

DEB MCGREGOR

— live *joy* share *joy* —

SPECIAL
GUEST

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joy and
hope

Psalm 33:22

May your unfailing love rest upon us, O LORD, even as we put our hope in You.

Romans 8:23-25

And not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.

Matthew 11:28-30

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

Romans 15:13

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Key Points:

1. We need HOPE! Our hope is in Jesus Christ!
2. Patience is a virtue and a "muscle" that is a good one to practice.
3. Life can be hard. God knows this. Jesus acknowledges that life is heavy and also offers a solution - take our yoke off and put His on.
4. When we trust in God, the source of hope, you can be filled completely with JOY and peace!
5. Build your faith and hope.

Reflection:

Continue to build your faith and hope by doing these things daily:

- Spend time with the Lord daily by sitting quietly and listening for Him.
- Read at least one Scripture passage daily. Mediate on it. Journal about it.
- Listen to Christian music or read a Christian devotional.
- Talk about what the Lord is doing in your life to a friend, pastor or family member. Listen to what the Lord is doing in other's lives.
- Journal daily. I like to write down JOY and JESUS moments.

Connect
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