A FREE 3-DAY HOPE JOURNEY

Finding Peace in the Waiting

“Wait for the Lord; be strong and take heart and wait for the Lord.”
Psalm 27:14

Take one page a day. Read the verse slowly, sit with the reflection, pray the prayer, and write honestly. There is no right way to do this.

DAY 1

When the answer hasn't come

“Wait for the Lord; be strong and take heart and wait for the Lord.” — Psalm 27:14

REFLECTION

Waiting can feel like being forgotten. But Scripture describes waiting as something active: being strong, taking heart. Today, you don't have to know how this ends. You only have to bring this moment to God.

PRAYER

Lord, I'm tired of waiting. Meet me in this in-between place. Help me take heart today. Amen.

JOURNAL

What am I waiting for right now, and what do I want to tell God about it?

DAY 2

Rest while you wait

“But those who hope in the Lord will renew their strength.” — Isaiah 40:31

REFLECTION

Hope isn't pretending everything is fine. It is choosing, again, to look toward God. Today, notice one way you could let yourself rest instead of carrying everything alone.

PRAYER

Father, I hand You what I've been holding so tightly. Renew my strength for today. Amen.

JOURNAL

Where do I feel most worn out? What would rest look like this week?

DAY 3

Peace for the next step

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” — Philippians 4:6-7

REFLECTION

Peace often arrives before answers do. Today, write your requests plainly, and then write one thing you're thankful for, even a small one.

PRAYER

Jesus, guard my heart and mind. Give me Your peace for the next step, not the whole road. Amen.

JOURNAL

My honest request: _____. One thing I'm thankful for today: _____.

Want to keep going?

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