

A 31-DAY SCRIPTURE STUDY

HOPE JOURNAL

& The Promises That Anchor the Soul

*“May the God of hope fill you with all joy and peace in believing,
so that by the power of the Holy Spirit you may abound in hope.”*

ROMANS 15:13

BEFORE YOU BEGIN

As You Begin...

Wake up early, or find that space in the day when you will not be rushed. When my kids were small, my quiet time was during their nap time — if I didn't fall asleep first! Make your time with the Lord special. Light a candle, pour a cup of coffee or hot tea, and gather your Bible, journal, and this plan.

Before you read, breathe in deep — eyes closed — and ask the Lord to speak to you today as you read His Word. Don't forget to exhale.

Read the scripture and turn it into a prayer. Write your prayer down in your journal. As you write the scripture, add your own words of praise and worship — make the verse your own. Personalize it with your heart, your desires, your thankfulness, and your words of praise. He is such a good God.

Another powerful way to use these scriptures of hope is to read them aloud — standing up, or on your knees. After you've spent time in the scripture and writing in your journal, wait on God. Sip your coffee and simply wait in silence. If you receive anything from Him, write it down.

You are so loved. Love Him back with your time, and with these verses of hope and promise. This is how we fight the good fight.

DAY

1

TODAY'S SCRIPTURE OF HOPE

Psalm 42:5

“Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.”

— Psalm 42:5, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

When my soul feels downcast, what truth can I preach to myself the way the psalmist does?

DAY

2

TODAY'S SCRIPTURE OF HOPE

Psalm 62:2

“He only is my rock and my salvation; he is my defence; I shall not be greatly moved.”

— Psalm 62:2, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

Where have I been looking for security or rest instead of resting in God alone?

DAY

3

TODAY'S SCRIPTURE OF HOPE

Hebrews 11:1

“Now faith is the substance of things hoped for, the evidence of things not seen.”

— Hebrews 11:1, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What am I holding onto in faith right now, even though I cannot yet see it?

DAY

4

TODAY'S SCRIPTURE OF HOPE

Hebrews 6:19

“Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil.”

— Hebrews 6:19, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What storm or uncertainty in my life needs this anchor for my soul today?

DAY

5

TODAY'S SCRIPTURE OF HOPE

Hebrews 10:23-24

“Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) And let us consider one another to provoke unto love and to good works.”

— Hebrews 10:23-24, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

Who can I stir up toward love and good works this week?

DAY

6

TODAY'S SCRIPTURE OF HOPE

Psalm 62:5-6

“My soul, wait thou only upon God; for my expectation is from him. He only is my rock and my salvation: he is my defence; I shall not be moved.”

— Psalm 62:5-6, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What would it look like for my soul to wait in silence before God today?

DAY

7

TODAY'S SCRIPTURE OF HOPE

Psalm 130:5

“I wait for the LORD, my soul doth wait, and in his word do I hope.”

— Psalm 130:5, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What am I waiting on the Lord for, and am I truly hoping in His word while I wait?

DAY

8

TODAY'S SCRIPTURE OF HOPE

Titus 1:1-3

“In hope of eternal life, which God, that cannot lie, promised before the world began; but hath in due times manifested his word through preaching, which is committed unto me according to the commandment of God our Saviour.”

— Titus 1:1-3, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

How does knowing this hope was promised before time began change how I face today?

DAY

9

TODAY'S SCRIPTURE OF HOPE

Titus 2:11-14

“For the grace of God that bringeth salvation hath appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ.”

— Titus 2:11-14, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

How does grace train me to live godly while I wait for my blessed hope?

DAY
10

TODAY'S SCRIPTURE OF HOPE

Psalm 130:7

“Let Israel hope in the LORD: for with the LORD there is mercy, and with him is plenteous redemption.”

— Psalm 130:7, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

Where in my life do I need His steadfast love and full redemption right now?

DAY

11

TODAY'S SCRIPTURE OF HOPE

Psalm 146:5-6

“Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God: which made heaven, and earth, the sea, and all that therein is: which keepeth truth for ever.”

— Psalm 146:5-6, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What other people or things compete with God for my hope and help?

DAY

12

TODAY'S SCRIPTURE OF HOPE

Isaiah 40:31

“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

— Isaiah 40:31, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

Where do I need renewed strength today — and am I willing to wait on the Lord for it?

DAY

13

TODAY'S SCRIPTURE OF HOPE

1 Timothy 4:9-10

“This is a faithful saying and worthy of all acceptance. For therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe.”

— 1 Timothy 4:9-10, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What makes the living God trustworthy enough to set my whole hope on Him?

DAY

14

TODAY'S SCRIPTURE OF HOPE

1 Timothy 6:17

“Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy.”

— 1 Timothy 6:17, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What earthly thing tempts me to set my hope on it instead of God?

DAY

15

TODAY'S SCRIPTURE OF HOPE

Jeremiah 29:11-12

“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.”

— Jeremiah 29:11-12, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What future am I trusting God for, even when I cannot see the plan?

DAY

16

TODAY'S SCRIPTURE OF HOPE

Lamentations 3:21-23

“This I recall to my mind, therefore have I hope. It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning; great is thy faithfulness.”

— Lamentations 3:21-23, KJV**PERSONALIZE THE VERSE**

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What fresh mercy do I need from God this very morning?

DAY

17

TODAY'S SCRIPTURE OF HOPE

Romans 5:1-2

“Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: by whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.”

— Romans 5:1-2, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

How does peace with God change the way I carry today's burdens?

DAY

18

TODAY'S SCRIPTURE OF HOPE

Romans 5:3-4

“And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope.”

— Romans 5:3-4, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What present suffering might God be using to produce endurance and character in me?

DAY

19

TODAY'S SCRIPTURE OF HOPE

Romans 5:5

“And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.”

— Romans 5:5, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

How have I felt God's love poured into my heart by His Spirit lately?

DAY
20

TODAY'S SCRIPTURE OF HOPE

Romans 8:20

“For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope.”

— Romans 8:20, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

How does creation's longing for renewal echo my own longing for hope fulfilled?

DAY

21

TODAY'S SCRIPTURE OF HOPE

Romans 8:24

“For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?”

— Romans 8:24, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What am I hoping for that I cannot yet see with my eyes?

DAY
22

TODAY'S SCRIPTURE OF HOPE

Romans 8:25

“But if we hope for that we see not, then do we with patience wait for it.”

— Romans 8:25, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

Where in my waiting do I need to ask God for more patience?

DAY
23

TODAY'S SCRIPTURE OF HOPE

Romans 12:12

“Rejoicing in hope; patient in tribulation; continuing instant in prayer.”

— Romans 12:12, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

How can I be more constant in prayer in the middle of a hard season?

DAY

24

TODAY'S SCRIPTURE OF HOPE

Romans 15:13

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”

— Romans 15:13, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What would it look like for me to overflow with hope by the Holy Spirit's power?

DAY
25TODAY'S SCRIPTURE OF HOPE
Colossians 1:27

“To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory.”

— Colossians 1:27, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

How does Christ living in me change what I'm facing today?

DAY

26

TODAY'S SCRIPTURE OF HOPE

1 Thessalonians 1:3

“Remembering without ceasing your work of faith, and labour of love, and patience of hope in our Lord Jesus Christ, in the sight of God and our Father.”

— 1 Thessalonians 1:3, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What has my hope in Christ produced in me lately — steadfastness, love, or labor?

DAY

27

TODAY'S SCRIPTURE OF HOPE

1 Thessalonians 5:8

“But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.”

— 1 Thessalonians 5:8, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What thoughts do I need to guard my mind with today, like a helmet of hope?

DAY

28

TODAY'S SCRIPTURE OF HOPE

1 Peter 5:10

“But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.”

— 1 Peter 5:10, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What restoring, confirming, or strengthening am I asking God for after a season of suffering?

DAY
29

TODAY'S SCRIPTURE OF HOPE

Ephesians 1:18

“The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints.”

— Ephesians 1:18, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

Ask God to open the eyes of your heart — what is He showing you about your calling?

DAY

30

TODAY'S SCRIPTURE OF HOPE

Mark 9:23

“Jesus said unto him, If thou canst believe, all things are possible to him that believeth.”

— Mark 9:23, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What feels impossible in my life that I need to bring to God in belief today?

DAY

31

TODAY'S SCRIPTURE OF HOPE

Philippians 1:6

“Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.”

— Philippians 1:6, KJV

PERSONALIZE THE VERSE

Read the verse slowly, then write it below in your own words — add your praise, your thanks, your heart.

A PRAYER OF HOPE

Turn the verse into a prayer. Speak it, whisper it, or write it as your own.

REFLECT & WAIT

What good work has God begun in me that I can trust Him to finish?

AT THE END OF THIS PLAN

A Prayer of Praise and Hope

Write a prayer of praise and hope, reflecting on all God has shown you over these 31 days.

LOOKING BACK

What did you experience during these 31 days of hope?
