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Our Hope: Ideas to Form a Deeper Connection with God©

Sometimes when we are in a really painful part of a relationship or even life in general, it feels like it will never change....it will always be this difficult and painful. Hang in there if you can. One thing that helps is drawing near to God, because **He is our Hope**. God never intended for us to place our hope for our ultimate well-being in the hands of others. It is in Him, and His love and care for us that we can rest our hope. God never promises us an easy life, and in that reality we must "Hope in Him." Our hope is the confident expectation that God will bring whatever is necessary to meet our needs. Our hope trusts that God will do what is ultimately best; and that in the trials, disappointments, and even devastation in life that he will use what is bad to ultimately produce good. This kind of hope keeps us turned toward Him despite our circumstances.

Ask God to help you learn to:

- "See me as You see me".
- Value the qualities You created in me.
- See my weaknesses with the compassion and understanding that You have for me.
- Give me the courage to see myself differently than I think I am right now. See the love that You have for me, and how You accept me.

Read the Bible to see how God really sees you.

Isaiah 43:1b-4 "*Fear not, for I have redeemed you; I have called you by your name; You are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you... For I am the Lord your God, The Holy One of Israel, Your savior; Since you were precious in My sight, You have been honored, and I have loved you.*"

Jeremiah 29:11-13 "*For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart. ?*"

- * As you are able, take your needs to God. Focus on Him as you pray, and imagine Him listening to you and connecting to you as you pray.
- * Find a nurturing picture of Jesus holding a little child. Try to picture yourself as that little child and try to soak in His love for you in the deep places inside.
- * Go to God in prayer, meditation, or journaling. Tell Him how you feel you're challenged, and ask Him to help you know what steps to take.
- * Meditate on meaningful Scriptures that focus on God's love for you.
- * Rewrite Scriptures with your name in it (John 1:12, 1 Pet 2:9, Rom 8:35-39, Eph 1:4-6).
- * Meditate on Who God is, rather than on simply what He does.
- * Find praise music that really moves you closer to God. Take time each day to soak in God's love in this way.
- * Ask God to help you have insights into your own struggles with intimacy (Psalm 139:23)

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