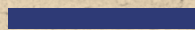




*...But There's  
Hope*

*Devotional*

*A No Limit for Christ Resource*



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## Introduction

This devotional is meant to penetrate beyond the surface of our everyday lives to the very core of your being.

What does God need to heal in you? He absolutely can and will heal but you should be open to surrender your all and yield to the process. It's going to make you feel vulnerable but it's necessary to the process. Confession is also key and honesty is a must.

This devotion and time set apart to God will not be comfortable, but it will be fruitful if you do it submissively to the Lord. This is an opportunity to go deeper in God yielded and exposed before the God who will and can heal every wound. During this 7-day devotional commit to being intentional about your time of prayer, worship and bible study.

Please take as many days as you need to go through each devotion. DO NOT rush through this devotional. The purpose is to walk away different than how you started. Allowing God to permeate your thoughts and heart during this time is the only way devotion will pour over into your everyday life.

## Helpful Tips:

- Use the lines provided to question yourself and observations. Be mindful not to just answer questions but ask why and where your answer came from. Why do you believe that answer?
- Although writing space is available if you decide to print the devotional. Feel free to use a notebook as well. Just write things out. That's the point.
- Use the lines provided to also mark where you are now and what you hope God will do.
- Make time for this devotional. Get up earlier, stay up past your bed time. Do whatever needs to be done to press into the presence of God for answers, healing and rest.

I said it earlier, but I must emphasize that you **MUST BE HONEST**.

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## Day 1

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### Prayer:

Pray the Lord open your heart to receive His word. Pray there are no distractions during this time of devotion. Pray God show you the places in yourself that this devotion applies to.

### Scripture:

*John 5:6-9*

*“When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.” Jesus said to him, “Get up, take up your bed and walk.” And at once the man was healed, and he took up his bed and walked.”*

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Often, we don't believe we'll ever get past certain wounds in our life. We fear, to our disadvantage, that restoration and healing is out of reach. Or maybe you've never tried at all because the pain cut too deep. But there's always hope. Jesus Christ is the healer and restorer of all things. That includes our weaknesses, our hurts, pains and our healing. He will and can do it. If we want to get well.

Much like the invalid who had an ailment for thirty-eight years, we as well carry ailments in our soul for far too many years. Yes, we have been abused, mishandled, mistreated and uncared for but Jesus never said we should feel sorry for our self. Even in our pain, we can't live in that emotional and mental space of self-pity. That's what it is and it keeps us from growing past that place.

God knows that sin is in the world and because of that sin his children will not treat each other well. Yet he never gave us permission to embrace that as our truth. That is how strongholds are built.

Those strongholds lead us to feel defeated, depressed, inadequate, overlooked and downcast. Maybe even going so far as to think it's the end of the road. Whatever your ailment is God can certainly heal it but we must yield. Notice Jesus response. He didn't go into "poor you" conversation. No, his response demonstrates God's no-nonsense power against what this world will throw at us. He said, "Get up, take up your bed, and walk." Trust in the power of Christ with the same absolute unwavering power Christ demonstrates! No longer continue to feel sorry or angry about your wounds. God is bigger than any ailment we have or will ever have. Hold on to that truth.

Do you want to get well?

*Let this be the start of an encounter with God like never before. Speak freely to Him today. Write down what you desire God to heal in your soul, mind, emotions and body.*

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## Day 2

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### Prayer:

Pray that God gives you an ear to hear the love that flows from His word. Pray that you remain open to the teaching of the Holy Spirit.

Pray that you experience the fullness of His love on a deeper more intimate level.

### Scripture:

*Psalm 147: 10-11*

*“His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior; the Lord delights in those who fear him, who put their hope in his unfailing love.”*

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Our primary focus is God's pleasure and glory. After you have decided that you want to be healed you must understand where transformation comes from. The source of restoration and healing is not found in your strength. You must surrender (*let go, willingly give*) your hurts and pain to God. We often, in our own strength attempt to power through life damaged and without the Holy Spirit. We then cause more loss than when we started, and it pushes us further away from healing. We must know that our source of strength and hope is found in God's unfailing love for us. See, we don't like to deal with the process of healing because we live as if suppression is healing. But it's God's love that truly heals.

Remember this truth; if we yield and allow God to work out our issues we can expect transformation. Here's where honesty must kick in because you won't put hope in anything you don't believe will work. That is why you need to

be reminded that you have someone who demonstrated a love so deep for you, you can rely on that love to heal you. We NEED Christ. You NEED Christ.

You must believe that his love is unfailing. God's love is stronger than sexual abuse. His love is stronger than death. His love is stronger than a broken heart. It's stronger than suicidal tendencies. It's stronger than adultery and betrayal. God's love is stronger than abandonment, disappointments and depression.

God's love absolutely cannot fail!

Christ's love can reach our deepest scars and pain. Hopelessness in our soul is not a mindset that we have to live with. God is delighted when you come to him. Without the truth of God's love, we can easily become depressed, suicidal, helpless, anxious, sad, and burdened...but there's hope.

God is not like man. You don't need to have it all together before you come to him. The Lord delights in our reverence and our hope in him. So, don't worry about putting on your best face and being on your best behavior to receive God's unfailing love. Though man may be impressed by your mask of perfection God just wants you. All of you. Flaws and all. Let your strength and hope come from His love.

*Pray that you rely on his strength. Pray that your hope is found in His unfailing love. (Find and write out two other scriptures that is a reminder of God's unfailing love. Meditate on them as well today.)*

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## Day 3

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### Prayer:

Pray that you are honest especially when it will hurt. Pray that you aren't foolish, and you can embrace correction from the Word, Holy Spirit and even people. Pray that you learn to rejoice in suffering.

### Scripture:

*Romans 5:3-5*

*“Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance and endurance produces character, and character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.”*

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Knowing the love of Christ has been poured into us is worth a praise break!

**(--Stop and praise God for his love being poured into your heart. --)**

Salvation is the gift that keeps on giving! Let's run down some of the promises salvation brings to us.

- ✓ Salvation covers our sins – check.
- ✓ Salvation adopts us into the kingdom family of God – check.
- ✓ Salvation gives us eternal life – check.
- ✓ Another awesome gift is the Holy Spirit! Check!

Our hope is a significant part of our relationship with Christ. It's belief in a promise that we may not presently be experiencing even though it's ours for the taking. Yet trusting God may be one of the most difficult things broken believers

face. Life circumstances of trials, pain and hurt can, as they say, knock you off your rocker.

But God can be trusted and as a seal of promise he gave us the Holy Spirit. Therefore, your hope will not be put to shame because our spirit connects with His. We can rest assured that although we suffer, and it feels like our very soul has been incinerated into ashes God said He will give beauty for ashes! (Isaiah 61:3) The promises of God spring forth hope. A hope that is built in suffering and perseverance, then character and finally hope.

So, through your heartache or heaviness remember hope. Hold on to it with all your being. Never defer from it because you can count on it. Christ already solidified every promise God promised. As a believer in Christ that is our treasure and our inheritance. The love he freely gives is confirmation through the Holy Spirit. Let that be your mindset and meditation today.

*What are you hoping for? In what area of your heart do you need a special touch from the Lord to endure?*

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## Day 4

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### Prayer:

Pray that you learn and experience how strong you are because of the Lord. Pray you live out that strength every day.

### Scripture:

*Isaiah 40: 28-29*

*"Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives strength to the weary and increases the power of the weak."*

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You are S T R O N G! Not by your own strength but by the power of God. As you meditate on this scripture allow the Holy Spirit to move on your heart. Confess the areas where you feel weak. Tell God how trauma or heartbreak impacted you. Did you feel weak? Did you feel worthless? Did you feel numb? Did you feel confused? Maybe angry? Whatever you went through give it to God. He wants to exchange it for His strength and power.

The primary goal of the enemy is taking us out by any means necessary. The enemy wants to take us out emotionally, mentally, spiritually and physically if he can. However, poke yourself. You're still here. He didn't succeed! You have endured the thing that attempted to break you. Maybe the sin of someone else crossing your path left an open wound. It's time for surgery on that wound that has infected areas of your life. Believe in the power of God.







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## Day 5

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### Prayer:

Pray for any unbelief you may have about Christ. Pray that doubts be removed and you are found to have faith the size of a mustard seed. Pray that you trust God in a deeper way.

### Scripture:

*Mark 10:47-52*

*“And when he heard that it was Jesus of Nazareth, he began to cry out and say, “Jesus, Son of David, have mercy on me!” And many rebuked him, telling him to be silent. But he cried out all the more, “Son of David, have mercy on me!” And Jesus stopped and said to him, “What do you want me to do for you?” And the blind man said to him, “Rabbi, let me recover my sight.” And Jesus said to him, “Go your way, your faith has made you well.” And immediately he recovered his sight and followed him on the way.”*

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Jesus did so much in only two sentences for a blind man that knew if he wanted to get well it was Jesus, Son of David that will fix him. He paid no attention to the crowd that tried to keep him quiet because he yearned to get well. His faith was so reliant on Christ no one could deter him from yelling out for mercy. His desperation so longing and full of hope there was nothing that was going to keep him silent.

You have to know and believe that Christ wants to have mercy on you. He wants to care for you, give you wholeness and the abundant life he promised because you are not a burden to Christ. Look how Jesus responded, He asked the man what he wanted. Not because He didn't know his need but

for the man's confession of faith and trust in Christ. Christ is asking you the same question.

What do you want Christ to do for you? What are you trusting God for?

Be specific in the desires of your heart for healing. Like the blind beggar, ask for it! Then do what Christ told Bartimaeus, "Go your way, your faith has made you well." It's belief and faith in the power of Christ that binds up our mental and emotional torment from past hurts and pain. He's a right now God. He can intervene right now. Our faith is the fuel to the already consuming fire of the Holy Spirit. When we truly believe. When we have faith the size of a mustard seed that Christ is our only hope we will be made well.

Now we must follow Christ to go from glory to glory in the Lord. We may have to go to desperate measures of denying our self and others to cry out, "Rabbi, let me recover...."

*Meditate on God's powerful word today. Press into the Lord's presence and cry out for your healing full of faith in the power of Jesus Christ.*

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## Day 6

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### Prayer:

Pray for self-examination today with honest lenses. Pray your temptations be exposed. Pray you will spiritually see the subtleness of your "quiet" sins.

### Scripture:

1 Corinthians 10: 13

*"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."*

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What is sin? Anything outside of obedience to biblical commands, teaching and what's wrong to you for you. This is the hardest lesson to learn for those who have been brokenhearted and hurt by others. When we have been hurt we tend to hold on to the offense. However, do you realize that unforgiveness, bitterness, and holding on to anger is sin? We will say with our mouth we have moved on but if we can't live it out we are not being honest with our self.

As it's been stated throughout this devotional, God will take care of you. You can trust Him. We see scriptures above and mistakenly think temptation is the obvious lion heading straight at you full speed ahead. Yet we step over the subtle snakes in the grass. Watch your step! Know your weaknesses and your strongholds. Know your struggles and ask God to make a way of escape for you. He is faithful! His plan is for us to endure to the end. You have to believe that, so





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## Day 7

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### Prayer:

Pray today that your hope is found only through Christ. Pray that the power of the Holy Spirit is not grieved by you. Pray that freely yield to transformation no matter how vulnerable it makes you feel.

### Scripture:

*Romans 15:13*

*“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.”*

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This scripture confirms why we must know that no matter what traumas, pain or hurt we have or will be dragged through we find our joy and peace in believing the God of hope! It's a guarantee that snares will attempt to keep us where we are. We will be reminded like a bad flashback scene the offenses made against us. We will even remember offenses we have made to others.

Even though those memories will attempt to taunt and haunt our mental and emotional clarity and stability, in the Lord we can break free and live with joy and peace. Meditate on the God of hope whose power is far reaching and unstoppable on a level man has not tapped into yet. We just have to believe so that our hope will abound.

When we believe the Word our view of life shifts and we will trust Christ more. We will depend on God like never before. We will have more joy and peace. We will exalt and extol God deeper than we have ever experienced. Here's the beauty. It will never stop abounding!

We will go from glory to glory until we meet Christ face to face.







A Note of Thanks...