

RECLAIMING HOPE



A gentle journey back to the steady, soul-anchoring hope that God faithfully restores through His Word, His presence, and His promises.

At some point, we have all walked through seasons that felt heavier than we thought we could carry: seasons where prayers seemed unanswered, seasons where grief lingered longer than expected, seasons where disappointment slowly wore us down, little by little, until we barely recognized the joyful faith we once carried so freely.

In this workbook, you will be guided through several areas of scripture with dedicated activities designed to help you reclaim the hope that suffering has stolen from you.

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About the Author

Hello! Welcome to Reclaiming Hope. My name is R Lyn Gross, and I am an Indie Author writing poetry, essays, and devotionals that focus on the resilience and quiet strength found in life's hard seasons. I also write fiction, blending thoughtful storytelling with themes of healing, identity, and grace.

x- RLyn



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1

Welcome to Reclaiming Hope

One of the greatest blessings we have as children of God is hope.

Not the kind of hope the world talks about, like wishful thinking or crossing our fingers and hoping things somehow work out. I'm talking about the deep, steady kind of hope that anchors itself to your soul. It's the kind of hope that whispers truth to our weary hearts when everything around us feels uncertain. It's the kind that reminds us that even when life feels painfully unfinished, God is still writing the story. This kind of hope is promised to us as children of God, and when life is good, it can be easy to maintain that hope. But suffering has a way of clouding that hope if we are not careful.

Sometimes suffering does not arrive all at once in some dramatic storm. Sometimes it comes quietly through daily exhaustion, loneliness, discouragement, betrayal, chronic stress, or silent heartbreak that nobody else sees. And if we stay in those places too long without bringing our hearts before God, hopelessness can begin to settle into the cracks.

Sometimes we stop lifting our eyes upward because pain has trained them to stay fixed on the ground.

Even faithful people wrestle with this.

Scripture does not hide the struggles of hurting hearts. In fact, some of the most honest passages in the Bible were written by people standing in deep sorrow, confusion, and grief. God, in His mercy, preserved those words for us – not to shame us for our weakness, but to remind us that we are not alone in it.

One of the clearest examples is found in Lamentations, where the author pours out the ache of suffering with painful honesty:

***My soul has been excluded from peace; I have forgotten happiness.
So I say, "My strength has perished, and so has my hope from the LORD."
— Lamentations 3:17-18***

I have certainly been to this point of despair, and I'm guessing that you have, too, since you are reading this now. I've written this lesson to help you on your journey of reclaiming your hope, and I am praying that these words land softly on your heart and that the Holy Spirit does His work in you through them. I wish you hope, today and always.

2

Where does our hope come from?

My soul, wait in silence for God only, for my hope is from Him. He only is my rock and my salvation, my stronghold, I shall not be shaken.

– Psalm 62:5-6

There is something so comforting about the honesty of David's words in Psalms. He does not pretend that adversity is absent from his life. In fact, many of the psalms were written in the middle of fear, betrayal, grief, and uncertainty. Yet even while facing opposition, David continually redirects his thoughts back toward God.

David understood something we often forget in our hardest seasons: hope cannot be sustained by circumstances alone. If our peace depends on everything around us settling down, we will always feel shaken. But when our hope is rooted in God Himself, there is a steadiness that suffering cannot fully destroy.

I think one of the hardest battles we fight is the battle of where our thoughts are focused. Pain naturally pulls our attention toward everything that feels wrong, uncertain, or overwhelming. The mind replays disappointments, fears, and unanswered questions until they begin to feel bigger than the presence of God in our lives. Yet David intentionally speaks to his own soul, reminding himself where true security is found. David is not pretending that life is easy, but he is continually returning his mind to the faithfulness of God, even when his emotions try to lead him elsewhere.

We are reminded by Paul in Colossians to keep our thoughts focused on God:

Set your mind on things above, not on things on the earth.

– Colossians 3:2

This is not a call to ignore reality or deny our struggles. It is an invitation to lift our perspective higher than our present circumstances. When our minds stay consumed with earthly worries, discouragement can quickly take root. But when we intentionally focus on God – His promises, His character, His goodness, and His eternal perspective – hope begins to rise again. The world around us may still feel unstable, but our hearts become anchored in the One who never changes.

Where does our hope come from?

Take a few minutes and personalize this command in the space below. Write this as if this command were written for you only. Write this several times, and if it's something that you find hard to do, write it on an index card and put it somewhere that you will see it often. Pray that God will prompt you to remember this command when you struggle with thoughts of the things on earth.

*“ your name , set your mind on things above, not on things on the earth.”
– Colossians 3:2*

3

What does hope do?

***Those who hope in the LORD will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint.
– Isaiah 40:31***

The words of Isaiah are such a gentle reminder that our strength was never meant to come from ourselves alone. There are seasons in life when we simply feel exhausted – not just physically, but emotionally and spiritually as well. Trials have a way of draining us little by little until we wonder how much longer we can keep going.

Yet this verse reminds us that hope is not something we manufacture through willpower or positive thinking. True hope comes from God Himself. When we place our trust in Him, He renews what suffering tries to wear down.

I love that this passage speaks of soaring, running, and walking because not every season looks the same. Sometimes God gives us strength to rise above difficult circumstances with unexpected peace and confidence. Other times, He simply gives us enough strength to keep putting one foot in front of the other without fainting. Either way, He sustains His children.

Praying believers are not promised a life free from hardship, but we are promised the presence and strength of God within our trials.

When we continue bringing our weary hearts before Him, He faithfully meets us there and carries us in ways we could never manage on our own.

Take a few minutes and personalize this verse in the space on the next page. Write this as if this verse was written for you only. Write this several times, and if it's something that you find hard to remember, write it on an index card and put it somewhere that you will see it often. Pray that God will prompt you to remember this verse so that you will remember where your strength comes from.

***“_(your name)_ hopes in the LORD and renews her strength. She will soar on wings like eagles, she will run and not grow weary, she will walk and not be faint.”
– Isaiah 40:31***

What does hope do?

4

What does Paul pray for us?

*“Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.”
– Romans 15:13*

Paul prayed that we would overflow with hope, and he even gives God a beautiful description by calling Him the “God of hope.”

Hope is not merely something God offers from a distance; it is part of His very character. He is the source of it.

And Paul’s prayer was not that believers would barely hold onto a small thread of hope, but that they would abound in it – overflow with it. That kind of hope is not dependent on perfect circumstances or an easy life. It is a deep assurance that grows when we continue trusting God even in uncertain seasons. Along with that hope comes joy and peace, not because life is free from hardship, but because our hearts are anchored in Someone greater than our hardships.

Paul reminds us that this hope comes “by the power of the Holy Spirit.”

Left to ourselves, we can quickly become discouraged by the weight of life and the constant struggles around us. But God did not leave us to navigate suffering alone. He gave us His Word to strengthen and guide us, and He gave us His Spirit to apply those truths personally to our hearts.

Scripture is not just a collection of comforting words on a page – it is living truth that the Holy Spirit uses to renew weary minds and restore fading hope.

As we spend time in God’s Word and continue seeking Him in prayer, He gently fills empty places within us with the peace, strength, and hope that only He can provide.

5

Look deeper into Scripture

Let's examine Romans 15:13 a little closer. I've written the verse for you below, and I want you to look up the definitions for the underlined words, and then answer the questions.

***Now may the God of hope
fill you with all joy and peace
in believing,
so that you will
abound in hope
by the power
of the Holy Spirit.
– Romans 15:13***

Definitions:

joy

peace

abound

hope

power

Questions:

What will the God of hope fill you with?

What is hope?

What will your hope do when you believe?

What does the Holy Spirit have that can give you this?

6

Reflection Questions

In what areas of your life have you noticed suffering or discouragement slowly clouding your hope in God?

When difficult seasons come, what thoughts tend to pull your focus downward instead of upward toward God's promises and faithfulness?

David reminded his soul that his hope came from God alone. What would it look like for you personally to "redirect" your thoughts back to God this week?

Which description of God's strength in Isaiah 40:31 speaks most deeply to your current season: soaring, running, or simply walking without fainting? Why?

Paul prayed that believers would overflow with hope through the power of the Holy Spirit. What practical steps can you take to make more room for God's Word, prayer, and the Holy Spirit to renew your hope daily?

Sufferings → perseverance → character → hope

...tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us."

– Romans 5:3-5

Several places in Scripture remind us that suffering leads us directly to hope, but this is only true if we remain connected to God through His Word and through prayer. If we slowly step away from either one, discouragement can begin to take root in our hearts, and we can lose sight of the hope that already belongs to us as children of God. The Holy Spirit works through Scripture to strengthen weary hearts, renew our minds, and remind us of what is eternally true even when life feels painfully difficult.

Suffering was never meant to leave us stranded in despair. In God's hands, even painful seasons can become part of something deeper and more beautiful within us.

Sometimes we may not see God working immediately in the middle of our hardship, but He is faithfully shaping us through every season we walk through with Him. As we continue seeking Him, trusting Him, and bringing our weary hearts before Him, He gently leads us back to hope again and again.

I recall this to mind, therefore I wait. The LORD's acts of mercy indeed do not end, for His compassions do not fail. They are new every morning; Great is Your faithfulness. "The LORD is my portion," says my soul, "Therefore I wait for Him." The LORD is good to those who await Him, to the person who seeks Him.

-- Lamentations 3:21-25

for a deeper dive into reclaiming hope during a season of spiritual exhaustion, check out this book on Amazon:

