



Your 5-Day Hope Toolkit

Claiming the Victory of a Hope-filled Life

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Welcome!

In this toolkit you will receive a 5-day series of Scripture and prayers that will give you the power of praying God's Word when you feel discouraged. When we pray His Word, we know we are within His will and that makes all the difference in our prayers.

You will also receive resource lists to continue your growth toward keeping hope alive even when discouragement seems to be coming at you from every angle. I will give you...

- A checklist to determine whether you have a hopeful or hopeless attitude.
- A beautiful printable image with positive "I am" statements of truth.
- A list of my go-to books about hope.
- A list of my go-to blogs and websites when I am in need of encouragement.





Day 1:

“As for me, I will call upon God, and the Lord shall save me. Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice. He has redeemed my soul in peace from the battle that was against me.”



Psalm 55:16-18

“

Dear Father, I praise You for Your unsurpassable power to save. And Your unfailing desire to save me. Little old me. I am humbled by your love. Humbled that in a world of billions of people, You treasure me. And You save me. I thank You for the opportunity to come before You in prayer. A time to pour out my heart to You. Again, Your ears are tuned to hear my cries and when all I've got is a whisper, You hear them, too. Father, right now I am struggling with _____

(fill in your struggle). Sometimes the weight feels too heavy and the battle too mighty. But, today, God, I choose You. I choose Your peace. Your Truth. Your hope. I refuse to be a listener of the enemy. Instead I will turn my ears toward You to listen for your whispers that will guide me and give me hope. In the Name of Jesus I pray.

Amen



Day 2:

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”

-2 Corinthians 3:17,18

“

Lord, I'm weary of bearing the reflections of the world around me. I long for something more and I know that more is in You. You are the giver of freedom. You are the chain-breaker. Today, I begin anew. Living out of Your Spirit within me and reflecting the glory of You. When the enemy whispers I am not enough, I will speak with confidence of my unveiled face that beholds the glory of the God of the Universe! I will speak with confidence of my transformation. My identity is not determined by my mistakes. My identity is in You alone. You call me wonderful. Thank You, Father, for this hope to live life unburdened by my imperfections. Thank you for the hope to live a chain free life of freedom!



Day 3:

“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.”

Isaiah 41:10

“

God, oh righteous Father, I praise You as the protector of all. Thank You for walking with me each step of the way. You are there when my step is light and, Lord, You are there when it is heavy. When I am weak, You will strengthen me. And when I begin to fall, You will pick me up. I need not fear for if You are with me, nothing can hurt me. Thank you for this hope. The hope that lives when the road seems long and difficult. The hope to know that I will not perish, I will make it to the other side. I will be okay. In Jesus' Name I pray. Amen.





Day 4:

“You, who have shown me great and severe troubles, shall revive me again, and bring me up again from the depths of the earth. You shall increase my greatness, and comfort me on every side.”



Psalm 71:20,21

“

Jesus, You are the redeemer of all trouble. The redeemer of all that is in darkness. Because of Your promises, I know that no matter what troubles I had or will have, You will revive me again. I believe You will bring me up from _____.

You will comfort me in this situation. You will redeem me and increase my greatness. I praise You and give You all the glory as You begin this redeeming work in my life. In Your precious and holy Name I pray. Amen.

Day 5:

“They cried out to the Lord in their trouble, and He saved them out of their distresses. He sent His sword and healed them, and delivered them from their destructions.”

Psalm 107:19,20

“

Lord, You are the great Healer. The One who knows all and saves all. Thank You for sending Your sword to deliver me from destruction. Right now I lift up _____ to You. You alone know the depth of my heart and the intricacies of this situation. I know I need not fear right now because You will deliver me. You will heal and You will save. Thank You for a hope that surpasses logic. A hope that pushes me into tomorrow with confidence. Thank you, Lord. In the Name above all Names I pray. Amen.





Hopeful vs. Hopeless Attitude Checklist

Complete this checklist. Which column do you see yourself aligning with? Check back in a week or two. Are you adjusting? Work to get more and more checks in the Hopeful Attitude column! You will see it making an enormous difference in your life!

Hopeful attitude indicators:

- The words “Thank You” are used often. In prayer and to those around you.
- You find yourself smiling frequently.
- Kind gestures are part of your day-to-day
- You tend to find the positives, or silver linings, in situations
- Speaking kindly of others is easy for you.
- You try your best to redirect negative conversations.
- Laughter fills your life.
- Typically you believe things will all work out for the best.
- Giving anxieties & worries to God in prayer is a part of your daily life. You know and embrace that He can do more with them than you can.
- You find the time to enjoy and acknowledge the little things in life.

Hopeless attitude indicators:

- “Thank You” doesn’t seem to be at the tip of your tongue. Even in prayer.
- A frown tends to decorate your face more often than a smile.
- A kind gesture on your part hasn’t been initiated for quite a while.
- You tend to focus on the negative aspects of a situation. Thinking in terms of what is wrong rather than what is right.
- You find yourself ranting more than once in a while about another person.
- Before you even realize it, you have found yourself complaining with the rest of the group about whoever is in charge.
- Laughter just doesn’t seem to happen that often.
- Listing all the ways things will probably go wrong is something you find yourself doing.
- God’s Word, prayer & worship has fallen to nearly the bottom of your priority list.
- Too much to do. Too many problems. Who has time to enjoy life?

I Am Statements of Truth

I am established, anointed, and sealed by God.

(2 Corinthians 1:21-22)

I am God's workmanship.

(Ephesians 2:10)

I am chosen and God desires for me to bear fruit.

(John 15:1,5)

I am full of purpose.

(Ephesians 1:9, Ephesians 3:11)

I am victorious.

(1 John 5:4)

I am protected with God's peace.

(Philippians 4:7)

I am chosen and dearly loved.

(Colossians 3:12)

I am blameless.

(1 Corinthians 1:8)

I am set free.

(Romans 8:2, John 8:32)

I am redeemed.

(Isaiah 44:22)

My Go-To List of Books about Hope



1. You'll Get Through This: Hope and Help for Your Turbulent Times by Max Lucado
2. Pocket Prayers: 40 Simple Prayers That Bring Peace and Rest by Max Lucado
3. The Sacred Acre: The Ed Thomas Story by Mark Tabb
4. Wait and See: Finding Peace in God's Pauses and Plans by Wendy Pope
5. The Grave Robber: How Jesus Can Make Your Impossible Possible by Mark Batterson
6. Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection by Edward T. Welch
7. Get Unstuck, Be Unstoppable by Valerie Burton
8. The Mended Heart: God's Healing for Your Broken Places by Suzanne Eller
9. Plan B: What Do You Do When God Doesn't Show Up the Way You Thought He Would by Pete Wilson
10. Uninvited: Living Loved When You Feel Less Than, Left Out and Lonely by Lysa Terkeurst
11. Without Rival: Embrace Your Identity and Purpose in an Age of Confusion & Comparison by Lisa Bevere
12. Peace for a Lifetime: Embracing a Life of Hope, Wholeness, and Harmony Through Emotional Abundance by Lisa Murray
13. You're Already Amazing: Embracing Who You Are, Becoming All God Created You to Be by Holley Gerth
14. Hope Prevails: Insights from a Doctor's Personal Journey through Depression by Dr. Michelle Bengtson
15. God is Able by Priscilla Shirer

My Favorite Blogs & Websites for Hope & Encouragement



www.lorischumaker.com
www.alisontiemeyer.com
www.countingmyblessings.com
www.melanieredds.com
www.shannongeurin.com
www.sunsparkleshine.com
www.valeriemurray.com
www.dawnklinge.com
www.laurengaskillinspires.com
www.sarahkoontz.com
www.chaos2peace.com
www.arabahjoy.com
www.crystaltwaddell.com
www.incourage.me
www.tsuzanneeller.com
www.blessedtransgressions.org
www.ibelieve.com
www.foreverymom.com
www.jenniferdukeslee.com
www.flourishingtoday.com
www.ibelieve.com
www.holleygerth.com
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