

## Jeremiah 29:11

I say this because I know the plans that I have for you." This message is from the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future.

## Psalms 42:11

Why am I so sad? Why am I so upset? I tell my myself, "Wait for God's help! You will again be able to praise him, your God, the one who will save you."

## Isaiah 40:31

But those who trust in the Lord will become strong again like eagles that grow new feathers. They will run and not get weak. They will walk and not get tired.

## Psalms 121:7-8

The Lord will protect you from every danger. The Lord will protect your soul. The Lord will protect you as you come and go. He will protect both now and forever!

## Romans 15:13

I pray that the God who gives hope will fill you with much joy and peace as you trust in him. Then you will have more and more hope, and it will flow out of you by the power of the Holy Spirit.

## Hebrews 11:1

Faith is what makes real the things we hope for. It is proof of what we cannot see.

## 1 Corinthians 13:13

So these three things continue: faith, hope, and love. And the greatest of these is love.

Matthew 11:28

"Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest.

Psalms 119:114

Hide me and protect me. I trust what you say.

Hebrews 10:23

We must hold on to the hope we have, never hesitating to tell people about it. We can trust God to do what he promised.

Psalms 31:24

Be strong and brave, all of you who are waiting for the Lord's help.

Romans 8:25

But we are hoping for something we don't have yet, and we are waiting for it patiently.

Romans 5:3-4

And we are also happy with the troubles we have. Why are we happy with troubles? Because we know that these troubles make us more patient. And this patience is proof that we are strong. And this proof gives us hope.

Proverbs 13:12

Hope that is delayed makes you sad, but a wish that comes true fills you with joy.

Psalms 130:5

I am waiting for the Lord to help me. My soul waits for him. I trust what he says.

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#### Micah 7:7

So I will look to the Lord for help. I will wait for God to save me. My God will hear me.

#### Isaiah 61:1

The Spirit of the Lord God is on me. The Lord has chosen me to tell good news to the poor and to comfort those who are sad. He sent me to tell the captives and prisoners that they have been set free.

#### Psalms 33:22

Lord, we worship you, so show your great love for us.

#### Lamentations 3:24

I say to myself, "The Lord is my God, and I trust him."

#### 1 Peter 1:3

Praise be to the God and Father of our Lord Jesus Christ. God has great mercy, and because of his mercy he gave us a new life. This new life brings us a living hope through Jesus Christ's resurrection from death.

#### 1 Peter 3:15

But keep the Lord Christ holy in your hearts. Always be ready to answer everyone who asks you to explain about the hope you have.

#### Psalms 25:5

Guide me and teach me your truths. You are my God, my Savior. You are the one I have been waiting for.

#### Romans 5:5

And this hope will never disappoint us. We know this because God has poured out his love to fill

our hearts through the Holy Spirit he gave us.

#### Ephesians 4:4

There is one body and one Spirit, and God chose you to have one hope.

#### Colossians 1:27

God decided to let his people know that rich and glorious truth, which is for all people. That truth is Christ himself, who is in you. He is our only hope for glory.