

we
HAVE
this
HOPE

THE BINDER CO.
MAY 2018

THE BINDER CO. MARCH 2018: WE HAVE THIS HOPE

Welcome to The Binder Co.: a do-it-yourself devotional and journaling experience for women who desire to grow deeper in God's Word on a daily basis. All you need is a 3-ring binder and a printer to get started — for free!

ABOUT THE BINDER CO.

The Binder Co exists to help women dive deeper into their faith and connect with others through free monthly ebooks of devotionals written by women for women. Every aspect of The Binder Co. is run by volunteers. Once a month, we release a free ebook with daily devotionals, corresponding scriptures, and daily challenges to help put what we learn into action. These daily devotionals are free to read, download, and print anytime. You can use them for yourself, your small group, friend group, or church group!

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Use the hashtag [#thebinderco](https://instagram.com/thebinderco) on Instagram to connect with others and have your photo featured on our page

Write for us. To learn how you can be a featured guest writer, visit our facebook page.

We'd love to have you.

Access the free archives of every calendar at emilyfurda.com/thebinderco

A NOTE FROM THE DIRECTOR

The Binder Co. (originally called Her Binder Project) was started in 2014 by Morgan Harper Nichols as a way to challenge herself to dig deeper into God's Word and put her faith into action on a daily basis. She made a calendar one month that included weekly themes, Bible verses, and daily challenges. Even though she originally started writing and designing these for herself, she felt the Lord leading her to share it with others. So, she put it on Pinterest, and was unbelievable with more women studying along each month. You can learn more about Morgan at themhn.co

When I was 11 years old, my worship dance teacher gave all of the dancers a small hot pink booklet of devotionals for Christmas. That was my first devotional, and I fell in love with studying God's word and learning how to apply it to my life. I've rarely been without a daily devotional since then. When Morgan asked me to help with The Binder Co. in 2016, it was a dream come true to be able to write devotionals. This Ministry and the women who read every day captured my heart. The more I became involved as a writer, editor, and project manager, the more it became a part of me.

In 2018, Morgan asked me if she could give me The Binder Co. I was speechless, which rarely happens. It was not an easy decision for her or one made lightly by myself. My joy comes when I see women come alive as they study each month. I'm studying and learning along with you. Today, thousands of women are joining this project each month, and we are so grateful for each one of you!

-Emily Furda Director, Editor In Chief

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Special Announcement from The Binder Co.

After much prayer and consideration, I will no longer be operating as the admin/director of The Binder Co. Four years ago, I started this project with the intention of finding a creative way to study God's Word on a daily basis. It has been such a blessing to see how that has been accomplished, and so much more! I have been amazed by how gracious and helpful this community has been, especially as we work each month to make these free devotionals available. I thank God for every single woman who has dedicated her time and resources to writing and editing devotionals and helping this devotional come to life. Writer and editor Emily Furda has been one to be an enormous help in making sure this project goes live each month. Words cannot express how grateful I am for all she has given to this, so I have asked her to take over The Binder Co. This transition will be effective May 1, 2018. I will still be contributing as a writer and graphic designer. I will also keep forwarding links on my site so the devotionals can still be found around the web.

With that said, I encourage anyone reading this to keep this community in your prayers and feel free to engage and consider contributing as well. You are welcome here! I know for a fact that God is still using this community, and the engagement and contributions from others is such a huge part of it. My husband and I are currently in a place of investing in a project that has been on our heart for years, and The Binder Co will always be a part of that.

Thanks for taking the time to read this and for understanding. It was not easy to type, but I do know that this is new season of The Binder Co. is going to be great as we continue to grow and encourage one another in His Word and in His Name.

Thank You,
-Morgan Harper Nichols

I want to thank Morgan Harper Nichols for this incredible gift. She has a passion to see women grow in their Christian faith and to make sure everyone knows they are valued and belong. Her heart is on every page and every devotional. Last minute deadlines, little sleep, and trying to work while traveling with limited internet access are all worth it to her because of each of you who read and learn. The Binder Co. is a ministry close to her heart, and I know this wasn't an easy decision to make.

It wasn't an easy decision for me either. I don't take this responsibility lightly at all. My desire is to continue what Morgan has started and see this ministry grow, without ever losing its heart. I know I can never be Morgan. I pray I can help this ministry to continue to become all God wants it to be, just like Morgan has done so faithfully. This ministry is an incredible gift because it's more than words on a page. It's every single woman who takes the time to read or gives her time to write. When I think of The Binder Co., I don't think about thousands of women who read. I think about one woman at a time. I can't help but wonder where you are right now, what is weighing on your heart, and how can we help you grow closer God as you dive deeper into your faith. Every monthly topic is chosen with much prayer, and each devotional is written with you in mind.

I hope you will continue to study along with us each month and interact on Facebook and Instagram. Getting to know you, one woman at a time, is priceless! Without you this ministry wouldn't exist. Please pray for both of us as God continues to guide us along new paths in our lives. We are grateful that you are a part of The Binder Co.

Thank You,
-Emily Furda

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

“We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain.”
Hebrews 6:19 NIV

		<p>1 Hebrews 6:19 Write out today's verse and place it where you'll see it all month.</p>	<p>2 1 John 4:16 Do you feel like you can rely on God's love? Pray and journal being honest with God about any doubts and fears. Let Him speak to you.</p>	<p>3 Psalm 43:5 Listen to "Cast My Cares" by Finding Favor. youtu.be/bKuAMmTqUbs</p>	<p>4 Proverbs 18:24 Make a list of 3-5 friends you are the closest with. Do they draw you closer to God? If not, ask God to show you who Godly people are in your life or how you can meet some.</p>	<p>5 Jeremiah 29:11 Are there areas about your future where you struggle to trust God? Journal and pray over them.</p>
<p>6 Psalm 42:5 If you're struggling to hope today, ask yourself why you feel the way you do. Pray and journal, asking God to show you what is weighing on you and how to face it.</p>	<p>7 Psalm 31:14-15 Encourage a friend today who may feel as if she is running out of time for her dreams to come true.</p>	<p>8 Matthew 6:21 What desires in your life have become your treasures? Are they rooted in things God wants for you or what you think you need? Pray and journal over them.</p>	<p>9 Matthew 1:1-17 Listen to "Show Them what Your Worth" by Mandisa. https://youtu.be/TI-PQMvVLATM</p>	<p>10 Psalm 32:7 Journal about a time in the past you thought was hopeless. How does seeing the way God brought you through it restore your hope now?</p>	<p>11 Romans 15:13 Write out today's scripture in your own words.</p>	<p>12 Romans 4:21 Is there an area in your life where you doubt even a little that God will do what He promised? What would change if you fully believed His promise? Pray and journal your thoughts..</p>
<p>13 Psalm 68:6 As God to help you to keep your heart open today and to show you the family He has for you.</p>	<p>14 2 Thessalonians 2:16-17 Listen to "Be One" by Natalie Grant. youtu.be/iq-6pXBHCZM</p>	<p>15 Hebrews 10:22-23 Set aside time to pray and journal. Pour out your heart to God about any area in your life that feels overwhelming. Ask Him to speak to you and restore your hope.</p>	<p>16 Philippians 4:6-7 Listen to "Even If" by MercyMe. youtu.be/B6fA35Ved-Y</p>	<p>17 Psalm 32:7 Journal about a time in the past you thought was hopeless. How does seeing the way God brought you through it restore your hope now?</p>	<p>18 Proverbs 16:3 Have you been rejected in a particular area and given up hope? Pray and journal, asking God to show His plan and help you to keep holding onto hope.</p>	<p>19 Luke 2:36-38 Spend some time worshipping God today. Be creative! You can sing and use music, but also dance, draw, write out scripture, and so many other things to lift Him up.</p>
<p>20 Job 33:29-30 Encourage someone today who is going through a difficult time.</p>	<p>21 Isaiah 55:8-9 Set today's verse to come up as a reminder on your phone or write it on your calendar one month from now.</p>	<p>22 2 Corinthians 4:16-18 Listen to "Thank You for Healing Me" by Matt Redman. youtu.be/KRLEJEHUKuk</p>	<p>23 Galatians 6:4-6 Make a list of at least 10 ways you've changed or things you've overcome in your life. How does this help you be more hopeful about your future?</p>	<p>24 1 Corinthians 9:25 Where are you trying to find your worth? Is your hope in your accomplishments or in what Jesus has done for you? Pray about it and journal your thoughts.</p>	<p>25 Romans 4:21 Listen to "Firelight" by Matt Maher. youtu.be/kq3-OyRh3Zw</p>	<p>26 Romans 15:6 Do you have a friendship that needs mending? Do you struggle with gossip? Pray over your friendships, and ask God to help you and show you how to have healthy friendships.</p>
<p>27 1 Kings 19:1-9 Set aside some time this week to let God refresh and restore you.</p>	<p>28 Matthew 4:4 Memorize the scripture that stands out to you the most from all of them so far in this month.</p>	<p>29 Psalm 86:17 Ask God to help you see His goodness wherever you are today. Keep your eyes and heart open. When you see it, write it down so you can remind yourself of it later.</p>	<p>30 Isaiah 62:1-4 Listen to "Get Back Up" by tobyMac. youtu.be/UYLnhn-IATk</p>	<p>31 Isaiah 40:27-31 Memorize or write out Isaiah 40:30-31 in your own words.</p>	<p># THEBINDER CO Join the community: Use #TheBinderCo on Instagram and join our Facebook group: facebook.com/groups/thebinderco For more downloads visit: emilyfurda.com/thebinderco</p>	

TUESDAY / MAY 1

Written by: Emily Furda

Read Hebrews 6:19

Monthly Theme

Verse:

“We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain.”

Hebrews 6:19 NIV

Hope is something we all need, but at times it's hard to find. When storms in life crash against us like waves in the ocean that threaten to destroy a boat, it can be tempting to grab the nearest life preserver and try to outswim the storm hoping to make it safely to shore.

What if there was something more reliable than clinging to a life preserver while trying to outswim the storm?

This month's scripture tells us our hope is like an anchor for our souls. When a ship lowers its anchor, it's done for safety. The captain of that ship knows the ship can safely ride out the wind and waves, no matter how dark it seems because the ship's hope isn't in the feeble efforts of humans. It's in knowing the security of an anchor tethered to the ocean floor. The waves will still crash, but in the middle of the storm, the ship, and everyone on it, is safe.

A small life preserver, while flimsy, is at least something we can see, and swimming gives us something to do, but hoping for survival that way isn't much hope. When the captain puts his hope in the anchor, he can't see where it lands, but he knows it's dependable. He knows staying tethered in place may seem scary, but it's the safest place to be because of what is holding the boat in place.

This month we're going to explore what it means to hope, but first we have to decide where to put our hope. When we put our hope in what we can see and what we can do, it may feel safer, but just like a life preserver, it's not reliable. When we place our hope in God, we can't see what He's doing beneath the surface. Staying in place when a storm rages around us feels insane, but we can trust God knows and sees everything, and He will never let us sink.

DAILY CHALLENGE

Write out today's verse and place it where you'll see it all month.

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WEDNESDAY / MAY 2

Written by: Emily Furda

Read 1 John 4:16

When we find ourselves in situations beyond our control, it can be hard to hope. We know our hope should be in God and we should trust Him, but when it comes down to it, fully relying on God is hard. We often put some of our hope in Him, but still hang on to the rest, hoping in other things. We hope for a better paying job to help with our finances. We hope a new relationship we're in is what we need to feel worthy. We hope a new school year will finally give us friendships that last. We hope new diet plan will help us become healthy. We put our focus in things that happen instead of the One who is in control of it all.

There is often a lingering question we're afraid to admit we have: How do we know we can trust God?

If we don't trust Him, then we will never be able to fully put our hope in Him. Today's scripture tells us "we know and rely on the love God has for us," NIV What does it look like to rely on God's love?

Think for a moment about what it's like to be afraid of a thunderstorm as a child. A child run to her parents for comfort and safety. She doesn't even think about it. She simply runs to find comfort because she knows her parents love her. She relies on their love. They can't make the loud storm stop, but she knows she's safe in their arms.

It's the same for us. We don't always understand why storms in our lives don't end. Our circumstances may not change, but we can feel safe and secure even when the thunder is deafening. We know we can trust God because He loves us. He's there to keep us safe in any storm.

DAILY CHALLENGE

Do you feel like you can rely on God's love? Pray and journal being honest with God about any doubts and fears. Let Him speak to you.

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THURSDAY / MAY 3

Written by: Heather Golden Horton

Read Psalm 43:5

Our souls can easily become weighed down by life. Tricky relationships can be like trudging through deep snow. Heartbreaks or hurts can grab our attention. Quickly, we may realize that problem people have our entire focus, and we may question this heaviness we feel.

In order to have our resilience restored, we can remind ourselves to simply refocus our hearts by realigning our hope. We need to ask ourselves an important question and seek God's help to correct our focus: whom do we place our hope?

Certainly not the people around us who will fail us, whether intentionally or unintentionally. They may temporarily steal our attention, but they should never be where our hope is set.

Instead of placing our hope in people, we should willfully place our hope in God. We must consciously choose again and again to place the entire focus of our hope in God, when our hurting hearts may attempt to dart aimlessly. This may look like moment by moment prayers asking God to remind us He is able to carry us through difficult seasons of our lives. Other

times, it may mean speaking hope-filled truths from Scripture to refocus on the hope our God brings. Still other times, it may be sitting in silent tears as we praise God with hope, fully aware

He is good, even though our hearts are hurting..

As we choose to continuously hope in God, we are choosing to focus on the character of God more than the character of those who surround us. We may even begin to feel the heaviness of our souls slowly lift as we raise our hopeful eyes to Him.

DAILY CHALLENGE

Listen to "Cast My Cares" by Finding Favor. youtu.be/bKuAMmTqUbs

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FRIDAY / MAY 4

Written by: Keela Dee

Read: Proverbs 18:24

The Bible is very clear about the importance of Christian fellowship and community. You were never intended to go through life all on your own. What do you do when it seems all the people around you are not strong believers? Yes, we should befriend unbelievers and eat with sinners, but our closest friends should be able to encourage us and lead us in our faith. The Bible even says bad friends can harm you, so how can you find Godly friends?

Do you go to a church regularly? Does your church have small groups? Could you volunteer at a Christian organization? There are several options around you to find like-minded people to hang around with. Even still, if nothing seems to be working, God is your friend.

He loves you, He wants to talk to you, He wants to hear your stories, and He longs to be close to you in your time of need. Even if no one else is around, God can be your best friend, and He more than enough. If you are struggling to find good Godly friends, don't give up. God longs for you to have close relationships with believers. In the meantime, there is still hope because God is the best friend you could ever ask for, and He will never let you down.

DAILY CHALLENGE

Make a list of 3-5 friends you are the closest with. Do they draw you closer to God? If not, ask God to show you who Godly people are in your life or how you can meet some.

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SATURDAY / MAY 5

Written by: Danielle Nicole

Read: Jeremiah 29:11

What has God shown you about hope this week?
Journal or write a prayer below.

Do you worry about the future or if God really has a plan for your life? It can be easy to look at our situations with doubt in mind, thinking “Maybe God doesn’t know what He is doing, or maybe He doesn’t have a plan for me.” We can’t see the future, and we can’t see what tomorrow looks like, but He has given us this hope that will never fade.

When we look to the future, a lot of things pop into our minds, like dreams, desires, and plans. Without hope, do any of these things really matter? We can’t dream without some hope in the picture. We also often worry about what is to come, and in our anxieties, we can’t find peace without the hope of knowing God is here.

When seeking hope for the future, we often look in the wrong places. We might look for our situations, our jobs, school, and even for people to change. If we desire hope then, we must look to God, for all else will fail us.

Hope doesn’t just mean to wait and desire, but also to trust. We know God has a plan for our lives and for what is up ahead. We must learn to trust He is in control of our dreams, our worries, and our plans. There’s nothing that is out of His reach.

God promises He has a plan for our lives, one to prosper not to harm. Our hope for the future is built on this promise. It’s built on these words. We have this assurance in Jesus, that no matter what we go through, no matter what tomorrow looks like, He already knows we will be okay, and there is no reason to fear.

DAILY CHALLENGE

Are there areas about your future where you struggle to trust God? Journal and pray over them.

Written by: Danielle Nicole

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SUNDAY / MAY 6

*Written by: Emily Furda**Read Psalm 42:5*

Have you ever been in a place where you've felt hopeless, but you couldn't move past it? Maybe you're there now. You pray and worship, but still it drags on, and nothing seems to lift the cloud in your soul. We can even begin to wonder if something is wrong with us as Christians because we can't seem to find hope. Sometimes, it's because we skip one important step. We never ask ourselves why we feel hopeless.

In today's reading, before the psalmist tells himself to put his hope in God, he asks himself why he feels so upset. He takes time to examine his heart and mind. So many times, when we feel a pervasive hopelessness we don't even know why because we skip right over this.

When we take time to think and journal or talk with a friend about what we're going through, things become clear. We often don't realize we're facing something huge that would threaten anyone's ability to hope when we're in the middle of it. Sometimes it may be something from our past. Other times, we're holding onto a belief that holds us back. When we know why we feel hopeless, then we can address it. It may take some journaling, prayer, some self-care time, support from friends, or even counseling to help us understand why we feel the way we do.

Once we know why we feel the way we do, we can bring our pain to God and let Him heal our hearts. Sometimes it's a process that takes a while, and that's okay. Hoping in Him becomes much easier when we no longer have some mysterious "why" hanging over us because we've faced it and given it to the One who can heal it.

DAILY CHALLENGE

If you're struggling to hope today, ask yourself why you feel the way you do. Pray and journal, asking God to show you what is weighing on you and how to face it.

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MONDAY / MAY 7

*Written by: Morgan Harper Nichols**Psalm 31:14-15*

How old are you? This is a relatively easy question to answer, but the older we get, the more this question begets more questions: "Should I be married and have kids by now?" "Are most people my age stuck in this position, or am I behind?" "Do I have a realistic chance at accomplishing my goals, or am I running out of time?"

In today's passage, David so beautifully writes: "My times are in Your hands; deliver me from the hands of my enemies." For David, the clock was ticking. His enemies wanted the worst for him, and he knew that the only hope he had to overcome them was if God was on his side.

You might be 23, 35, 48, and you might not feel like time is on your side. You might be faced with physical changes that force you to face the reality that you are growing older. You have to hold on to this: growing older in age is no reason to give up on hope for your life. Running out of time in a human sense isn't enough to stop God from working.

Hold onto the truth of Who God is and remember He works outside of time. He's not going to make a mistake or spitefully hold you back from accomplishing something within a certain time frame. He is holding every single year of your life in His mighty hands, and whatever does or does not happen within them, is according to His purpose and the plan He has for you life. Don't fret about the years or give up hope. Everything will work out in God's perfect timing.

So, don't give up because you fear you're running out of time! God is perfectly capable of sustaining you and giving you a fruitful life no matter how old or young you are. Let your hope rest in knowing God will accomplish His will for your life. Continue to be obedient to Him, and make your life about doing His work. You will see the fruit!

DAILY CHALLENGE

Encourage a friend today who may feel as if she is running out of time for her dreams to come true.

Written by: Morgan Harper Nichols

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TUESDAY / MAY 8

*Written by: Morgan Harper Nichols**Read Matthew 6:21*

When you're a kid a treasure chest is something truly magical. The idea that there's a wooden box somewhere down a narrow, winding path or at the end of a rainbow filled with valuable, secret things is a timeless enchantment that children around the world have believed in. But as we grow older, we no longer believe in treasure chests. We no longer believe that a pot of gold awaits us at the end of the rainbow. We no longer wonder if there will be presents or gifts for us if we follow the treasure map.

However, some kind of way, the concept of a treasure chest still finds its way into our way of thinking as adults. Even though we might not believe in a physical box that exists at the end of the rainbow, we store up things in our minds that we just have to have down the road. We start to believe that maybe, just maybe, after we follow some kind of path in life, it will lead us to something rewarding. We imagine ourselves accomplishing certain things like getting our dream job or graduating from grad school. We imagine ourselves getting married or living in a nice house in a good neighborhood. While we might not actually call these things our "treasure," they end up being just that. We put our hope for our contentment in them.

So, the question is: What things in your life have you put in a figurative treasure chest at the end of the rainbow? What things have you created a mental map for that you hope to get to one day? What are your goals? What are your desires? We have to learn to see that what we treasure has to go so much deeper than what we can tangibly touch. They have to be rooted in heaven...because that is where our treasure lies. Our deepest hope will be fulfilled and we will be truly content when we choose to hope in what is rooted in heaven rather than what we have on earth.

DAILY CHALLENGE

What desires in your life have become your treasures? Are they rooted in things God wants for you or what you think you need? Pray and journal over them.

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WEDNESDAY / MAY 9

Written by: Emily Furda
Read Matthew 1:1-17

One woman was married to an evil man, became a young widow, and was horribly mistreated by his family. One woman was a prostitute. One woman was widow. One woman became pregnant with a child of the king of Israel, who had her husband killed in war, to save his reputation. Shortly after the birth, that baby died. One teenage woman, suddenly became pregnant. Her reputation and soon to be marriage was almost destroyed. Who are these women, and what do they have in common?

They're Tamar, Rahab, Ruth, Bathsheba, and Mary. Their stories are ones of heartache, bold choices, and hope. Tamar had to pretend to be a prostitute so her father-in-law would make sure her Biblical right to have a son would be fulfilled. Rahab risked death by helping the Israelite spies as they entered the promised land. Ruth chose to move to a foreign land and embrace God's commandments. Bathsheba taught her other son, Solomon, the importance of learning and applying God's teaching. Mary chose to risk public ridicule, even death by stoning, to be the mother of Jesus. They all had lives filled with pain or bad choices. They also held onto hope and made bold choices to follow God. They're the only women mentioned in the lineage of Jesus.

Do you ever feel as if the hope you had of doing great things for God is gone because of your past? Their stories are something to remember and gain hope from because they're stories of redemption. It doesn't matter what your past is like. Jesus came so you can have the gift of redemption as well. When you make the choice to follow God with all your heart, change the world just like these five brave women.

**Further reading - Tamar: Genesis 38, Rahab: Joshua 2, 6:17, Ruth: Ruth 1, Bathsheba: 2 Samuel 11-12, Mary: Luke 1:26-38*

DAILY CHALLENGE

Listen to "Show Them what Your Worth" by Mandisa. youtu.be/TIPQMvVLATM

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THURSDAY / MAY 10

Written by: Morgan Harper Nichols
Read Psalm 32:7

There is nothing God cannot protect you from. He is not intimidated by the madness of this world. He is not afraid of the troubles in your community, in your home, or in your heart. Sometimes, you might feel like it's hopeless. You might feel like even though you pray and you're studying God's Word, you're still vulnerable to attacks from every side. Maybe it's your finances or an unstable living situation. Perhaps it's emotions you're still holding onto from a broken friendship or unresolved issues with your parent or siblings. When you find yourself starting to think there is little to no hope for the way you've been feeling or what you've been going through, remember the One who is sheltering you from the storm. Yes, you may still see the impact of the storm all around you but remember the One who has kept you breathing. Remember the One who is making you stronger than you've ever been.

Make it a point to reflect on how you've grown as a woman and all the things God has shown you over the years. Go back and read those old journals or blog posts of yours and see just how far God has brought you. Go back and look at the old photographs where you were smiling, but there was no joy in your eyes. When you look back, thank God for being your protector and delivering you from that time. Thank Him with a pure heart, letting your hope be restored because you know if He protected you and brought you out of that storm, He most certainly can do it again.

DAILY CHALLENGE

Journal about a time in the past you thought was hopeless. How does seeing the way God brought you through it restore your hope now?

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FRIDAY / MAY 11

Written by: Danielle Nicole
Read: Romans 15:13

When we feel hopeless we can run to a lot of different things, but only one will satisfy our souls. When we put our hope in God, we are surrendering our control and having complete faith and confidence in God. We are putting aside our plans for our lives and choosing to find real peace. Hope allows us to trust Him with all of who we are, leaning on Him to take care of our futures, fears, worries, and dreams.

Having hope may sound easier said than done, but in Romans 15:13 it says "so that you may overflow with hope by the power of the Holy Spirit." NIV It isn't through us, other people, or things, but the power of the Holy Spirit where we find hope. Hope was created by God, so to find it, we have to look to Him.

God gives us joy and peace when we are trusting Him because He wants us to be filled with hope. He is showing us that when we put our trust into Him, we have true joy within us and a peace that surpasses all understanding. This shows us we can put our hope in Him, because He is surely capable of taking care of us, even in the trusting process.

Storms of life come and darkness falls over us, but through Jesus we have hope. Uncertainty can seem to overtake us, but there is real peace when we seek Him. Our hope is based on the power of the Holy Spirit, so no matter what we may be facing, the Holy Spirit will carry us through.

DAILY CHALLENGE

Write out today's scripture in your own words.

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SATURDAY / MAY 12

Written by: Morgan Harper Nichols

Read Romans 4:21

What has God shown you about hope this week?
Journal or write a prayer below.

Be the kind of woman who is fully persuaded God has the power to do what He has promised. Remember this when you're tempted to settle for less, because you've talked yourself into thinking there's no hope for the desires of your heart.

When God doesn't give us what we want, we tend to fret and doubt His abilities. Perhaps what we want isn't shallow or materialistic at all, yet, for some reason, it feels like God is constantly telling you "no." As a result, you might stop praying. You might stop reading His Word. You might stop surrounding yourself with people who encourage you to be strong in your faith.

This causes you to settle. You become okay with just going to church and occasionally praying when things get really bad; however, no matter how bad it gets, hold on to your convictions. There is freedom in being fully persuaded that God will do exactly as He has promised. Don't let your hope die, and don't settle for anything less than being fully convinced and confident in this.

DAILY CHALLENGE

Is there an area in your life where you doubt even a little that God will do what He promised? What would change if you fully believed His promise? Pray and journal your thoughts.

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SUNDAY / MAY 13

Written by: Emily Furda
Read Psalm 68:6

Sometimes the dreams we had as little girls seem like distant memories when we look at our current circumstances. You may have had dreams of being married and having children or close relationships with extended family. It can be hard when you see others having the life you dreamed of. Maybe you thought you had the dream, but your marriage fell apart or infertility leaves your arms empty. Some lives seem to end too soon. Other times the strain in a relationship is so great it's had to hope for reconciliation. Sometimes physical distance separates once close families and it feels lonely. When your hopes and dreams do come true, it can feel awkward when you're close to someone who is still waiting for her dreams to be fulfilled. What can you both do instead of letting awkward silence grow between you?

If you find your heart breaking as you want a Godly family of your own, hold on to this promise from today's scripture "God sets the lonely in families..." NIV Ask God to place you in a family. It may not be the kind you always dreamed of. It may be filled with friends who you develop a family like bond with. If you find yourself in a place where you have the family you hoped for, could your family be expanded to welcome in a lonely sister in Christ?

No matter where you find yourself today, how much richer would your life be if you took the chance and opened your heart just a little? Ask God to lead you and guide you to the family He has for you and to ignite or keep hope alive for you. You can trust Him to place you and your family together.

DAILY CHALLENGE

As God to help you to keep your heart open today and to show you the family He has for you.

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MONDAY / MAY 14

Written by: Heather Golden Horton
Read 2 Thessalonians 2:16-17

There will be seasons when being obedient to God's call for us leaves our hearts overwhelmed. The call God is revealing to our hearts may seem huge, even a bit beyond our ability. He may have impressed us to serve our neighbor, to make peace with a family member, to share our story with our Bible Study group, or God may have led our hearts to some other avenue of serving Him. There is a temptation to shrink in fear, hiding away from this call, feeling hopeless and inadequate but we could, instead, boldly choose to hope in God, the Strength of our heart.

There is comfort in knowing that the God who called us to this task is the One who loves us, pouring out steadiness to complete it. We can find hope in knowing, though we may feel weak and unqualified, our Father God has unlimited ability. The God we serve already knows every outcome before He sets us on a path. He is able to provide each word we should speak and everything we might lack on this journey of surrender. He will always be present, equipping us for every good work that He lays in our path.

By sharing our fears and feelings with God in prayer, and choosing His hope rather than discouragement, we can begin to see the adventure in the opportunities He has laid before us. We can find confidence in the quiet times we spend with Him, pouring out our hearts and letting Him lead us in times of times of quiet study in His Word. We can press into His heart with hope and knowing we are heard and in His safe keeping as we step out into all He has planned for us.

DAILY CHALLENGE

Listen to "Be One" by Natalie Grant.
youtu.be/iq-6pXBHCZM

Written By: Heather Golden Horton
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TUESDAY / MAY 15

Written by Emily Furda
Read Hebrews 10:22-23

What do you do when the pain feels too much? You know God promises a life of abundance, but it never seems to happen for you. You're always falling short in one area. It may be finances, relationships, family, or your health. Something always seems to be missing. You try to desperately hold it all together hoping to feel complete, but eventually it all falls apart and so do you.

It's easy to feel embarrassed and hide from God. Sometimes it feels as if you have to have it all together before you can go to Him, but that's not the case. He loves you now, just as you are. In today's passage it says to come to Him with a sincere heart. So, go to Him with all of your doubts and pain. Be completely honest. Have an ugly cry if you need to. Let Him know if you're angry with Him or feel as if He's not being faithful to you. He can't heal you and make you complete if you don't give Him a chance.

It's often easier to go to friends or family when you feel as if God isn't listening to you, but they can't hear from God for you. Only you can hear Him whisper to your heart. Bring your brokenness to the only One who can heal it. He wants to restore your hope, but that can only happen when you spend time in His presence with a heart fully open to Him. He knows no person, achievement, or material thing can fill the void only He can. He's waiting to love on you. Let Him be faithful and transform you into the daughter He created you to be.

DAILY CHALLENGE

Set aside time to pray and journal. Pour out your heart to God about any area in your life that feels overwhelming. Ask Him to speak to you and restore your hope.

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WEDNESDAY / MAY 16

Written by: Emily Furda
Philippians 4:6-7

Have you ever seen a child run to her parents with tears streaming down her face because her favorite toy was broken? As soon as she hears the words “It can be fixed” the tears stop and a huge grin appears. (Often, the toy just needs new batteries.) As we get older, we begin to realize some things can’t be fixed. What do we do then, especially when it’s more important than a toy that needs new batteries? Is it hopeless?

When we’re going through a tough emotional time all we want to do is fix it, but sometimes we just have to go through it. Relationships change, jobs are lost, and loved ones pass away. Sometimes it’s desperately wanting a cure for an illness. Have you ever found yourself in that place? When we finally come to terms with the fact that no human can truly fix what is wrong, we can feel hopeless, or we can be filled with peace.

Peace may seem like an odd reaction, but when we surrender control to God, the only one who has all power, we will find peace. We wear ourselves out with worry because we’re trying to do a job we weren’t created to do. It doesn’t mean we don’t get scared at times or don’t want it fixed. It means even if it’s not fixed this side of heaven in the way we want, we can rest knowing God will carry us through everything. He will take our fears and mend our hearts, if we let Him. That is something we can cling to when hope seems to be fading

Whatever you’re trying to fix today, take it to God in prayer. Give Him not just what needs fixed, but also your hurting heart. When you do, He will hold you close and restore your hope.

DAILY CHALLENGE

Listen to “Even If” by MercyMe.
youtu.be/B6fA35Ved-Y

Written by: Emily Furda
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THURSDAY / MAY 17

Written by: Morgan Harper Nichols
Read Psalm 32:7

There is nothing God cannot protect you from. He is not intimidated by the madness of this world. He is not afraid of the troubles in your community, in your home, or in your heart. Sometimes, you might feel like it’s hopeless. You might feel like even though you pray and you’re studying God’s Word, you’re still vulnerable to attacks from every side. Maybe it’s your finances or an unstable living situation. Perhaps it’s emotions you’re still holding onto from a broken friendship or unresolved issues with your parent or siblings. When you find yourself starting to think there is little to no hope for the way you’ve been feeling or what you’ve been going through, remember the One who is sheltering you from the storm. Yes, you may still see the impact of the storm all around you but remember the One who has kept you breathing. Remember the One who is making you stronger than you’ve ever been.

Make it a point to reflect on how you’ve grown as a woman and all the things God has shown you over the years. Go back and read those old journals or blog posts of yours and see just how far God has brought you. Go back and look at the old photographs where you were smiling, but there was no joy in your eyes. When you look back, thank God for being your protector and delivering you from that time. Thank Him with a pure heart, letting your hope be restored because you know if He protected you and brought you out of that storm, He most certainly can do it again.

DAILY CHALLENGE

Journal about a time in the past you thought was hopeless. How does seeing the way God brought you through it restore your hope now?

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FRIDAY / MAY 18

Written by: Keela Dee
Read: Proverbs 16:3

Have you ever gone through a phase of rejection? Whether it’s at school, a job, or some kind of financial aid, getting rejected can be really hard. During these times it may seem as if your mind only wants to focus on the bad things, obsess over your flaws, and point out your insecurities. But that’s not what God wants for you!

He has known you since before you were born, and He will continue to know you long after this rejection phase. God has a plan and a desire for you, it’s just that sometimes His timing does not line up with ours. Maybe the school you need to go to is one you haven’t considered yet. Maybe the perfect job for you is just about to open up a position for hire. Maybe God wants to bless you financially in an unexpected way. It is hard to have faith, hope, and trust from our tiny perspective sometimes, but one thing is for sure: God accepts you every single day.

When you are dealing with rejection, pray that God shows you His peace, hope, and understanding until the timing is right for you. Until then, remember that He has a plan, and He is good!

DAILY CHALLENGE

Have you been rejected in a particular area and given up hope? Pray and journal, asking God to show His plan and help you to keep holding onto hope.

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SATURDAY / MAY 19
Written by: Emily Furda
Read Luke 2:36-38

What has God shown you about hope this week?
Journal or write a prayer below.

In today's scripture, we read about Anna. She was a woman who knew heartache but never gave up hope that God would fulfil His promise to her. He promised she would not die before she saw the Messiah in person.

Her husband died after just seven years of marriage. She was an 84-year-old widow, who many years earlier, chose to devote her life to worship, prayer, and fasting. She was so committed to this, she never left the temple. Can you imagine that kind of commitment? She spent decades there! She must've heard the scriptures read about the coming of the Messiah. She was so familiar with God from her time spent in worship, fasting, and prayer, that she immediately recognized His presence.

Imagine her worshipping and suddenly feeling the presence of God in a way she never felt before. Immediately after Simeon held Jesus, Anna saw Mary and Joseph. She went to them and knew Jesus was the Messiah. She couldn't contain her joy! Can you blame her?

Anna knew what it was like to wait for years, yet she never wavered in her hope. She wasn't someone special. She was simply a woman who dedicated her life to God. It's not always easy to keep holding on when promises haven't been fulfilled, but we don't have to do it alone. Even when everyone around us thinks we should give up, God is right there to encourage us. Let Him renew your faith. Let Him strengthen you with His presence while you wait. You can celebrate even while you wait because the Messiah has come. He is with you and will guide you. Like Anna, celebrate His presence in your life every day, and you'll be amazed at how He strengthens your hope!

DAILY CHALLENGE

Spend some time worshipping God today. Be creative! You can sing and use music, but also dance, draw, write out scripture, and so many other things to lift Him up.

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SUNDAY / MAY 20

*Written by Emily Furda**Read Job 33:29-30*

Job was a man who, through no fault of his own, endured suffering beyond comprehension. Job was given so much bad news in such a short time, that one messenger couldn't even finish speaking before the next arrived. His livestock and servants were stolen or killed, his children were killed, and finally illness plagued his body. Those around him assumed one of two incorrect conclusions. They assumed Job either sinned or God was evil, but Job knew better than that, and he knew He could place His hope in God.

Does any of that sound familiar to you? Maybe you haven't had your camels stolen, but perhaps your reputation was damaged, your finances seem hopeless, relationships seem broken beyond repair, or your body is plagued with illness. When those things happen, hope is hard to come by. While God allowed horrible things to happen to Job, He also had clear boundaries. Satan wasn't allowed to take Job's life. (Job 2:6) It might not have seemed like it, but God was in control.

We see in today's passage God always rescues those who trust in Him. We are promised that no matter what happens to us, God will be with us and help us as well. God used the horrific things Job endured to draw him closer, and Job was able to truly enjoy life. "So the Lord blessed Job in the second half of his life even more than in the beginning." Job 42:12 NLT

It's okay to go to God and tell Him how much it hurts. It's also okay to ask Him to help you place your hope in Him. He already knows you can't do it on your own. No matter what you're facing, remember God has a plan and will always be with you so you can enjoy the light of life.

DAILY CHALLENGE

Encourage someone today who is going through a difficult time.

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MONDAY / MAY 21

*Written by: Morgan Harper Nichols**Read Isaiah 55:8-9*

God's thoughts are so much higher than your thoughts. His ways are higher than your fitness goals or your relationship goals. His thoughts are higher than the way others think about you and even the way you think about yourself.

So, don't be afraid when things aren't coming together the way you hoped they would. It is completely normal to get your hopes up, but you have to hold on to the fact God is not trying to deprive you of what you need. He is teaching you and showing you there is so much more to your story than you think.

Maybe you're hoping the job you applied for will lead to your dream career. Maybe you're hoping the guy at church you've been talking to will finally be intentional about a relationship with you. Whatever it is, know that when you believe God's ways are higher, you'll no longer need to run around, trying to pry open doors in the hopes of discovering what possibilities might be there. The One who placed the heavens in the sky and breathed life into every living thing on earth will open what needs to be opened, and close what needs to be closed. You can hope in Him because His ways are always better than your ways!

DAILY CHALLENGE

Set today's verse to come up as a reminder on your phone or write it on your calendar one month from now.

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TUESDAY / MAY 22

*Written by: Emily Furda**Read 2 Corinthians 4:16-18*

What do you do when you're faced with an illness that never seems to end? Maybe you're dealing with a chronic illness for which there is no cure. Some days it can wear on you sapping every last bit of hope from you. It's not just hope of ever recovering that grows dark, it's the hope of even enjoying life ever again that hurts even more.

If you're not someone who lives with a chronic illness, chances are you know someone who does. Your heart can break watching your friend dealing with something so difficult. To keep your hope alive for her, it's tempting to try to fix what's wrong physically or to offer some well-intended, but perhaps not so helpful advice.

We don't always know why God doesn't heal our bodies this side of heaven. When hopelessness comes in, we need to do what today's scripture tells us: focus on what we can't see. God promises to heal our hurting hearts when we go to him. When on the outside all we see is a broken body, on the inside we can be alive.

If you're dealing with a chronic illness, you may not get to choose what happens to you physically, but you can choose to fix your hope on God making you whole and healing your wounded heart. If your friend is facing a chronic illness, you can gently encourage her and tell her the good you see in her that she may miss.

Whether physically healthy or not, we all need healing in our hearts. When we put our hope in God and ask Him to make us alive on the inside, He will always do just that.

DAILY CHALLENGE

Listen to "Thank You for Healing Me" by Matt Redman. youtu.be/KRLEJEHUkuk

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WEDNESDAY / MAY 23

Written by Emily Furda
Read Galatians 6:4-6

When you look at what your friends and family members are accomplishing, do you feel weighed down? They look like they're thriving, but you feel you feel insignificant. You want to thrive, but instead you feel like you're on a merry-go-round just going in circles. Sometimes it feels as if you should just give up hoping you can ever thrive like they are.

You were created with a purpose only you can fulfill. While it's good to have others who can inspire you, don't let their lives become your measuring stick for your success. Trying to have success in the same way or timing as others means you'll have to carry the weight of their unique purpose. If you try to carry it, you'll be weighed down, and your heart will feel heavy. That's when it's easy to lose hope. The same is true for others. No one can fulfill your purpose. The weight is too much.

True success and thriving isn't something that can be measured by outward accomplishments alone. Even something like graduating college requires studying alone and learning things that seem small at the time. Sometimes growth takes place in your heart long before others can see it.

Think for a minute about who you are and who you used to be. Are you more loving or more giving? Are you dealing with something in your personal life that requires you to overcome unique challenges? Be proud of your progress. You're thriving and don't even realize it. If you're in a phase that outwardly looks like a merry-go-round, go easy on yourself before you get dizzy. Celebrate who you are, maybe even with cotton candy. Let the reminder of the change in your life revive the hope inside of you. Savor the sweet victory of the changes no one but you and God can see.

DAILY CHALLENGE

Make a list of at least 10 ways you've changed or things you've overcome in your life. How does this help you be more hopeful about your future?

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THURSDAY / MAY 24

Written by: Morgan Harper Nichols
Read 1 Corinthians 9:25

As much as we try to plan and prepare to accomplish goals and tasks, at the end of the day, our successes on this earth are never one hundred percent guaranteed. At first, this might seem pretty discouraging to hear, but for followers of Christ, this is not bad news— not at all. When we're face to face with our failures, it can be hard to hope that we will ever be successful, but The Lord has something better for us.

Long before Christ was born, it had been prophesied in the Old Testament that He would come and bring salvation to the world, and He did. He came to earth and fulfilled the promise God gave. He came to give hope for all of our failures and shortcomings. This is the hope we must cling to when we realize no matter how good our intentions are to succeed in this life, no success is everlasting. What Jesus accomplished for us through salvation is eternal. What we have in Jesus is far more valuable than what we have here on earth.

It's not wrong to want to bring God glory through the earthly goals you seek to accomplish, just know those accomplishments are not where your worth comes from. Your worth comes from knowing whether you accomplish all of your goals or not, Jesus is so much more than just the icing on the cake that makes everything okay. He shapes your worldview and gives you eternal promises you can one hundred percent count on! When you find your worth in Jesus, your hope to be all you can be will never come up empty.

DAILY CHALLENGE

Where are you trying to find your worth? Is your hope in your accomplishments or in what Jesus has done for you? Pray about it and journal your thoughts.

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FRIDAY / MAY 25

Written by: Morgan Harper Nichols
Read Romans 4:21

Be the kind of woman who is fully persuaded God has the power to do what He has promised. Remember this when you're tempted to settle for less, because you've talked yourself into thinking there's no hope for the desires of your heart.

When God doesn't give us what we want, we tend to fret and doubt His abilities. Perhaps what we want isn't shallow or materialistic at all, yet, for some reason, it feels like God is constantly telling you "no." As a result, you might stop praying. You might stop reading His Word. You might stop surrounding yourself with people who encourage you to be strong in your faith.

This causes you to settle. You become okay with just going to church and occasionally praying when things get really bad; however, no matter how bad it gets, hold on to your convictions. There is freedom in being fully persuaded that God will do exactly as He has promised. Don't settle for anything less than being fully convinced and confident in this. When you fully believe God will do what He has promised, nothing will be able to shake your hope.

DAILY CHALLENGE

Listen to "Firelight" by Matt Maher.
youtu.be/kq3-OyRh3Zw

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SATURDAY / MAY 26

Written by: Morgan Harper Nichols

Read Romans 15:6

What has God shown you about hope this week?
Journal or write a prayer below.

As believers, God wants us to be of one accord. He doesn't want us bickering back and forth, constantly disagreeing about every little thing. There are far too many hurting people in the world, who have yet to hear of Him, for us to spend our time at odds with one another. Gossip and bickering can cause such a divide in even the closest friendships that repairing it can feel hopeless.

Remember this when it comes to gossip: No one ever wakes up and says, "I'm going to gossip today." Instead, it just happens, even for women who follow Christ. We see people doing things we disagree with or things we know are wrong, and instead of going directly to them, we go to others. We go back and forth with the people who agree with our perspective, and instead of being open and honest with people on the other side, we stick to our groups and find ourselves at odds with others.

Through Christ, there is always hope for harmony. Whether there's discord amongst coworkers or classmates who do not follow Jesus, or drama within a friend group at church, there is still hope to step away from the gossip and drama and to cling to Jesus! It begins with you! Don't be afraid to encourage even your closest friends to see the going back and forth has to stop. If a relationship with a close friend has been strained, through Jesus, there is hope for it to be restored, if you work together. It might not be easy, but it will be worth it. Living in harmony is what we are called to do!

DAILY CHALLENGE

Do you have a friendship that needs mending? Do you struggle with gossip? Pray over your friendships, and ask God to help you and show you how to have healthy friendships.

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SUNDAY / MAY 27

Written by Emily Furda

Read 1 Kings 19:1-9

Have you ever achieved something you worked hard for and then felt overwhelmed? Maybe it was a tight deadline for work, renovating your home, finally breaking a bad habit, or the end of a semester of school. It doesn't seem to make sense because achieving your goal should make you happy, but while you're celebrating, you realize the rest of life doesn't stop. You still have battles to fight. You're emotionally and physically exhausted from your big win. Hopelessness can set in when it seems as if life is just a series of battles. That is something the prophet Elijah knew well.

In today's scripture, we see after Elijah defeated the prophets of Baal (that seems like a pretty big victory), Jezebel decided she wanted his life. Winning one battle was enough, but having his life threatened again was too much for him. In that moment, God didn't remind Elijah of his successes. Instead, in verse 7 He told Elijah "the journey is too much for you." NIV Then, He gave Elijah the physical rest and nourishment he needed.

We often underestimate the toll a personal battle has on our minds and bodies. When we're tired and under stress, our emotions often get the better of us. It's easy to feel hopeless. Giving up may seem like the only option, but God knows our frailties just like He knew Elijah's.

In the end, the journey God had for Elijah wasn't too much. It was just too much for that moment. He needed to eat and sleep before he could continue. Is your journey too much, or is it just too much right now? God sees you and wants to give you exactly what you need to accomplish all the plans He has for your life. Let Him refresh you, and you'll see your hope restored.

DAILY CHALLENGE

Set aside some time this week to let God refresh and restore you. Take a nap, listen to some good music, read a book for fun, color, or anything that makes you feel refreshed.

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MONDAY / MAY 28

Written by Morgan Harper Nichols

Read Matthew 4:4

If you find yourself searching for "something more" to add a bit more excitement and hope to your day to day life, know it is only Christ who will bring about that fulfillment! Every day, immerse yourself in the Word of God, not the word of other people, not even words from yourself.

Perhaps you had high hopes for this time in your life. You told yourself you were going to accomplish great things and not let anything or anyone get in the way.

And then, things got in the way.

Despite the disappointments and failures, God's word still has the final say in your life. So, let it be the source of your hope when you've convinced yourself you need anything but Jesus in order to be fulfilled.

DAILY CHALLENGE

Memorize the scripture that stands out to you the most from all of them so far in this month.

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TUESDAY / MAY 29

Written by Emily Furda

Read Psalm 86:17

When we hear the word "enemies" we often think of other people, but often our enemies are things we can't see. Daily it feels as if we're at war with situations beyond our control. Maybe it's health, finances, relationships, or school, that feels like a fight. Sometimes even what we think is a small situation causes us to feel as if hope is far away.

How do we keep going when we feel like a battle worn soldier? Sometimes we want to just quit the battle all together, but that's not an option. One of the best things we can do is ask God to show us His goodness. It may be something simple like a note from a friend at just the right time, hearing an encouraging song on the radio, or reading an encouraging post on social media.

Ask God to show you where He's been there in the past and where He is in your current situation. When we do that, we realize we're not alone because we can see Him in so many places. No matter how scary the situation you're facing is, God is here to comfort you. Soon we begin to realize our God is more powerful than any situation we face. No situation is too big for God. There is peace and hope in knowing God is fighting for you.

DAILY CHALLENGE

Ask God to help you see His goodness wherever you are today. Keep your eyes and heart open. When you see it, write it down so you can remind yourself of it later.

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WEDNESDAY / MAY 30

Written by: Emily Furda

Read Isaiah 62:1-4

Sometimes you can't figure out how to keep going. Something happens leaving you feeling desolate and shattered, taking all of your hope with it. Many times, difficult situations you face aren't your fault. A friend you shared your biggest secrets with betrayed you. The guy you thought you would marry ended the relationship. The person you helped study got accepted to your dream school while you're scrambling to find a backup plan. You had all the qualifications but didn't get the job. You took care of your body but ended up with a serious illness. These situations and others like them are enough to shatter anyone. Now, you don't know how to pick up the pieces.

Remember 2 things when you feel as if your life has come crashing down.

1. God delights in you. In Isaiah 62:4 the NIV translation says God will give you a new name: "Hephzibah" instead of Deserted. Hephzibah means "My delight is in her." God hasn't forgotten you. He delights in you.

2. He wants to heal your shattered heart. In the NIV translation, that same verse says He will call you "Beulah" or "married." That doesn't necessarily mean a marriage to the man of your dreams. He says your land, or your life, will be married, put back together into one whole piece. He will put together all the shattered pieces of your life so you are whole and complete.

You can't do it alone. No matter how long you've been down or how low you feel, it's never too late to let God pick you up. When you're tempted to give up hope, let God delight over you and put the pieces of your life back together, it won't look like you imagined. It will be better than your wildest dreams.

DAILY CHALLENGE

Listen to "Get Back Up" by tobyMac.

youtu.be/UyLnhn-IATk

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THURSDAY / MAY 31

Written by: Emily Furda

Read Isaiah 40:27-31

It's our prayer that this month you have had your hope restored. Today's scripture reminds us that even the strongest of us will have times when we grow weary and hope is hard to find. As we've studied about hope, one of the most prevalent themes is that our hope must be in God, not circumstances, if we want it to last.

Let this be the promise you cling to when you're feeling empty and tempted to put your hope into someplace other than God:

"Even youths grow tired and weary, and young men stumble and fall; 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 40:30-31 NIV

God promises when you hope in Him, He will renew you. Not only will He renew you, He will take you to places beyond your wildest dreams.

DAILY CHALLENGE

Memorize or write out Isaiah 40:30-31 in your own words.

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What has God shown you this month about hope?

Write a prayer or journal your thoughts below.