



TRUE HOPE

at home

Overview

Pause

Reflect

Anticipate

Pray

Overview

Welcome to True Hope at Home!

Our prayer is that this practice is an encouragement to you and that your heart is filled with gratitude, thankfulness, and faith.

As we gather on the last day of 2023 it is important that before we move forward, we look back. Throughout scripture, we see a habit of God's people pausing, reflecting, and marking a moment or time that God moved and worked. From that practice, we see God's people anticipate God's faithfulness for what's to come. This is the goal of this practice.

Please allow enough time to complete all four sections of this practice and the responses in it's entirety.

True Hope Staff

Pause

Selah.

It's a small word with great meaning. Scholars suggest that this poetic term was peppered throughout the Psalms as a reminder to stop, contemplate, ruminate, and praise God.

Pausing is a rare skill nowadays. In a culture and society that is constantly pushing the pace of our lives, pausing can feel unnatural. However, pausing just may be the practice we are missing from our lives. We pause to dwell on the things of God, not the worries of the world.

QUESTION:

1. Why is it important to pause and reflect on all that God has done?

PRACTICE:

Set a 5-10 minute timer to sit quietly in reflection on the faithfulness of God over this past year (we know if you have kids this can be challenging, but do the best you can.)

Reflect

*I will meditate on your majestic, glorious splendor
and your wonderful miracles.
Your awe-inspiring deeds will be on every tongue;
I will proclaim your greatness.
Everyone will share the story of your wonderful goodness;
they will sing with joy about your righteousness.*

Psalm 145:5-7

Reflection is a discipline that comes after a time of pausing. When we pause, it causes us to go through the ups and downs of the previous year. Reflection can be a powerful tool if we choose to look for how God has worked.

QUESTIONS:

1. Where have you seen God at work this past year?
2. What is a specific moment that comes to mind where you felt the closeness of the Lord?

Anticipate

*I wait for the Lord, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.*

Psalm 130:5-6

Anticipation comes off the heels of pausing and reflecting. After we have slowed down and reminded our souls how God has been faithful, it gives us hope and trust for the future. From the foundation of God's character and faithfulness, we have this anticipation in our hearts and souls that God will continue to be faithful in the year to come.

QUESTION:

1. How does God's past faithfulness encourage you for His future faithfulness?
2. What is something you are anticipating this year?
3. Where is God asking you to trust Him in the midst of anticipation?

Pray

As we end 2023 and move into 2024, take 5 minutes to spend time in prayer. Focus on what you walked through today. Pausing, reflecting, and anticipating.

As this practice comes to a close, take a moment to read this prayer slowly and out loud from Church Father St. John Chrysostom during the late 3rd Century.

Lord, deprive me not of your heavenly joys.

Lord, deliver me from eternal torments.

Lord, if I have sinned in mind or thought, in word or deed, forgive me.

Lord, deliver me from all ignorance, forgetfulness, cowardice, and stony insensibility.

Lord, deliver me from every temptation.

Lord, enlighten my heart which evil desires have darkened.

*Lord, I being human have sinned, but you are the generous God, have mercy on me,
knowing the sickness of my soul.*

Lord, send your grace to my help, that I may glorify your holy Name.

Lord Jesus Christ, write me your servant in the Book of Life and grant me a good end.

*O Lord my God, even though I have done nothing good in your sight grant me by
your grace to make a good start.*

Lord, sprinkle into my heart the dew of your grace.

*Lord of heaven and earth remember me, your sinful servant, shameful and unclean,
in your Kingdom.*

Amen.