


Hope.
It's God's gift to you.


Do you remember what your life was like before? You know, *before*. Before the diagnosis, the hospital, the pain, the fear. Before the health issue that has invaded your life. Perhaps that life seems to have evaporated as sudden question marks begin to punctuate your days. Worries make you weary. The realization that life is out of your control now controls your mind. Distracted, you long for past days of good health, days when you could go about daily life, taking your body for granted.

In all the frustration, fear, and uncertainty, you need to know there's hope. There is hope! Hope for the present. Hope for your future. Hope as you face this illness in faith.

These words, written long ago by someone who struggled with personal suffering, can point you to the source of your hope today:



*Remember your word to your servant, [LORD,]
for you have given me hope.
My comfort in my suffering is this:
Your promise preserves my life.*



Psalms 119:49-50

Hope. It's God's gift to you. He's both the Giver of the gift and the Gift itself. The hope he gives is sure, certain. You can count on hope from heaven, because you can count on the one who is heaven's hope, Jesus Christ.

If you're living with a challenging illness or injury, hope probably sounds great right about now! Like the sufferer who wrote Psalm 119, you need comfort in your distress. That comfort comes from God's promises. The hope your Lord gives will rejuvenate your body, mind, and spirit. It will revive your faith.