palace. Esther, humbly and courageously, approached the king to have the decree to annihilate the Israelites overturned. Her mission was successful. God brought a tremendous victory through His faithful servant. Esther mobilized many people, asking them to fast during this time of testing. Serving and humility are contagious. May we entrust ourselves to God and trust God with the results.

The goal of the Christian life is to become like Jesus. We love the power of His resurrection, but what about the suffering, service, and sacrifice? In real simple terms, we are called to actively serve our family, church, and neighbors. Make this your passion. Freely you have received hope, now freely give it to others. Washing feet isn't about how good it feels for you. Feet are dirty and the job is not glamorous. Love is a commitment. Listening is a commitment. Using your talents is a commitment. Being generous with your resources is a commitment. Jesus asks if we understand His vision, lifestyle, and commitment. Be imitators of Christ. Maybe you have been content to watch others wash feet. Maybe you have even become a foot washing critic, evaluating everyone else. You are not called to turn in scorecards to God. Pick up the towel and the water again. Go the extra mile and do consistently what others do occasionally. Hope will flow like a never-ending stream when you abide with Jesus and respond with serving. Shift from me-centered to God-centered. Misplaced hope is found again when we make the shifts that our loving God brings through His word and Spirit. Faith includes shifts as we trust God more and more.

Just Choose Hope

*Hope Point: We can imitate Jesus with our attitude and actions.*

How are you making your home and church a better place?

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How would you describe servant leadership and is it a requirement for Christians?

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Do you practice servant leadership with your family, at work, and in our community? Provide examples.

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As a follower of Christ, do you believe you have a responsibility to lead others to Jesus and His hope? Are you actively doing so? Share what is fruitful in this season.

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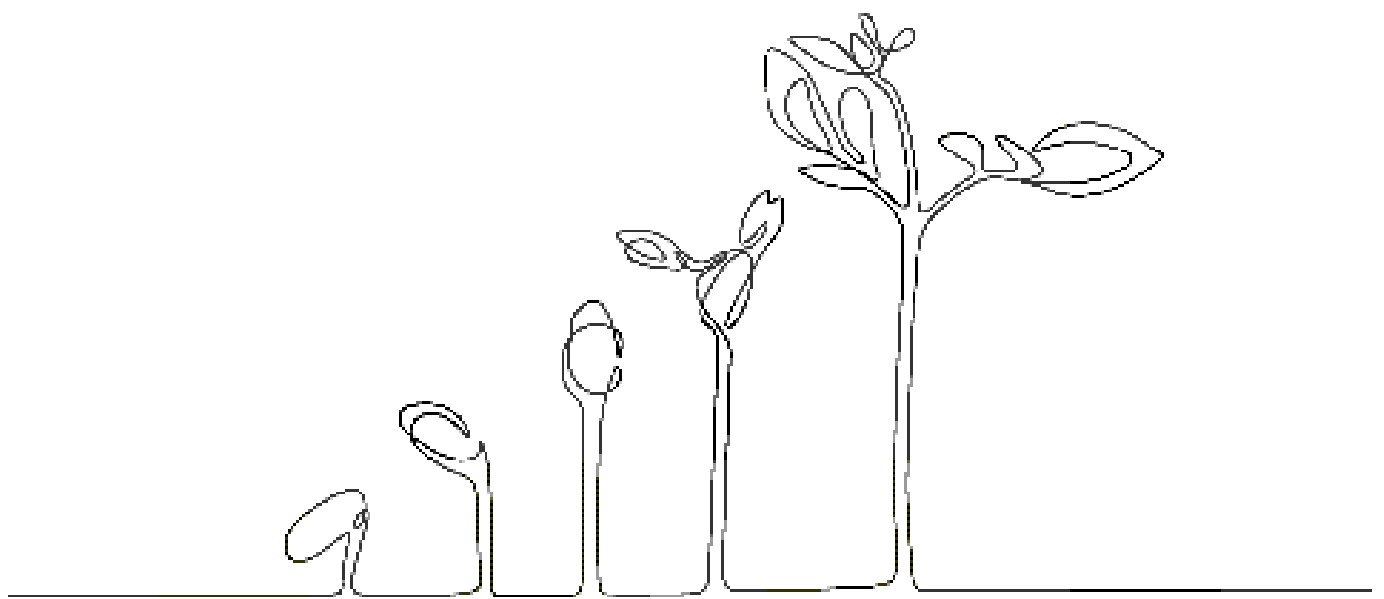
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**Additional Scripture Reading: Romans 12**

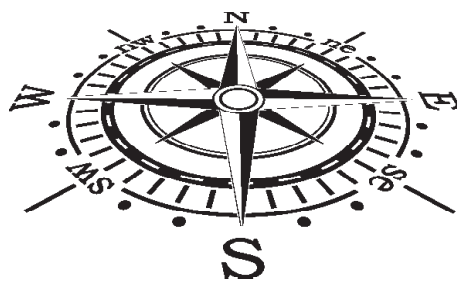
**Prayer: God, Your thoughts and ways are far above mine. You lead by example and serve so consistently and humbly. It moves me to be more like You, Jesus. Thank you for changing my heart. I pray that I will be generous and unselfish in my relationships. May it start with my family and friends today. I pray this in Your name Lord, amen.**





# WEEK THREE

## HOPE HABITS



There is a gap between American Christianity and Biblical Christianity. Make the Bible your North Star. A culture is a people's thoughts and ways. Scripture is God's thoughts and ways. God is transforming us and there are growing pains. Each time we step out of sin, we step into freedom. God wants us to have the life that is truly life. Week 2 gave a practical roadmap for hope decisions and shifts. We want to honor and worship God by walking in the light. You have navigated through the most difficult part of the 28 days. You are making room for God and what He wants to do in your life. Let's move forward to week 3 as God trains us in His ways and we start a new song and rhythm in our walk with Jesus.

*God will empower you and encourage you with His daily hope.*

Hope is habitual. God empowers us to make daily decisions that fuel us forward. Hope increases when we intentionally cultivate actions that are inspiring and transformative. One of the very best habits is daily time in God's Word. You can read, study, listen, memorize, share, meditate and apply Scripture as you become a doer of the Word. During these 28 days, we are spending time in the Bible every day. Don't stop doing this when the four weeks end. You can start a daily program that bolsters this hope habit. There are many resources and guides. Many people decide to read the Bible in one year, which is about three chapters a day.

Daily Scripture is the gateway that leads to serving, praying, fasting, giving, worshipping, and sharing your faith. We will walk through this progression over the next seven days. The Bible will keep you from sin or sin will keep you from the Bible. The Word of God is filled with hope. It is our North Star and compass in a confusing world. It is our truth source. It is God-breathed and fully reliable. It is our playbook for the Christian life. The Holy Spirit will give you insights and teach you. Let God's Word dwell in you, and your hope will increase in all situations.

# Day 15

*Scripture brings nourishment.*  
*Matthew 4:4*

*Read Josiah's Hope story  
in 2 Chronicles 34:1-33  
and scan QR code for  
accompanying video.*



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Hope can increase and decrease based on our daily decisions. Your habits matter and are powerful. Jesus was tested. The devil looked Jesus in the eyes. He knew that if the perfect Messiah stumbles and sins, there will be no salvation for mankind. The devil tempted Jesus three times. Jesus responded the same way with each test because His approach works. He quoted the Bible every time He was tempted. There is power in the Word of God. It is our sword in the spiritual battle. Why did Jesus choose this response? He knew we would be tempted every day, and He gave us the key to purity and victory. How many Christians do you know who quote the Bible when they are tempted? It is one of the most underutilized resources to ward off temptation and walk away from sin. I'm passionate about this because I see so many Christians have strongholds and fall yet refuse to quote the Bible. It takes ten minutes to memorize a verse and you can use it to provide a way out for the rest of your life! Jesus referred to the book of Deuteronomy every time. You can use the same verses He selected or choose a verse that is meaningful to you.

*There is power in the Word of God.*

The Bible is like a menu for your soul. Each book has a different flavor and boost in your relationship with God. It is a love letter from your Maker. Savor your time listening to God and drawing close to your Savior. We spend so much time and energy shopping for physical food, preparing it, cooking it, and eating it. Jesus values spiritual food to a greater degree. We need both to survive. Find a Bible study group and learn together. Find people who are spiritually hungry and grow with Jesus together. I remember when my grandpa was in his seventies and had countless bookmarks in his Bible. He told me he really wants to get to know God better before He goes to heaven. His comment is part of His legacy. I have His Bible and picture in my office. He is with Jesus now.

Josiah was only 8 years old when he became king, and he began to seek God as a teenager. He discovered the Scripture and repented. Then he led the nation to return to God and honor His word. God can use people of all ages to spiritually inspire. The more time we spend in Scripture, the more our hope grows and develops. We have four children, and every night we share Scripture together with them. In our house, the declaration before bedtime, "It's time for the devotional" continues. Their souls need nourishment. They need more than just human words and affirmation. They need to hear it from God. The Bible will form your worldview, teach you about relationships, strengthen your inner life, reveal your purpose, help you discern truth, motivate you deeply, and build up your theology. I'm eternally grateful for how God changes us through His Word. I came to know Jesus when I read the Gospel of John at Dartmouth College. This is one habit I want to highlight for you. If you are in the word daily, begin to encourage and challenge friends and family to join you.

Just Choose Hope

*Hope Point: We can be spiritually nourished and strengthened from God's word daily.*

**Notes & Takeaway:**

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What is one verse you can start quoting when you are tempted?

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Do you believe we are strengthened through reading Scripture? If so, provide some specific examples in your life.

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Do you read your Bible daily? Describe the benefits of taking this step of faith.

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What changes should we make to better nourish ourselves spiritually every day and why do we overfocus on physical food?

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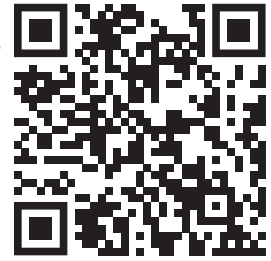
Additional Scripture Reading: Psalm 19

Prayer: Thank You God for communicating with us and making Yourself known through Scripture. I praise You because You are trustworthy. Your word stands forever. Mockers and scoffers will face the truth. Your words are living and active. I pray in Your holy name Jesus, amen.

# Day 16

*Memorization brings renewal.  
Philippians 4:8*

*Read David's Hope story  
in Psalm 119:9-16 and  
scan QR code for  
accompanying video.*



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The amount of hope you have is linked to how you decide to focus your mind. God wants to renew your hope and your patterns of thinking. During the day, you have thousands of first thoughts that come into your mind. The National Science Foundation explains that most of them are not helpful. They might be fearful, selfish, impure, mean, or false. You don't have to believe, harbor, or entertain them. Here are the three steps you can take as God renews your mind. 1) Recognize your first thought. Start thinking about what you are thinking about. It begins with awareness. 2) Reject the thought if it's not from God. You are the air traffic controller deciding which thoughts should land. 3) Replace your first thought with an intentional second thought. Scripture tells us to think about what is true, noble, and good. Hide the word of God in your heart. Have it ready in your mind. I call this habit the Power of the Second Thought.

I didn't find hope until I lost it. When I played professional soccer, I was paid to keep the ball out of the back of the net. When my career ended tragically, I was fighting for my life for a year. It took ten years to fully recover. It's never how I wanted to spend my twenties. My mind would go into the ditch with anxiety, despair, and hopelessness. The restoration started between my ears. As I started to hear the cruel voice that would say my life will never get better, I recognized that thought, rejected it and replaced it with Scripture, like Psalm 46:1 or Isaiah 41:10. I share this habit because I know it works. Have a go-to Scripture that you memorize for the most difficult situations you are facing now. Put on the spiritual armor of God instead of getting beat up. God will strengthen you in the deepest way.

Whatever you dwell on will grow in your life. If you focus on problems, they will grow in your mind. If you fix your gaze on God, He will be magnified in your thoughts and soul. David learned to memorize Scripture and hide God's Word in his heart. He learned to meditate on Scripture until his mind, heart, and soul were filled. I began, in my twenties, to read and highlight Bible verses that gave me hope. Then I memorized the same verses and shared them with other people. Hope is caught as much as it's taught. I filled many note cards, then pages, with Bible verses. God's plan for your life is not that you will be empty. He wants to fill you with The Holy Spirit and Scripture. There is an overflow that happens that is real when we abide with Jesus. I went from the lowest point of my life to finding a new source of hope that continues to fill me years later. When you find a great habit, you realize, "I should have been doing this earlier." It becomes sealed into your daily rhythm, and it feels natural. You don't want to ever go back to that barren feeling of hopelessness. Memorize God's Word and you will have the mind of Christ.

Just Choose Hope

*Hope Point: Memorizing Scripture provides us with protection and purity.*

**Notes & Takeaway:**

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What could the Power of the Second Thought look like for you?

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Would you consider yourself someone who actively recites God's word? Explain the benefits.

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If you were to commit to memorizing more Scripture, which verses in the Bible would you start with and would you find a friend to join you?

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What obstacles have prevented you from memorizing Scripture and are you willing to overcome them?

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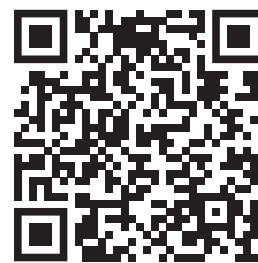
Additional Scripture Reading: Psalm 119

Prayer: Gracious God, You made our minds with complexity. We know that Your word is beneficial for our thoughts and hearts. Our souls are nourished by Scripture. In Your wisdom, You gave us just what we needed to hear and think about. Renew our minds as we spend more time in the Bible. We give You the glory, Jesus, amen.

# Day 17

*Lingering brings clarity.*  
*John 10:3-4*

*Read Samuel's Hope  
story in 1 Samuel 3:1-21  
and scan QR code for  
accompanying video.*



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Hope is abundant as you draw near to God. The Bible leads us closer to God. Guard your time at the feet of Jesus and do not rush through your devotional time with Him. We live in a noisy world with so many competing voices. We experience thousands of advertisements, even if we try to avoid them. We are bombarded by opinions, rants, and agendas. On our phones, we have information overload. Everyone is vying for your attention. We have never had more stimulation - videos, podcasts, programs, songs, and access to conversations. Gossip is common, slander is prevalent, rumors swirl, and it can be dizzying. False teachers are everywhere, including Christian stations. It would serve you well to be selective and intentional with what you are listening to daily. Garbage in produces garbage out. It's true in technology and faith that input is connected to output.

*We have never needed the voice of Jesus more. Linger in God's presence.*

If reading is challenging for you, just listen to Scripture. If talking comes naturally for you, learn to value the time when you simply listen to God. If you are hurrying around during the day, slow down and listen. You have a long list of people that want you to do more, do it better, move quicker, serve them more, pay attention to what they are saying, and give them any time you have. You might not have anyone that is telling you to slow down and listen to Jesus. Jesus said that His people know His voice. They will recognize that it is different than a stranger's voice. We have so many strange voices today. In a world of confusion, Jesus speaks clearly. In a world of chaos, Jesus speaks with certainty. In a world that is crazy, Jesus speaks with wisdom. Mary chose what is best when she spent time lingering in the presence of Jesus, not rushing ahead to the next task.

Our God communicates. God gave us two ears and one mouth. That's a real hint. Listen to the Holy Spirit who will always guide you into the truth and remind you of what Jesus says. The Holy Spirit and the Scripture will always agree and never have contradicting statements. The more you want to listen to God, the more He will reveal to you. Value His voice, and He shares more. He brings specific Scripture and worship songs to mind at the right time. Certain Bible verses will jump off the page as you read. He will whisper, "This is the way, walk in it" along the journey. Jesus lingered in close fellowship with the Father in the mornings before all the people arrived. He lived with clear purpose and direction daily. There is one voice that will always carry hope. God's voice is majestic. Eli taught Samuel how to listen to God. Teach others this important skill. Samuel learned to be still and hear what God is saying. Samuel treasured the time lingering in God's presence and sharing God's word with the nation. God's voice echoes through the generations. Be silent and as Jesus says, "Whoever has ears to hear, let them hear."

Just Choose Hope

*Hope Point: God communicates to us when we listen to Him.*

**Notes & Takeaway:**

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How much time during the day do you intentionally listen to God?

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Would you consider yourself a good listener? Provide some details in your answer.

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What are practical steps you take to be able to hear God clearly on a daily basis?

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How would you benefit from taking more time to listen to God?

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Additional Scripture Reading: Exodus 33

Prayer: Father God, Your presence is our treasure. Forgive us for often being so distracted. When I ignore You and fill my mind with challenges, I become weighed down. I want to slow down and enjoy time with You. I desire to gain Your perspective and power during the day. I ask this in Jesus' name, amen.

# Day 18

*Meditation brings strength.*

*Joshua 1:6-9*

*Read Joshua's Hope story in Joshua 1:1-11 and scan QR code for accompanying video.*



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When you enjoy your favorite meal, you savor each bite. Every chapter of Scripture is saturated with God's hope and goodness. Let the flavor of the passage marinate in your mind. God will fill you with His hope and new breakthroughs as you invest time in His word. Joshua had been wandering in the wilderness for a generation. The people did not trust God to move forward into the Promised Land. Joshua and Caleb were the only two who believed God's Word. They had a different spirit. As your hope grows, not everyone will travel with you right away. Welcome them later in the journey when they are ready.

You will either walk by faith or by sight. When you walk by sight, fears can swell. When you walk by faith, hope rises. Faith comes from hearing the Word of God. Faith agrees with God's report. Faith leads to action. Faith rejects excuses. Faith aims to please an audience of One, not the crowds. Without faith, it's impossible to please God. Faith is the assurance of what is unseen. Faith is more than intellectually believing a chair will hold you up; it's when you sit in the chair that you have faith. Meditation on Scripture produces faith. The goal of Biblical meditation is to fill your mind, not empty it. When you are cooking, you let the food marinate in the right sauce and spices. When you take the time to meditate on God's Word, additional flavors and insights can be enjoyed.

God was calling Joshua to lead in a new way. God was calling Joshua to go to new places. God was calling Joshua to win new battles. God was calling Joshua to do something that the previous generation avoided and doubted. God was calling Joshua to pass along his faith to the next generation. Can you relate to Joshua in any of these aspects of God's direction for his life? With all of these dynamics happening at the same time, God's exhortation to Joshua was to meditate on the Word of God. God promised that Joshua would be prosperous and successful. It was a conditional and hopeful statement. Meditation is optional just like hope is optional. It's wise to cultivate habits that lead to blessing. Be intentional like Joshua.

People go to the weight room to add physical strength. Protein offers nutritional strength for your muscles. God uses trials to strengthen your character. Spiritual and mental fortitude comes from meditation on scripture. Meditation ignites hope. Joshua had the perspective that God was greater than his challenges and obstacles. Joshua provided spiritual leadership. You lead and influence people spiritually in your home, at church, in your family, in your neighborhood, and online. You are called to guide people to Scripture, lead them to God, come alongside them with hope, serve them with love, exhort them to pray, and encourage them to be faithful in their purpose. When you meditate on the Bible, you are filled and have something to give. Your ministry flourishes because it is fueled by God's Spirit and Word.

Just Choose Hope

*Hope Point: We can gain courage and clarity by meditating on God's word.*

**Notes & Takeaway:**

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What has your experience with meditating on Scripture been?

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Do you understand the Bible when you read it? What provides clarity?

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How motivated are you to dive deeper into understanding and applying God's word when you read a passage that challenges you?

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What are different ways you can meditate on God's word and why does God want to fill us?

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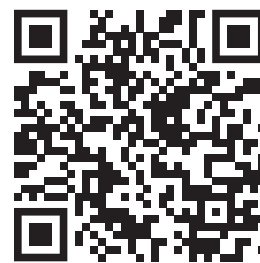
Additional Scripture Reading: Psalm 1

Prayer: God, Your word is so rich. I praise you for guiding and strengthening me. Your insights are timely and help me to keep walking by faith. Your character is flawless. I want to be intentional with my thoughts. I reject the messages and lies that do not come from You. I honor You Jesus today with what I choose to focus on with my mind. Thank you for Your infinite hope, Jesus, amen.

# Day 19

*Prayer brings peace.*  
*Philippians 4:6-7*

*Read Joseph's Hope  
story in Genesis 50:15-21  
and scan QR code for  
accompanying video.*



[justchoosehope.org](http://justchoosehope.org)

Hope habits multiply as Scripture teaches us how to pray. Investing time in God's Word will increase your desire to pray. You can include the verses you read in your prayers. Hope flourishes when there is two-way communication with God. Prayer is the intimate language of the soul. Praying together in marriage should be frequent. Prayer with children deposits hope in their souls. God says that He wants the church to be a house of prayer for people from all nations. Many people are scared to pray out loud with others, even though the Bible says it's good to do so.

May God bring hope, a breakthrough, and new victories in prayer. God says there are blessings we don't have because we don't ask for them in prayer. God will give you wisdom whenever you ask for it and believe Him. Prayer includes adoration, confession, thanksgiving, supplication, and listening. Praying for people is a way to demonstrate your love as you intercede on their behalf. Prayer unites us. Prayer glorifies God. Prayer is an invitation to His throne of grace. Prayer leads to healing. Prayer fans the flame of hope. Prayer is what we need in our homes and nation today. Much prayer, much hope. Little prayer, little hope.

All of us are growing in prayer. Prayer is a relationship, not a performance. If you are grading yourself and trying to impress God or other people, it will miss the mark. If you are humble and authentic, you will draw near to God. Prayer recalibrates our lives to be in alignment with Scripture. In prayer, we gain peace as we focus again on God's will, God's kingdom, and God's glory. When we are consumed with our will, our kingdom, and our glory, there will be no peace. Prayer calms the storms inside of us. The Holy Spirit helps us when we don't know what to pray. Jesus gives us the Lord's prayer. God knows we are too easily distracted in prayer. We are also tempted to be lazy and give up. Jesus continually told His disciples to keep praying. You can choose a regular place and time and physically get on your knees. God will meet you there in a special way.

One aspect of prayer that has transformed my life is pouring out my heart to God. You can literally give God your anxiety and ask Him to carry your burdens. He will lighten your load. You can cast it on Him and He wants to receive it. You can pour out your soul because God cares about you. You can be confident He hears you. Jesus says all who are weary should come to Him. His yoke is easy, and His burden is light. Martha was scurrying but Mary was at the feet of Jesus. Joseph was mistreated by his brothers, but God was with him. He learned that God's presence is greater than all of his challenges. Joseph had peace in all situations because He lived prayerfully and carried a non-anxious presence when life was disappointing and painful. It's not hard to find people who are exhausted, overly stressed, depleted, worn down, and empty. It's time to pray. God wants to restore you and fill you with hope. It's time to pray and dream again. It's time for a fresh wind from the Holy Spirit. May it start here and now with us.

*Hope Point: God's peace and guidance are always available through daily prayer.*

**Notes & Takeaway:**

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In which aspect of prayer do you want to grow?

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When you experience anxiety during the week, how do you respond?

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Do you ever spend your entire prayer time just thanking Jesus for all He has done in your life? Share what you pray most about.

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What changes could you make in your daily schedule to guard your time with God?

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**Additional Scripture Reading: Philippians 4**

Prayer: You are a good God. You answer my prayers. You listen with compassion. You are available at any point in the day. You carry my burdens. You sustain and comfort us. You know every person and are glad when we seek You. May Your kingdom come, and Your will be done. I pray this in the mighty name of Jesus, amen.

# Day 20

*Gratitude brings contentment.*  
*Philippians 4:12-13*

*Read Mary's Hope story  
in Luke 1:26-56 and  
scan QR code for  
accompanying video.*



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God is the source of every blessing in our lives. Hope recognizes God as our Source and Sustainer. Hope knows God is our Shield, Strength, and Song. We decide how much we want to thank Him for His kindness, grace, and provision. Some people try to deny His existence, some try to take the credit, some simply forget to give him thanks, but others live a life of gratitude. Gratitude increases hope. Gratitude changes your attitude and outlook. Gratitude has a positive impact on your body and soul. Gratitude is the right decision because God is worthy. We have a choice between gratitude or grumbling, gratitude or greed, giving thanks or giving up. Gratitude reframes our situations and perspectives with accurate and positive realities.

*God's word leads us to gratitude. Gratitude honors God.*

When I was at the lowest point in my life, I learned to be intentionally grateful. You can grieve with gratitude. They are not mutually exclusive. I was mourning because I lost my health, career, passion, and many of my abilities during an illness that lasted for many years. I realized I could not change my circumstances, but I could change my response. I began to make a list of ten things every day and I would thank God for all of them and more. I now call this habit a gritty gratitude. I began to give thanks before I felt thankful and especially when I didn't feel thankful. The Bible tells us to enter God's gates with thanksgiving. Gratitude helped me realize how much I still do have, instead of overfocusing on what I don't have. Gratitude gave me hope on the days when I didn't feel like my future was bright.

*Faithfulness to God is our ultimate goal.*

Feelings follow actions. Mary was stunned to hear that she was the chosen mother of Jesus. People would criticize and judge her because they didn't believe a virgin birth was possible. She chose to thank God and trust His plan. Hope and gratitude became her song. When you do the right thing, eventually your feelings start to change. Facts lead the hope train, faith is the engine, actions are the box cars, and feelings are the caboose. In the garden of Gethsemane, Jesus didn't feel like dying on a cross, but He chose to be faithful. Faithfulness to God is our ultimate goal. The world tells us that feeling good is what we should chase. You don't gain contentment by trying to feel great. Instead, you praise and thank God and draw near to Him, then contentment and joy are discovered in His presence. The most hope-filled people are full of gratitude. They never deny the realities of sorrow and disappointment. They have simply learned how to give thanks and receive God's hope in all circumstances.

Just Choose Hope

*Hope Point: We can experience joy and contentment through gratitude towards God.*

**Notes & Takeaway:**

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How does giving thanks to God increase hope?

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Do you work most at “having what you want” or “wanting what you have”? Provide some details to your answer.

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Do you feel blessed with what God has provided for you in both gifts and challenges? Give some examples.

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Do others around you see you as someone overflowing with gratitude? Think about some changes you need to make in your life to make this more true.

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Additional Scripture Reading: Psalm 100

Prayer: Gracious God, forgive us for grumbling and complaining. Instead of being grateful, we often take our blessings for granted. There’s no hope in acting entitled. Right now, I want to sincerely praise You with gratitude. You are faithful and benevolent. With joy, I want to tell others about your provision in my life. I praise Your name Jesus, amen.

# Day 21

*Abiding brings joy.*  
*John 15:4-5*

*Read John's Hope story in  
John 15:1-17 and scan QR  
code for accompanying  
video.*



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Hope is essential and available. We are lost without God's hope. A compass gives you direction, truth, and alignment. It is wise to pick up a compass, gather information, and recalibrate so that you will reach your destination well. In the same way, the very best decision on your spiritual journey is to abide with Jesus. When you pick up God's Word and keep in step with the Spirit, you are cultivating habits that bring hope and progress every day. When you find other people who want to abide and journey together, there is a shared purpose, passion, and joy. Embers alone start to fade, but when we unite together, there is a bonfire. Abiding is an individual choice and a collective experience. Abiding includes both me and we. Abiding is the heartbeat of the follower of Jesus. Abiding starts with nearness because hope is relational. God is with us. God loves us. God abounds with hope. God has a plan that is good. These are foundational truths that inspire us to grow in our faith and walk humbly as we trust God together.

I lived in Sonoma County, Northern California which is considered wine country. I toured vineyards and learned more about the agricultural process of growing grapes. It includes scientific truths, awareness of moisture levels, cultivating the soil, determined effort, sunshine, and ultimately reliance on God. You can read John chapter 15 where Jesus said the branches do not bear fruit apart from the vine. Jesus is the true vine. The Father is the gardener who prunes the branches, so they bear more fruit. Abiding includes listening, trusting, remaining, receiving, and relying on Jesus fully. Jesus turned water into wine as His first miracle at a wedding. Wine was symbolic of the joy that He brings. He made the wine in ceremonial jars. In other words, He was bringing the highest quality of joy that the religious customs and systems can never produce. You will never find more hope than when you abide with Jesus.

Abiding always works in every situation. It's impossible to abide with Jesus and not bear fruit. Cultivating habits like spending time with God in His Word are the springboard we need in our daily relationship with Jesus. Abide and respond. Habits are intentional. John, through the power of the Holy Spirit, is the author of five books in the Bible and walked closely with God. The Scripture describes John as leaning back against Jesus during a meal and resting in His presence. John knew He was loved by God. Communion with God became John's passion.

Within the trinity we see perfect unity and community. Jesus was filled and led by the Holy Spirit. Jesus is our Good Shepherd and example of how to navigate through this life. Jesus submitted to the Father with trust and hope. We are never alone. Now we abide by faith, and in heaven we will abide by sight. You always have hope because you can always abide with the Lord. As God fills you with His overflowing hope, you will discover the fullness of your purpose. You are blessed to be a blessing.

Just Choose Hope

*Hope Point: We can abide in God's presence and bear much fruit.*

**Notes & Takeaway:**

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How does God's Word help you abide with Jesus?

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How are abiding and daily hope connected? Give some details to your answer.

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When do you feel closest to God and how can you have more of these times? Share some of these moments.

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If you surrender and trust God more, how would your life be radically transformed?

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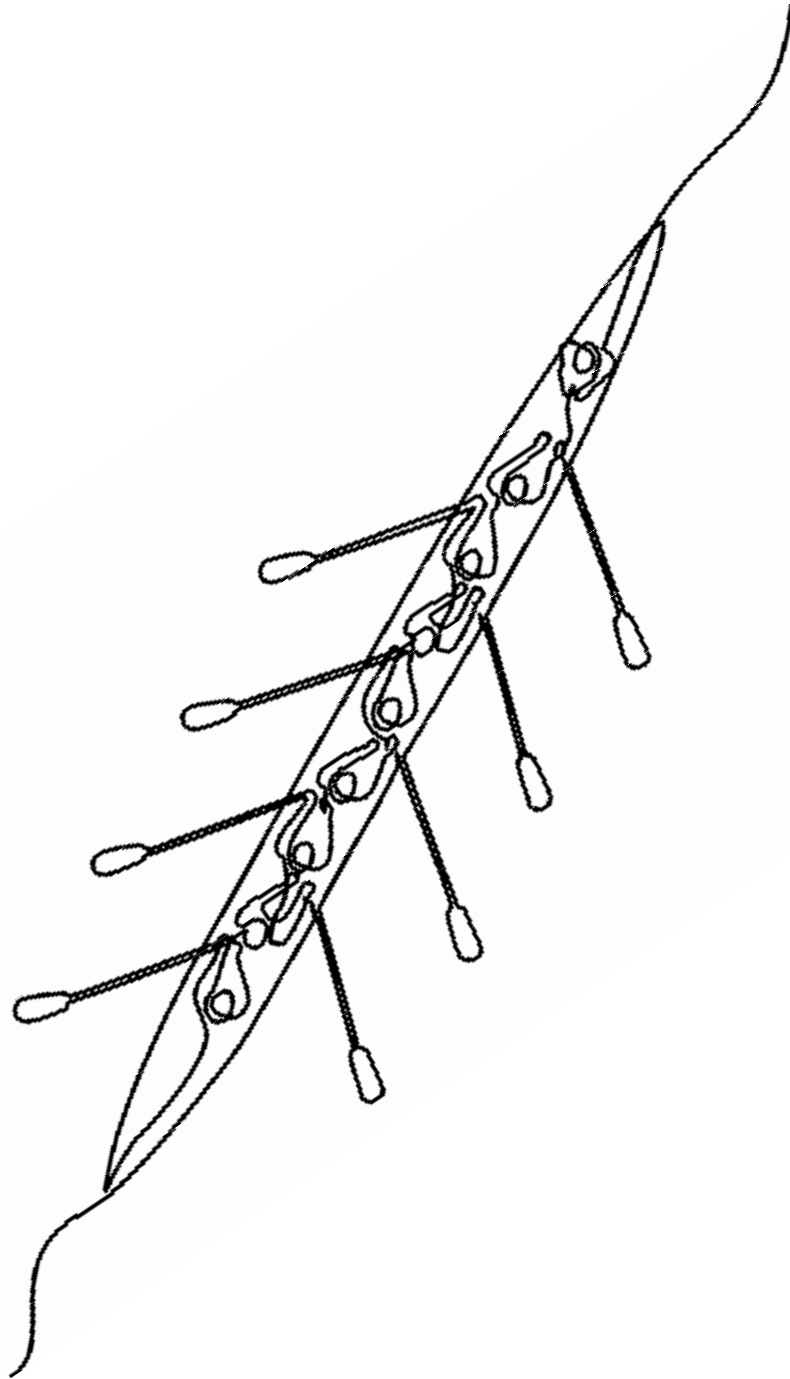
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Additional Scripture Reading: Psalm 16

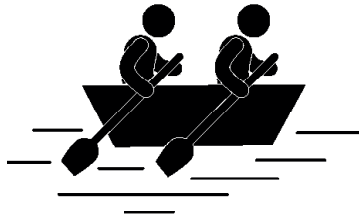
Prayer: Holy God, You welcome me with grace. You draw me with kindness. Your perfection is stunning. You are the true God who is my Creator, Sustainer, and Redeemer. I want to devote myself to spending more time with You through Your word. Thank You for new habits. I know that time with You is well spent, and I will reap what I sow. Your hope continues to increase in my life, and I thank You Jesus, amen.





# WEEK FOUR

## HOPE IMPACT



We have journeyed together for 21 days! Thank you for opening up your heart to receive fresh hope in Jesus. Your progress will often be incremental more than monumental. This is the reason we are taking it one day at a time for 28 days, with each day building on the last one. 28 Days of Hope is far more than just an initiative to complete.

*Our journey is transformational because God meets us where we are and trains us to abide daily.*

Week one is our solid foundation based on who God is and what He has done. The God of hope is with us. Week two guided us through changes we can make to make room for God and His hope. We wander and there are hope thieves that want to steal what God gives to us. Wise shifts make a massive difference in the trajectory of our lives. Week three focused on a hope habit that will bless us far beyond the 28 days. We want to walk with God all the days of our lives. God's Spirit and word strengthen, comfort, and empower us to live the Christian life. Week four covers how we can make this world a better place by giving hope to a wide range of people.

*God fills us so that we will be generous where we live, work, learn, and play.*

There are rhythms in your relationship with God that are upward, inward, and outward. As we turn the corner together for the final week, we need to value both me and we. In other words, God has made all of us to both receive and give hope daily. By now, you are realizing that a hope-filled life includes both personal depth with Jesus and blessing people locally and globally. Hope is both public and private. God's hope brings God's courage and includes us stepping out of what is comfortable. Let's look beyond ourselves, and live out our faith together in a weary, wonderful, and wild world. Hope increases when we bless people daily and see lives transformed for God's glory.

# Day 22

*Be filled with the Holy Spirit.  
Ephesians 5:18*

*Read Stephen's Hope  
story in Acts 7:1-8:1  
and scan QR code for  
accompanying video.*



[justchoosehope.org](http://justchoosehope.org)

The Christian life requires God's presence and supernatural help. You simply cannot be faithful on your own strength alone. Instead of trying to resist this fact, let's embrace all that God gives us. God's greatest gift is His presence. There is One God, Three Persons. We worship The Father, The Son, and The Holy Spirit. Jesus was very clear before His ascension into heaven that He would not leave us as orphans. He told His followers that they would receive power when receiving the Holy Spirit. God's plan is to fill His people with His Spirit in all places at all times. The word power has the same root word as the word dynamite. The One who is in you is greater than the opposition in the world. When you hear the word outreach, direct your second thought and reliance to the Holy Spirit. "Alone I can't but with God I can" should be our anthem and story. We cannot save ourselves, Jesus does. We cannot change the hearts of other people, but the Holy Spirit can. What an honor that we are called and invited to participate in this most meaningful work.

People do not share their faith, because they are scared, or they do not feel very competent. We just don't like to do something if we feel like we are not very good at it or we cannot control the results. Remember that God's love drives out fear, and God's grace is sufficient as He will give us all we need in this area of our walk with Him. If we let fear win, we won't love our neighbors. Many people settle for this limited existence, unnecessarily low ceiling, and sheltered lifestyle. Many would rather play it safe than take relational risks. Did Jesus, our leader and example, play it safe? This is not a drive-by guilt trip. It is a reality check and friendly reminder that the hope of God is too good to stuff, hoard, or even contain. Trust God who will give you courage. I am acknowledging that hope impact might be the most difficult thing that you do during the week. It is time to say, "Yes!" to the Holy Spirit. God does not give us a spirit of timidity but power and love.

Like Moses, you have probably compiled a list of excuses and rationalizations over the years. You can read Exodus chapters three and four to dive into the specifics of how God affirms and exhorts Moses to answer the call. The greatest need in the world today is for followers of Jesus to be filled, empowered and led by the Holy Spirit. If this happens, there will be an overflow of unstoppable hope. Our homes will be centered on God. Our churches will be the most hope-filled places in our communities. Every man, woman, and child in your city will have the opportunity to know Jesus. There will be healing in our nation.

The Holy Spirit wants to ignite, unite and help us take flight. God is love. God is light. God is a consuming fire. Do not grieve or resist the Holy Spirit. Be teachable, leadable, fillable, and flammable. How much more will the Father give the Spirit to anyone who will yield to God and ask for His presence. Be filled with the Spirit is not a nice suggestion. This is God's will and wisdom. This is God's plan. This is how the hope of God travels to your friends, relatives, acquaintances, neighbors, and co-workers, both in you and through you. Stephen boldly brought the gospel to people with hard hearts and was killed for his faith in Jesus. Filled with the Holy Spirit, Stephen was faithful to proclaim the gospel and trust God with the results. The Bible says Jesus was standing to welcome Stephen into heaven (Acts 7:55). Is anything better than the Lord's approval?

Just Choose Hope

*Hope Point: We can be filled with the Holy Spirit in every situation.*

Why is it good to be filled with the Spirit?

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Do you have any hesitations about yielding fully to God? Explain your concerns.

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How is the Holy Spirit influencing the words you say and the actions you take during the week?

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How much compassion do you have for those who do not have the benefit of the Holy Spirit in their lives? Share some examples.

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Additional Scripture Reading: Acts 2

Prayer: God, thank You for dwelling in me. I praise You, Holy Spirit. Fill me with Your presence as I yield to You. You bring so much love, peace, and hope into my life. Your presence, O God, gives me courage to bring the gospel to the world. It is by Your Spirit that I run this glorious race. I pray in Jesus' name, amen.

# Day 23

*Day 23 Be Reliant.*

*Colossians 4:2*

*Read Hannah's Hope story in 1 Samuel 1:1-28 and scan QR code for accompanying video.*



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Your reliance on God is evident in how you pray. Pride blocks prayer. Reliance rejects the illusion of self-sufficiency. Hannah was childless but cried out to God consistently and persistently year after year. She poured her heart out to the Giver of life. God answered her prayers and provided a son named Samuel whom she dedicated to God. Samuel, like his mother, lived with reliance on God and a strong desire to glorify God in his generation.

If you are going to talk to people about God, first talk to God about people. We see very specific hope-filled prayers in Scripture that are relevant as you bring hope to people. The first prayer is for opportunities and boldness. It takes courage to walk through the door God opens. If the apostle Paul acknowledged how much he needs God's help in this area of his relationship with God, then we will all feel our inadequacy to accomplish the work merely by our own efforts. I still feel nervous inside, not sure what to say or how the conversation will go and wanting the other person to like me, even though I have been sharing my faith for decades. Those feelings do not go away, but instead of giving up, and being passive, they drive me to reliance and prayer. That has been the main shift for me. If you begin to pray for opportunities and boldness, be ready because God answers that prayer.

The second prayer is for success of the gospel and protection. Paul exhorts the Thessalonians to ask God for these blessings. You cannot save anyone. This is the work of God. When God opens a door, there is often going to be opposition. Read the gospels and the book of Acts and take note of the obstacles Jesus and the early church overcome. They are devoted to prayer. They are intentional with prayer. They are united in prayer. They are fervent and persevere with prayer. When you stop praying, you shrink your potential impact. Our confidence is in God, who will win the spiritual battle and change lives. The Word of God and the gospel are transformative. I write down the names of the people in my life who don't know Jesus on an index card and keep the list in my Bible. I pray for them every day. They are not in my life by accident. I pray that their hearts would be receptive and would receive the presence, salvation, and hope of God.

The third prayer is to ask the Lord of the harvest to send more workers to the harvest field. We need God, and we need each other. The harvest truly is ready, but the workers are few. Can you imagine a farmer staying inside his house and being on his phone eight hours a day while the fruit, vegetables, and grain are ripe? The disciples told Jesus that we have to wait for the harvest, but Jesus corrected them and said that the timing is now. Jesus brought a sense of urgency as He mobilized His reluctant followers. It is far more about our availability than our ability. There is also more hope when we serve together, so find some friends who will roll up their sleeves with you. Replace excuses with prayers. There is no limit to what God can do. Call on His name and glorify the God of hope with all of your heart and all of your church.

Just Choose Hope

*Hope Point: We can experience God's power through persistent prayer.*

**Notes & Takeaway:**

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What are your thoughts about the three specific prayers? Make a list of people who need Jesus and keep it somewhere where you see it daily and are reminded to pray for them.

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How could prayer help you to make a greater impact where you live, work, learn, and play?

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How does prayer make a difference for Jesus and the early church?

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In what ways do you live your life as if all things are possible through God?

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**Additional Scripture Reading: Galatians 5**

Prayer: Almighty God, without Your presence I shrink back in fear and miss opportunities that You provide. Today, I choose hope and faith as I pray and am ready to do what You want me to do. Your glory is my passion, and I live for You Jesus. In Your matchless name I pray, amen.

# Day 24

*Be A Great Listener.*

*James 1:19*

*Read Barnabas' Hope story in Acts 4:29-37 and scan QR code for accompanying video.*



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Outreach begins with listening, not talking. Your first step is to listen to God. It is also very important to listen well to the other person. Listen with your mind, heart, ears, and soul. Listen to their story. Listen to their pain points. Listen to their feelings. Listen to their questions. This is a person, not a project. This is a relationship, not a formula. This is a conversation with love, not a forced dialogue. Barnabas listened well to God and people. His generosity to those in financial need, bridging Paul with Christian fellowship after his radical conversion, and restoration of Mark after a failed mission trip, were examples of his selfless listening and heart of compassion. Jesus listened amazingly well. People felt heard and known. He listened with genuine interest. He made people feel like they truly mattered. Jesus invested his time in relationships. He was called a friend of sinners. He was criticized for loving people who were overlooked. He crossed age and ethnic barriers to connect. It is inspiring how Jesus was able to build bridges with love and listening.

If you want to listen well, ask questions. It has been said that you have to ask someone three times before they open up to you. The first “How are you doing?” usually just means “I see you” in our culture. Then you ask, “How are you feeling about that?” and the other person recognizes that you really are interested in them and want to hear. The third time you add something like, “And how is that going?” They begin to feel cared for and that you come with compassion. People are looking for real relationships and a non-judgmental friend where they can let their guards down and be more transparent. We open up with others when we feel safe. Listen with the goal of understanding. Just get in their shoes.

*Questions draw people out and are an invitation for healthy conversations.*

These are some questions that I find myself asking in conversations about God: What was your religious background when you were growing up? Did you have good experiences or negative ones? Did you go to church as a kid? Where are you with faith at this point in your life? What are your thoughts about God? How interested are you in Jesus? Has anyone ever told you about the grace of God? Is anything preventing you from following Jesus? Are you looking for a church? Do you have a Bible? I continue to be amazed at how God will take one question and open up an incredible conversation. I am convinced people really want to go deeper and am often surprised how many people want to talk about Jesus and faith. There is a yearning for hope that people already have. This world is searching and starving for hope. Your questions and listening might literally be an answer to their prayers.

Just Choose Hope

*Hope Point: We can listen well and bring refreshment for tired people.*

**Notes & Takeaway:**

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What questions do you like to ask people and why? Intentionally ask some spiritual questions to the people you interact with this week.

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Do you consider yourself to be an excellent listener? Explain how you could grow in this relational area.

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How often do people who do not follow Jesus share their story and pain with you? Explain your answer.

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Why is it wise to listen with the goal of understanding?

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**Additional Scripture Reading: Psalm 29**

Prayer: God, You always listen well, and I want to be more like You. Help me to slow down with what I want to say, so that I can listen better to You and other people. I know when I listen, others feel loved. I want to demonstrate Your compassion by humbling myself and taking time to be available. I want to listen with my heart, mind, and soul. Please help me, Jesus. I pray in Your name, amen.

# Day 25

*Be Generous.*

*1 Peter 4:8-9*

*Read Zacchaeus' Hope story in Luke 19:1-10 and scan QR code for accompanying video.*



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Hope includes generosity. Jesus gave His life for us. There is no greater demonstration of love. Generosity includes time, talent, prayers, attitude, money, and words. You can bring generosity everywhere you go. Generosity is a choice. Generosity is contagious. Freely you have received, now freely give. Let the way Jesus treats you become the basis for how you treat other people. Don't take your generosity cues from the culture. You have a greater reason to be generous than the patterns of the world. I'm not saying generosity is easy and will come naturally for you. Generosity includes sacrifice and a high cost. Consistent generosity takes commitment. It is deeper than just how you feel that day. Because Jesus forgives us, we forgive fully. Because Jesus selflessly serves us, we serve others. Because Jesus loves us perfectly, we have compassion for others. Know why you are being generous, because otherwise motivation can decline, and stinginess takes over.

When I lived in Zimbabwe, I was inspired by generosity. I learned that you could bring love, hospitality and generosity even when you have very little money or possessions. Your hospitality is not about the size of your house or your bank account. It's about the amount of love and hope in your heart. Jesus is the light of the world, and He tells His followers that they are the light of the world. This is your identity in Jesus. Let your words and actions align with who you are. Light is greater than darkness. A night light reminds us that a small amount of light can go a long way in a dark room. When you love someone, you are also passing it forward. Someone who is loved will love others. The ripple effects are far beyond what you can see or plan. Know that you are God's ambassador placed by God in specific settings and relationships. When you are generous, people will see Jesus in you. Zacchaeus was a greedy, selfish and corrupt tax collector until he had an encounter with Jesus. Then he became the most generous man in his community. He repaid his victims and looked for opportunities to support those in need. His turnaround was shocking and inspiring.

Let's get very practical with generosity. The early church opened up their homes. In our culture, isolation and loneliness is rampant. We often prefer to drive our vehicles home, close the garage door, and never know or interact much with our neighbors. We spend hundreds of thousands of dollars on a home and forget that it belongs to God. We care deeply about how our house looks, but don't really think about who to invite to our homes. Your home has so much potential. When was the last time you had someone over for a meal or dessert, or to even watch a game or show together? If you have kids, welcome their friends. Yes, it might mean an extra trip to the grocery store, extra clean up, and possibly something in your home might be broken. Take the relationship risks. People will remember how much you care about them more than anything else. Hope includes hospitality.

Just Choose Hope

*Hope Point: Our talents and possessions are gifts from God that can be shared generously.*

**Notes & Takeaway:**

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How generous has Jesus been to you and who can you invite over to your house this month?

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Do you consider your talents and possessions to be a result of your hard work or are they gifts from God? Explain your thoughts.

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In what ways are you generous in sharing your talents for God's purpose and glory?

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How are you generous in sharing your possessions and how does that bring hope to people?

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**Additional Scripture Reading: Psalm 29**

**Prayer:** God, everything I have is from You and belongs to You. I want to steward my money, time, and talents well. My prayer is that I can make a difference locally and globally. There is great hope in providing generously and with real love. I turn from selfishness and stinginess and embrace your freedom and kindness. Freely I have received, and freely I give, in Jesus' name, amen.

# Day 26

*Be Intentional.*

*Romans 1:16*

*Read a demon-possessed man's Hope story in Mark 5:1-20 and scan QR code for accompanying video.*



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If you observe how Jesus lived, he was intentional every day. That is significant for us to emulate. Jesus was on a mission. We also should be on His mission. Jesus was seeking people who did not know God. We want to lead people to God. Jesus went to the home of Zacchaeus, who was a selfish and despised tax collector. Jesus went to the man who had a legion of demons in him and brought deliverance. Jesus travelled through Samaria and pursued a woman who had been divorced many times and shared living water with her. The stories are inspiring and remind us of why we are here on earth. Jesus told a parable of how the shepherd leaves the 99 sheep to find the 1 that is lost. Paul recaps his approach by saying to the Thessalonians we love you so much that we not only share the gospel with you but our lives as well. Jesus was never ashamed of the gospel. We have no reason to be ashamed or quiet about Jesus when He tells us to reach the world.

The picture of spiritual maturity is not to have a few friends who are just like you and believe what you believe. That is not in Scripture or the Jesus we follow. Sometimes long-term Christians drift into a holy huddle rut which is really not wise or even holy. They lose connection with the people they are here to serve. They do not have meaningful relationships with people who are far from God. They prefer to put up walls and act indifferent to the hurting souls of those in their cities. Even worse, Christians can fall into the trap of elitism, thinking they are better than others, finger-pointing and self-righteousness like the Pharisees. There are churches that do not look beyond the four walls of their building. We need to repent. We need a restart. We need to be prayerful and intentional. Your story is powerful, and God wants you to share it often with others. Let people know how Jesus has changed and blessed you. Jesus healed a man who was possessed by a legion of demons. After his restoration, Jesus told the man to share his story with his family and community. There were ten cities who heard about God's healing. The ripple effects of our actions extend beyond what we can see.

It is time for fresh vision from God, both locally and globally. God is not running low on hope. He is not asking us to conserve and ration it out with small portions for everyone. God has infinite hope that multiplies and is exponential. Ministries that provide drive-through prayer, medical services, free tangible resources, or welcome international students, or fight human trafficking are a few examples of how God's hope is growing in our city. Trips overseas, sponsoring children, providing clean water for families, sending missionaries, and media outreach are some of our global endeavors. I could list many more opportunities. Select an outreach that is a good fit for you. Serve with others, because we go further together. Learn from other people. If you aim at nothing, you will hit nothing. If you fail to plan, you will plan to fail. Jesus made prayerful decisions. He left heaven very intentionally. No one else can make the decision to be intentional for you. This is between you and Jesus. If God is for you, who can be against you?

Just Choose Hope

*Hope Point: We can transform our communities by sharing how Jesus has blessed us.*

**Notes & Takeaway:**

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Who led you to Jesus and how intentional were they?

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What is your faith story of God's provision, protection, and hope?

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In what new ways can you share your story and be an encouragement to others?

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How are you doing with building relationships with people who do not know or have the hope of Jesus now?

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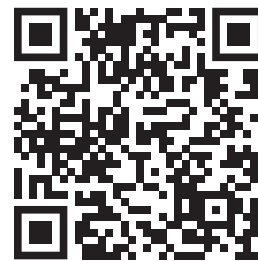
**Additional Scripture Reading: Matthew 9**

**Prayer: Father God, every day is a gift from You and filled with purpose. This is the day You have made, and I will rejoice and be glad in it. Let me redeem the times with Your hope. I bring Your hope to where I live, work, learn, and play. My mission is to give Your hope to those You bring into my path today. I pray this for Your glory, Jesus. Amen.**

# Day 27

*Be Collaborative.*  
*Matthew 25:37-40*

*Read Aquila and Priscilla's  
Hope story in Acts 18:18-  
28 and scan QR code for  
accompanying video.*



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Jesus gathered a group of twelve disciples because God's plan was to change the world through a team of ordinary people. The Bible reveals that God establishes local churches throughout the world that are led by a team of elders. We need God and we need each other. Jesus' longest prayer is recorded in John chapter 17. Our Savior prays for us, that we would be united so the world would know Him. Unity has a purpose. Unity is essential to reach your city. Unity generates spiritual momentum and accelerates God's vision. Notice in the book of Acts how the followers of Jesus were willing to die for each other and die for their faith in the persecution. The two commitments are linked. Aquila and Priscilla were united in marriage and mission. That is a great way to live. Together they discipled Apollos, who reached many people with the gospel.

*When we collaborate well, there is spiritual multiplication.*

If churches are content to build their own mini kingdoms, they will not unite. If people are rigid about methodology and have no flexibility to embrace better ideas, they will not unite. If we overemphasize our logos, egos, and denominations, we will not unite. If we are fighting for the spotlight, we will not unite. I have played on championship soccer teams, and there is an unmistakable culture in the locker room. There is a "we over me" mentality. We don't care who wins the awards, we just want to do well together. I have wondered why this is rare in faith circles. The one thing we cannot do alone is unite.

*The one thing Jesus wants His body to do is unite.*

Real unity is always aligned with Scripture and is fueled with a shared purpose and passion. Everyone participates. Like an elite crew team, everyone has an oar and knows their role. Everyone is significant on the team. For the last world cup, our team created content and partnered with a different ministry that focuses on distribution. There were 480,000 people who made first time decisions to follow Jesus. All glory to God. We have had many hope initiatives and people around the world start a relationship with God. This could never happen alone! God has chosen to move in exponential ways when we collaborate. Find a team and start a prison ministry, or visit convalescent homes, or raise money to help find a cure for kids with cancer, or minister to homeless people in your community. The lack of collaboration has been a blind spot for many Christians. It is time for a new movement.

Just Choose Hope

*Hope Point: We can collaborate to grow in our faith and kingdom impact.*

**Notes & Takeaway:**

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How can you focus on uniting with others and where do you see a lack of unity that you can work to restore?

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How are you collaborating with others to accomplish meaningful work?

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How open are you to overcoming barriers and working with other Christians in our community and throughout the world?

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What changes do we need to be the united body of Christ that Jesus wants?

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Additional Scripture Reading: John 20

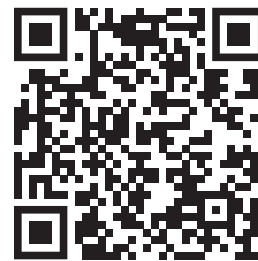
Prayer: Gracious God, thank you for the unity we see in the Trinity. We praise You Father, Son, and Holy Spirit. Thank You Jesus for praying for us and the unity we can enjoy and guard. Help me to see the body of Christ like you do. I want to love, serve, and partner with Your family in a deeper way. Unity brings You glory and that is my desire and prayer. In Jesus' name, amen.

# Day 28

*Be Humble.*

*Psalm 115:1*

*Read John The Baptist's  
Hope story in Matthew  
3:1-17 and scan QR code  
for accompanying video.*



justchoosehope.org

We have reached the final day and I hope you have experienced God's powerful work in your heart as you have opened the door to hope in Him. God blesses you to be a blessing both locally and globally. When you are faithful to God, He is going to change lives through your efforts. Marriages will be strengthened, orphans will have forever homes, children will have clean water and food, people will be rescued from human trafficking, churches will be active and alive, people will come to know Jesus, people from different nations and ethnicities will unite in friendship, people will break out of sin and addictions, people will be baptized, people will go overseas to serve the disenfranchised, people will be creative and inspire their communities, people will give massive financial gifts to people in need, people will be kind and forgive, people will begin and join Bible study groups and find church homes, people will share their stories, and people will reject suicide and be filled with hope. Do you see this vision?

Give honor where honor is due. When all of these wonderful things are happening, remember that every blessing is a gift from our heavenly Father. A person can only receive what is given to them from heaven. Instead of taking this for granted, or suppressing your gratitude, or trying to take the credit yourself, praise the God of hope and give Him the glory because of His great love and grace. When you tell a story, don't paint yourself as the hero. Point people to Jesus and His hope. Let them know there is a God who is alive and can turn setbacks into comebacks. Let them know that we reject the narrative of hopelessness and believe the best is yet to come. Let them know that we can serve together with joy and perseverance because God gives us strength.

*Hope is available to everyone. Hope is relational. Hope is habitual.*

The hope of Jesus is indestructible. Because of the resurrection, we have a hope that is greater than our challenges. No one is humbler than Jesus and no one is bolder. Humility is rugged. Pride comes before the fall, but the humble will stand. Humble people bring out the best in others. Humble people want everyone to succeed. Humble people consistently and persistently go the extra mile. Humble people worship God with reverence and awe. John the Baptist led people to repent and turn to Jesus, the Lamb of God who takes away our sins. John baptized countless people, but his great joy was to see Jesus glorified. His mission in life was that he would decrease in attention and adoration for Jesus would increase. There is no higher calling than to serve and lead others to the Lord. God will reward us generously in heaven for our faithfulness on earth. As Jim Elliot said: Give away what you cannot keep, to gain what you cannot lose.

Just Choose Hope

*Hope Point: Humility glorifies Jesus and leads people to Him.*

**Notes & Takeaway:**

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How can you tell more stories that are centered on the God of hope?

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In what settings do you openly thank and give credit to God and in which settings does that not happen?

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Do others see you as a person of consistent humility who is eager to serve?

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How does receiving God's hope both require humility and transform us to be more humble too?

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Additional Scripture Reading: Psalm 96

Prayer: Gracious God, Your hope is far beyond what we deserve. Your promises and blessings are beyond what we can describe. Your wisdom is beyond human understanding. Your humility inspires us beyond description. Jesus, you died so that we can live. I fix my eyes on You and want to be faithful to all you have called and empowered me to do. I give You all of the glory because of Your love and faithfulness. I pray this in Your unrivaled name, amen.

# INFINITE HOPE

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## **Congratulations on finishing the 28 Days of Hope!**

You have begun a wonderful new rhythm of receiving and giving hope daily. As we wrap up this time together, you are probably wondering what's next? Here are some practical next steps you can take.

### **First, embrace God's perspective which is full of hope.**

Think of this point as more of a starting line than a finishing line. The God of hope has begun a great work in you, and He is faithful to complete it. You are called and empowered by God to receive and give hope daily where you live, work, learn, and play. Why settle for less than what God has for you? This inner conviction leads to a greater devotion.

### **Second, embrace God's power which will fuel your hope.**

You have been given the Holy Spirit and the word of God. Over the last 28 days, you have been cultivating a powerful habit of spending time in His word and in His presence. Why go backwards and drift in your faith? Continue forward with daily Scripture and surrender to the Spirit. God wants to fill you with His hope. Select a time of the day and a Bible reading plan to nourish your soul. Find a friend or family member who will join you. Be intentional with this life-giving habit.

### **Third, embrace God's purpose which multiplies hope.**

There are many ways you can bring hope to your family, friends, and your church family. Decide to serve others in some specific and regular ways. Identify a plan. You will set yourself up for success and grow in your faith. May your home and church become places filled with God's presence and hope. There is a pattern of progression with how God moves to bring transformation: your heart, your home, your church family, then your city. In the book of Acts, the hope of God spreads to the entire world in this way. God has a plan, and the gates of hell will not prevail against it. You can live with great hope and confidence in God even during the fiercest challenges. Our hope is resilient and defiant, refusing to be passive and make excuses. God will light your soul on fire because you are the light of the world. The darkness will not win. God will prevail and you are His ambassador of hope. You are in full-time ministry. There are no limits to what God can do because Jesus is risen. **Jesus is our living hope.**

As you look ahead, here is one additional consideration. If you have enjoyed the 28 Days of Hope, you can invite others to participate. Share the content with them or join them and repeat the 28-day experience. God's hope is available for everyone. Hope gifts, hope shifts, hope habits and hope impact are foundational and inspirational. I am convinced that if we learn to abide with Jesus, we will bear much fruit. If we are filled with God's Spirit and word, there will be a revival and reformation across our land. If we live with God's courageous hope, we will see cities turn to the Savior and healing in our families and churches. God is able to do exceedingly more than we can ask, think, or even imagine when we choose to trust Him. The God of hope is eternal. Jesus is full of hope. God's Spirit and word teach us: Hope is relational. Hope is habitual. Hope is indestructible.

## **Just Choose Hope**



# Weekly Life Group Discussion Questions



## WEEK ONE

Opening Questions:

- 1) Why do people lose or misplace hope?
- 2) How is biblical hope different than worldly hope?
- 3) What shifts will you make to receive more of God's hope?

Text Questions:

- 1) Psalm 103:1-5 What are some of the ways God blesses us and provides hope?
- 2) Ephesians 1:3-10 How are these truths like a treasure chest full of hope?
- 3) Ephesians 1:11-14 How is God's hope infinite?
- 4) Romans 15:13 How does abiding with God lead to an overflowing hope?
- 5) Isaiah 40:31 What does it look like for you to spiritually soar in the next 28 days?
- 6) Isaiah 41:10 How can you guard your heart and prevent hope from leaking?
- 7) Psalm 42:5-8 What will it take for followers of Jesus to be saturated with God's hope daily?

## WEEK TWO

Opening Questions:

- 1) What has been stealing your hope?
- 2) What shifts will you make to repent and align with God?
- 3) How can you intentionally and wisely invest your time and energy to grow in your faith?

Text Questions:

- 1) Genesis 3:8-11 What can you learn from Adam and Eve's story?
- 2) 1 Kings 19:7-10 Why does God call us to come out of the cave?
- 3) John 13:12-17 How does Jesus redirect and reframe the calling for the disciples?
- 4) Matthew 16:26-27 How is this passage convicting?
- 5) Psalm 51:1-4 Why do we avoid confession and repentance?
- 6) Deuteronomy 30:19-20 What are some new ways you will just choose hope?
- 7) Romans 5:3-4 How is hope rugged and refined by fire?

## **WEEK THREE**

Opening Questions:

- 1) Why would you spend less time on your phone and more time in God's Word?
- 2) What is a habit you want to cultivate to increase hope?
- 3) How can you share what God is teaching you from Scripture?

Text Questions:

- 1) 2 Timothy 3:16-17 What are the benefits of reading the Bible and how is it like a compass?
- 2) Joshua 1:6-9 How do you meditate on Scripture?
- 3) Philippians 4:8 How powerful and positive are your thoughts?
- 4) Psalm 119:9-11 How does God's word help you reject temptations?
- 5) Colossians 3:16 What would it take for you to commit to a daily time in God's Word?
- 6) Matthew 4:4 How has Scripture nourished and strengthened you?
- 7) Romans 15:4-6 How are we growing in unity and hope together?

## **WEEK FOUR**

Opening Questions:

- 1) What does God want to do in your family?
- 2) How can our church family be filled with hope?
- 3) How can we lead our community to Jesus?

Text Questions:

- 1) Ephesians 5:18 Why is this a command and how can you be filled?
- 2) 1 Peter 2:9-10 Why is it significant to know that you are in full-time ministry?
- 3) Colossians 4:2-6 How are these verses a playbook for giving hope daily?
- 4) 2 Corinthians 5:20 What is your role as God's ambassador and how can you row your oar for Jesus?
- 5) Jeremiah 33:9 How does God's vision for a city inspire you?
- 6) Acts 1:8 How can we bring the gospel to every man, woman, and child in our community?
- 7) Matthew 9:36-38 How will you pray for and encourage more workers in the harvest field?

## **WEEK FIVE**

Opening Questions:

- 1) What have you gained from God during the 28 days of hope?
- 2) Who is someone you can share the 28 days of hope with now?
- 3) How can we unite and take flight together in the coming months?

Text Questions:

- 1) Matthew 28:18-20 Is this your passion and focus?
- 2) 2 Timothy 2:1-2 How do grace and hope lead to transformation?
- 3) Deuteronomy 6:6-7 How can your family walk closely with God?
- 4) Acts 2:42-47 How can we live this way together?
- 5) 1 Peter 1:3-4 How is our hope in Jesus alive and flourishing?
- 6) Habakkuk 2:2 What hope-filled vision has God given to you?
- 7) Matthew 16:17-18 How much hope do you have that God will be faithful and how much confidence do you have in His promises?



