

## Devotion 11: Go to Jesus When Seeking Hope

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**Audience:** For Patient and Caregiver

**Theme:** Go to Jesus and learn from him!

**Bible Passage:** *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light* (Matthew 11:28-30).

**Devotion:** Have you struggled with the feeling of hopelessness? There are times when you and I may begin to lose hope . . . hope for the future and hope for today. When so troubled, things really look grim and we find control of our lives slipping away.

When we feel hopeless, seeking answers from worldly sources, regardless of how learned and well-intended they may be, may only lead to further despair.

It is during times such as these that we need to refocus our lives away from our troubles and turn instead to the true source of a Christian's hope. This we can do through earnest prayer and faithful study of God's Word. In other words, to find the answer to hopelessness, let us go to Jesus!

First let's turn to Psalm 130: *Out of the depths I cry unto you, O Lord; O Lord, hear my voice . . . I wait for the Lord, my soul waits, and in his word I put my hope . . . O Israel, (refers to all believers) put your hope in the Lord, for with the Lord is unfailing love and full redemption.* The Old Testament repeatedly urges us to put our hope in the Lord.

Turning to the New Testament we read: *We rejoice in the hope of the glory of God. Not only so, but we also rejoice in our suffering, because we know that suffering produces perseverance, perseverance character; and character, hope. And hope does not disappoint us, because God poured out his love into our hearts by the Holy Spirit, whom he has given us . . . God demonstrates his own love for us in this: While we were yet sinners Christ died for us* (Romans 5: 2-5, 8). Here we see how God himself works hope in the believer's heart as we "continue in his Word."

This hope which our Lord works in us culminates in eternal life. The Bible tells us, *God our Savior . . . saved us . . . through the washing of rebirth and renewal by the Holy Spirit . . . so that having been justified by grace we might become heirs having the hope of eternal life* (Titus 3: 4-6). Here, my dear one, is God-worked hope!

May the God of hope fill us with all joy and peace that we may overflow with hope by the power of the Holy Spirit. Amen.

**Bible Readings:** Psalm 71:5-8; Colossians 1:22-23; 1 Peter 1:3, 13, 21.