

A 3-DAY CHRISTIAN DEVOTIONAL

RENEWED HOPE

*Finding Strength, Peace and the Courage
to Believe Again*



WELCOME TO RENEWED HOPE

There are seasons when hope seems to come naturally. We pray confidently, look forward to tomorrow and believe that God is working everything together for our good.

Then there are other seasons.

Disappointment comes. Prayers appear unanswered. Plans fail. Relationships change. Opportunities disappear. Life takes a direction we never anticipated.

Sometimes we still believe in God, but something inside us has become tired.

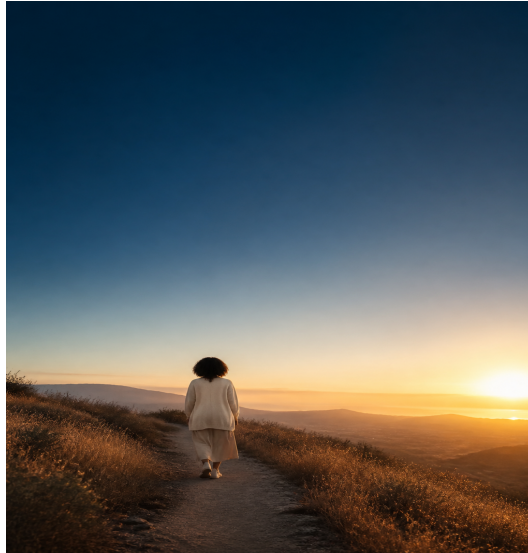
This devotional is for those moments.

Renewed hope does not mean pretending that everything is fine. It means learning to look at our circumstances through the truth of God's Word rather than allowing our circumstances to determine what we believe about God. Over these three days, we will move through three important stages:

Day 1 — When Hope Feels Lost

Day 2 — Anchoring Your Soul in God's Promises

Day 3 — Rising With Renewed Hope



DAY 1

WHEN HOPE FEELS LOST

TODAY'S SCRIPTURE

“Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him...”

— Psalm 42:11

REFLECTION

There are moments when even a faithful Christian can become discouraged.

You may still attend church.

You may still pray.

You may still read your Bible.

You may still encourage other people.

Yet somewhere inside, your own heart may quietly be asking:

“Lord, when will things change for me?”

Discouragement does not always arrive suddenly. Sometimes it develops slowly.

One disappointment follows another.

A prayer seems unanswered.

Something you believed would happen does not happen.

You watch other people receive the very thing you have been praying for.

Eventually, without realising it, expectation begins to disappear.

But Psalm 42 gives us a beautiful picture of someone refusing to surrender to despair.

The psalmist speaks directly to his own soul:

“Why art thou cast down, O my soul?”

He acknowledges his emotional condition. He does not pretend everything is fine.

But then he does something powerful.

He tells his soul where to look:

“Hope thou in God.”

Sometimes renewed hope begins when we stop allowing our emotions to have the final word and begin reminding ourselves of what God's Word says.

Your feelings may say:

Nothing is changing.

But faith says:

God is still working.

Your circumstances may say:

You have waited too long.

But faith says:

God's timing is not controlled by my timetable.

Your disappointment may say:

Perhaps God has forgotten me.

But Scripture reminds us that God does not abandon His children.

The psalmist then makes an extraordinary declaration:

“I shall yet praise Him.”

That little word **“yet”** contains tremendous hope.

I may be crying now — **yet I will praise Him.**

I may not understand now — **yet I will praise Him.**

I may still be waiting — **yet I will praise Him.**

My story is not finished.

THINK ABOUT IT

What disappointment has affected your expectation of the future?

Have you quietly stopped believing that something in your life can change?

Have past experiences become louder in your mind than God's promises?

Today, acknowledge those feelings before God. You do not need to hide them.

But do not allow them to become your final conclusion.

TODAY'S DECLARATION

My present circumstances are not the conclusion of my story. I choose to put my hope in God. What I cannot understand, I will entrust to Him. I shall yet praise Him.

PRAYER

Heavenly Father,

You know the places in my heart where disappointment has weakened my hope.

You know the prayers I have prayed, the tears I have cried and the things I hoped would have changed by now.

Today I bring my discouraged heart before You.

Help me not to judge my future by what I can currently see.

Where disappointment has created fear, restore my faith.

Where waiting has created weariness, strengthen me.

Where painful experiences have made me afraid to hope again, remind me that You are still faithful.

I choose today to put my hope in You.

Even when I cannot see what You are doing, help me to trust Your heart.

In Jesus' name,

Amen.

JOURNAL PROMPT

What have I almost stopped believing God for, and what would it look like for me to place that situation back into His hands today?



DAY 2

ANCHORED IN THE STORM

TODAY'S SCRIPTURE

“Which hope we have as an anchor of the soul, both sure and steadfast...”

— Hebrews 6:19

REFLECTION

An anchor does not stop a storm.

It stops the storm from carrying the vessel away.

That is a powerful picture of biblical hope.

Sometimes we pray for God to remove every difficulty when His immediate work may instead be to make us steadfast while we walk through it.

The circumstances may not have changed yet.

The answer may not have arrived yet.

The door may not have opened yet.

But something inside you can begin changing.

You become anchored.

This is where Christian hope differs from simple positive thinking.

Positive thinking says:

“Everything will probably work out.”

Biblical hope says:

“Whatever happens, God remains faithful.”

Our confidence is ultimately not in a particular outcome.

Our confidence is in **God Himself**.

Romans 15:13 says:

“Now the God of hope fill you with all joy and peace in believing...”

Notice the connection between **hope, believing, joy and peace**.

When our minds become consumed by uncertainty, peace disappears.

We ask:

What if this happens?

What if that doesn't happen?

What if I fail?

What if things never change?

But renewed hope begins replacing endless “what ifs” with one powerful truth:

God will be with me.

You may not know exactly what tomorrow contains.

But you know Who will be there when tomorrow arrives.

That knowledge becomes an anchor.

REMEMBER GOD'S FAITHFULNESS

Lamentations 3:21 says:

“This I recall to my mind, therefore have I hope.”

There are times when hope must be deliberately recalled.

Remember previous prayers God answered.

Remember situations you thought you would never survive.

Remember doors God opened.

Remember the strength He gave you when you thought you had none left.

Remember His mercy.

Remember His provision.

Remember His Word.

Sometimes the evidence you need for tomorrow is hidden inside the testimony of yesterday.

What has your mind been anchored to lately?

Your circumstances?

Someone else's opinion?

Your finances?

A relationship?

A diagnosis?

Your mistakes?

Your fears about the future?

Anything in this world can change.

God does not.

Therefore, your deepest security must ultimately rest in Him.

TODAY'S DECLARATION

My hope is anchored in God. My circumstances may change, people may change and my plans may change, but my God remains faithful. I will not allow fear to determine my future.

PRAYER

Father,

Anchor my heart in You.

When circumstances around me become uncertain, remind me that You remain constant.

When fear begins creating possibilities in my imagination, bring my thoughts back to Your Word.

Teach me to remember Your faithfulness.

Help me recognise the ways You have already carried me, protected me, provided for me and strengthened me.

Let Your peace guard my heart while I wait.

My confidence is not merely that everything will happen according to my plans.

My confidence is that my life remains in Your hands.

In Jesus' name, **Amen.**

JOURNAL PROMPT

Write down three occasions when God carried you through something you once thought you could not overcome.

Then complete this sentence:

“Because God was faithful then, today I choose to trust Him with...”



DAY 3

RISING WITH RENEWED HOPE

TODAY'S SCRIPTURE

**“But they that wait upon the LORD shall renew their strength;
they shall mount up with wings as eagles...”**

— Isaiah 40:31

REFLECTION

Something begins happening when hope returns.

You start thinking about tomorrow again.

You begin praying with expectation again.

You begin planning again.

You become willing to try again.

You begin believing that your gifts still have purpose.

You begin seeing possibilities where you previously saw only limitations.

This is **renewed hope**.

Isaiah does not say God's people never become tired.

It says:

“They shall renew their strength.”

That means there can be a moment when yesterday's exhausted person receives strength to rise again.

Perhaps you have been walking through life carrying pain rather than walking through life carrying expectation.

Perhaps disappointment has quietly convinced you to expect less from life.

Perhaps you have protected yourself from further disappointment by refusing to hope.

But God may be calling you to believe again.

Not because everything will necessarily happen exactly as you imagined.

But because **God is still capable of doing something meaningful, beautiful and purposeful with your life.**

Romans 8:28 reminds us:

“And we know that all things work together for good to them that love God...”

This does not mean everything that happens to us is good.

Some experiences are genuinely painful.

Some losses are real.

Some disappointments leave scars.

But they do not have to have the final word.

God can redeem.

God can restore.

God can redirect.

God can teach.

God can strengthen.

God can take something that once wounded you and eventually use your testimony to strengthen someone else.

HOPE GIVES YOU PERMISSION TO MOVE FORWARD

There comes a point when you must stop asking only:

“Why did this happen?”

and begin asking:

“Lord, where are You leading me from here?”

You cannot rewrite yesterday.

But yesterday does not have the authority to imprison tomorrow.

Psalm 30:5 says:

“Weeping may endure for a night, but joy cometh in the morning.”

Scripture acknowledges the night.

There may have been tears.

There may have been confusion.

There may have been disappointment.

But Christianity never teaches us that the night is all there will ever be.

Morning exists too.

And sometimes renewed hope is simply the courage to start looking towards the morning.

YOUR NEXT STEP

Today, do one thing that represents hope.

Send the application.

Begin the project.

Return to the dream.

Make the phone call.

Write the first page.

Pray about the situation again.

Forgive where God is asking you to forgive.

Seek wise counsel.

Take one responsible step towards the future.

Hope is not passive.

When God renews your hope, allow that hope to influence how you live.

TODAY'S DECLARATION

I will rise again. My past will teach me, but it will not imprison me. My disappointment will not become my identity. God is renewing my strength. I believe there is still purpose ahead of me, and I choose to walk forward with Christ.

PRAYER

Heavenly Father,

Thank You that my story is still in Your hands.

Renew my strength.

Restore the places where disappointment has weakened my expectation.

Give me courage to move forward without being controlled by yesterday.

Show me the opportunities, relationships, assignments and areas of growth You are placing before me.

Help me recognise when fear is preventing me from taking the next step.

I surrender my future to You.

Whether the road ahead looks exactly as I imagined or completely different, I want to walk it with You.

Give me wisdom for my decisions, courage for my next step and faith for the things I cannot yet see.

Today I choose hope.

Today I choose faith.

Today I choose to rise.

In Jesus' name,

Amen.

JOURNAL PROMPT

If I genuinely believed that God still has purpose for my life, what would I begin doing differently?

Write down one practical step you can take within the next seven days.



CLOSING REFLECTION

HOPE FOR THE JOURNEY AHEAD

Renewed hope does not mean you will never experience another difficult day.

It means difficult days no longer have permission to convince you that God has abandoned your story.

Remember:

When you feel discouraged — hope in God.

When life feels uncertain — anchor yourself in God.

When you feel exhausted — wait upon God and allow Him to renew your strength.

You may not know everything that lies ahead.

You do not need to.

You simply need enough faith for the next step.

The same God who carried you yesterday is present with you today and will already be God when you arrive at tomorrow.

So keep praying.

Keep believing.

Keep growing.

Keep walking.

And when life becomes difficult, remind your soul once again:

“Hope thou in God: for I shall yet praise him.”

FINAL DECLARATION

My hope is not dead. My story is not finished. My life remains in God's hands. I will trust Him in the waiting, follow Him through the uncertainty and walk forward believing that He is still working in me and through me. My hope is anchored in Christ, and by His grace, I will rise again.