

DAY 2 – Anchored in Hope

SCRIPTURE TO READ:

Romans 12:12

(Optional Additional Reading: Romans 15:13; Lamentations 3:21–23)

THINK IT THROUGH:

Joy that depends on circumstance will always rise and fall. But joy anchored in hope—in who God is and what He’s promised—remains steady. That’s emotional health: not pretending everything’s fine, but trusting that God is still faithful even when life isn’t easy. Hope gives your emotions direction. When hope leads, joy follows—even through tears.

PUT IT INTO PRACTICE:

Write down one area of your life where hope feels thin. Now, find one promise from Scripture that speaks directly to that area. Keep that verse visible today—on your phone lock screen, desk, or dashboard—and let it pull your emotions back toward trust.

PRAYER FOR TODAY:

“Father, remind me that my hope is in You, not in outcomes. When discouragement rises, let Your promises steady my heart and fill me with lasting joy.” Amen.

GO FURTHER

Text or call one person who might need hope today and share that same verse with them.



East Auburn Baptist Church

