

Diamonds In The Rough

FINDING HOPE IN CHALLENGING TIMES

7 HOPE-Filled Habits

(TO HELP YOU THRIVE IN CHALLENGING TIMES)



DIAMOND #1: WAKE-UP THANKFUL

Read Jeremiah 29:11 and Psalm 139:16 aloud and then wake-up each morning thankful for God's HOPE-filled promises for your life.

DIAMOND #2: DELVE INTO GOD'S WORD

Read Romans 12:2 and John 17:17 aloud and then daily set aside time to read God's Word to renew your mind with His HOPE-filled Truth.

DIAMOND #3: GUARD YOUR THOUGHTS

Read Colossians 3:2, Philippians 4:8 and 2 Corinthians 10:5 aloud and then monitor your intake and only accept thoughts that line up with Truth.

DIAMOND #4: WIELD YOUR SHIELD OF FAITH

Read Ephesians 6:16 and Romans 10:17 aloud and then in faith combat every fiery dart that comes your way with God's HOPE-filled promises.

DIAMOND #5: JOURNAL YOUR IDENTITY

Read Philippians 3:13-14 and Habakkuk 2:2-3 aloud and then begin journaling about your identity and destiny in Christ based on His Word.

DIAMOND #6: FIND YOUR PEOPLE

Read 2 Corinthians 6:14 and Hebrews 10:24-25 aloud and then find friends to connect with when HOPE-filled thoughts and prayers are needed.

DIAMOND #7: BASK IN HIS PRESENCE

Read Psalm 16:11 and John 4:24 aloud and then pursue God's presence daily through worship so your mind will be at peace and your HOPE renewed.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13