

If you direct your heart rightly, you will stretch out your hands toward God. If iniquity is in your hand, put it far away, and do not let wickedness reside in your tents. Surely then you will lift up your face without blemish; you will be secure, and will not fear. You will forget your misery; you will remember it as waters that have passed away.

And your life will be brighter than the noonday; its darkness will be like the morning. And you will have confidence, because there is hope.⁷⁶

1. Desire **I ask the Spirit for Increasing Hope**

I find and hold an object that symbolises Increasing Hope for me.

I consider, 'Where is hope increasing in my life?'

'Where is hope decreasing in my life?'

'What diminishes hope in me?'

I ask the Spirit for an increasing, confident hope.

2. Choice **Today I choose the Way of Greater Hope**

I choose the hopeful way, led by greater hope and the good spirit toward God's love.

I reject the despairing way, the sense of bleak failure encouraged by a bad spirit.

I walk towards the gift and the Giver, from hope, to greater hope, to peace in God.

3. Hopeful **I live in the Hopeful Trinity**

Now I imagine I am surrounded in a circle by the Hopeful Trinity. Each person addresses me by name, saying, 'Hope for even more. Let me pour my love into you.'

I rest, for a bit, in the encouraging hope of the Trinity. I feel a greater hope in me.

I conclude giving thanks for the Spirit of Greater Hope.

PRAYER TIME: 10 minutes.

⁷⁶ Job 11:13-18