

Prayers for Hope

Everyone regardless of age, ethnic background, or religious beliefs will experience times of crisis in their life. Divorce, job loss, illness, and death can trigger feelings of anger, hopelessness, and despair—and test our faith—especially when we don't understand why we or those we love must suffer.

Jesus explains in John 16:33 that in the world we will have trouble. But we also learn that in Christ we may have peace. From Saul's conversion on the road to Damascus to Jesus' death on the cross, the Bible overflows with stories of God's grace, mercy, love, forgiveness, and healing, and provides reassurance that God is our constant source of hope.

Here are 7 ways to find hope in troubling times.

- 1. Feed your faith** through Bible study. Read hope-filled Scripture passages including Gen. 8:6-22, 21:1-7; Ps. 23; Matt. 5:1-4, 28:1-20, Rom. 8:38-39; and 1 Pet. 1:3-13.
- 2. Deepen your relationship with Christ** through prayer, meditation, and fasting.
- 3. Seek God's will** and direction for your life.
- 4. Trust God.** Lay your burdens at Jesus' feet. Ask for strength and comfort.
- 5. Count your blessings.** Focus on the positive.
- 6. Offer hope to others** less fortunate. Serve by example.
- 7. Seek out stories of hope.**



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Prayers for...



**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

Prayers for Hope

<p>1 God, thank you for the living hope of eternal life made possible through the resurrection of Jesus Christ. 1 Pet. 1:3-5</p>	<p>2 God, teach us to rejoice in our sufferings because suffering produces perseverance; perseverance, character; and character hope. Rom. 5:3-4</p>	<p>3 God, we pray for hope because your love has been poured into our hearts through the Holy Spirit. Rom. 5:5</p>	<p>4 God, during times of trouble strengthen our faith as we seek your will and direction in our lives. Heb. 11:6; Ps. 32:8</p>	<p>5 God, may we find comfort in the knowledge that you will never leave nor forsake us. Heb. 13:5</p>	<p>6 God, offer hope to the poor, the hungry and the homeless and to victims of abuse, violence and stress. Job 5:16</p>	<p>7 God, be merciful to those who suffer in body or in mind, are in danger or distress, and who have suffered loss. Isa. 49:13</p>
<p>8 God, let your love surround the infirm and the aged. Eph. 2:4</p>	<p>9 God, comfort those who are passing through the valley of death. May they find eternal rest in Christ. Ps. 23</p>	<p>10 God, strengthen those who are unemployed, facing job loss or are experiencing financial setbacks. Luke 12:22-31</p>	<p>11 God, we pray for those who bear their burdens alone, and for all who have lost those whom they love. Ps. 146:9</p>	<p>12 God, we lift up those whose suffering is unrelieved by the knowledge of your love. Luke 15:3-7</p>	<p>13 God, heal those who have a broken heart. Save those who are crushed in spirit. Ps. 34:18</p>	<p>14 God, hear the righteous when they cry for help. Rescue them from their troubles. Ps. 34:15-17</p>
<p>15 God, may all who are weary and burdened find rest for their souls in Jesus. Matt. 11:28-30</p>	<p>16 God, bring people into our lives during troubling times who will demonstrate genuine love. Jn. 15:13</p>	<p>17 God, may all things work together for good for those who love you and are called according to your purpose. Rom. 8:28</p>	<p>18 God, help us to trust you even when we feel we are being tested beyond our limits. Jas. 1:5-7</p>	<p>19 God, we pray for your peace, which surpasses all understanding, to guard our hearts and minds through Christ Jesus. Phil. 4:7</p>	<p>20 God, help us to forget the pain and suffering which lies behind, and reach forward to what lies ahead. Phil. 3:13</p>	<p>21 God, teach us to fix our thoughts on whatever is true, noble, right, pure, lovely, admirable, excellent and praiseworthy. Phil. 4:8</p>
<p>22 God, when we face trials, help us see it as an opportunity to deepen our relationship with you. Jas. 1:2</p>	<p>23 God, teach us to not worry about tomorrow, for tomorrow will worry about itself. Matt. 6:34</p>	<p>24 God, may we serve by example and offer hope to others less fortunate. Matt. 20:28</p>	<p>25 God, we praise you that you have not given us a spirit of fear. 2 Tim. 1:7</p>	<p>26 God, enable us to rejoice in hope, be patient in suffering, and persevere in prayer. Rom. 12:12</p>	<p>27 God, we claim your promise—"If God is for us, who is against us?" Rom. 8:31</p>	<p>28 God, you are our hiding place and our shield. We hope in your word. Ps. 119:114</p>
<p>29 God, help us trust the plans you have made for us. Give us a future with hope. Jer. 29:11</p>	<p>30 God, when we call on you in our day of trouble, deliver us so that we may glorify you. Ps. 50:15</p>	<p>31 God, thank you for your awesome deeds and for being our hope to the ends of the earth. Ps. 65:5</p>				<div style="text-align: center;">  <p>www.ngumc.org</p> </div>