

This I call to mind
and therefore I have hope:

Because of the LORD's great love we are not consumed,
for his compassions never fail.
They are new every morning;
great is your faithfulness.
I say to myself, "The LORD is my portion;
therefore I will wait for him."

The LORD is good to those whose hope is in him,
to the one who seeks him;
it is good to wait quietly
for the salvation of the LORD. Lamentations 3: 21-26

Monday: The words in this passage are ones people have focused on for centuries in order to find hope. Read these verses slowly, allowing them to sink into your heart and mind.

Tuesday: We can count on and trust in God's love and compassion toward us—he will not fail us. Ponder this and thank him with all your heart.

Wednesday: Despite our fears and failings, God's compassions are new every morning. What an amazing promise! Place your hope fully in him, so you can move forward into the life he has for you.

Thursday: Think about what it would mean for you to have the Lord be your portion—to find your life and have your hope in him rather than in anything or anyone else.

Friday: Seek God today and every day, noticing when you're starting to put your hope in anything else and choosing to trust him instead.

Saturday: Ask God to help you wait on him and his plans for you, quietly trusting rather than fretting or pushing for your own way.