

Following Our God of Hope
Quiet Reflection and Journaling ☞ October 10, 2026



During this time of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time? We then wait, listening for His response. ☞ Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. It may be helpful to sit with an appreciation memory for a few minutes; it helps our brains become teachable and better able to tune into the Lord. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart. ☞ The value of this journaling time is that we can open the door to these subtopics, and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and the scriptures included on these pages.

Piano solo: Troubled Water

Troubled Water is composer Bonds' arrangement of the African American spiritual, *Wade in the Water*, whose text includes "Wade in the water, wade in the water, children; wade in the water, God's gonna trouble the water." The text alludes to the children of Israel who must step into the Red Sea *trusting* God to part the waters; as well as the paralytic in John 5 who wants—but repeatedly fails—to get into the waters of the pool that will heal whenever God "troubles" (stirs) the water.

The song encouraged African American slaves to courageously keep going, trusting that as they met the painful difficulties of life, God would meet them there and act on their behalf. I believe Bonds urges the listener to wade into the water (begin that brave thing you feel compelled but afraid to do). In her arrangement, God first offers a friendly invitation...then woos us through reminding us how beautiful and healing the waters are...then commands us: "Get in!" God is going to trouble the water—meet us, bringing healing, opening a way, moving on our behalf—but we must first step in! — Jenny Currie

Romans 15:13 (NIV)

¹³ 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 4:18-21 (ESV)

¹⁸ In hope he believed against hope, that he should become the father of many nations, as he had been told, "So shall your offspring be.".... but he grew strong in his faith as he gave glory to God, ²¹ fully convinced that God was able to do what he had promised.

1. Where do you sense God calling you now? What may be keeping you from stepping into the water? In what ways do you feel like you don't know where you are going? What are His promises to you? (Mathew 14: 22-33; Hebrews 11: 8-10)
2. What are you expecting from God that He has not yet provided? How does that impact your understanding of or image of God?

Jeremiah 29:11 (ESV)

¹¹ For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Hebrews 11:8 (ESV)

⁸ By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance. And he went out, not knowing where he was going.

3. When it's hard to follow Jesus, imagine Him asking you, "Do you want to go away as well?" (John 6:66-69) Dialogue with Him. What "Words of Eternal Life" does He have for you?

4.*having the eyes of your heart enlightened, that you may know what is the Hope to which He has called you..... Ephesians 1:18* God gave Anne a picture of Hope which filled her with peace and strengthened her for the journey. Ask God to give you a picture of hope for your current circumstances. Draw a picture of what He shows you.

5. Express your gratitude to God for how He has deeply cared for and been faithful to you during a past or a current journey. How has your hope in Him been strengthened? Go on a "Hope Hunt" and write down scriptures and the way that the Lord is giving you hope.

FOLLOWING OUR GOD of HOPE

“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

1. OUR HOPE IS IN GOD

Psalms 62:5 “Yes, my soul, find rest in God; my hope comes from him.”

Psalms 146:5 “Blessed are those whose help is the God of Jacob, whose hope is in the LORD their God.”

Psalms 147:10–11 “His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior; the LORD delights in those who fear him, who put their hope in his unfailing love.”

Psalms 46:7 “The Lord of Heaven’s Armies is here among us; the God of Israel is our fortress.”

2. HOPE WHEN WE ARE WEARY

Isaiah 40:28–31 “Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but 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.”

3. HOPE WHEN OUR SOUL IS DOWNCAST

Psalms 42:1–7 “As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, ‘Where is your God?’ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.”

4. HOPE THAT PERSEVERES

Romans 5:1–5 “Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings,

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because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

Romans 4:18-21 "In hope he believed against hope, that he should become the father of many nations, as he had been told, 'So shall your offspring be.'.... but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised."

5. HOPE WHEN THE WAIT IS LONG

Proverbs 13:12 "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

Lamentations 3:19-26 "Remember my affliction and wandering, the wormwood and the gall. Surely my soul remembers and is humbled within me. Yet I call this to mind, and therefore I have hope: Because of the loving devotion of the LORD we are not consumed, for His mercies never fail. They are new every morning; great is Your faithfulness! 'The LORD is my portion,' says my soul, 'therefore I will hope in Him.' The LORD is good to those who wait for Him, to the soul who seeks Him. It is good to wait quietly for the salvation of the LORD."

6. HOPE THAT IS AN ANCHOR

Hebrews 6:18-19 "God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure."

7. A LIVING HOPE

1 Peter 1:3 "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead."

8. THE KING WHO BRINGS HOPE AND RESTORATION

Zechariah 9:9-12 "Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey. I will take away the chariots from Ephraim and the warhorses from Jerusalem, and the battle bow will be broken. He will proclaim peace to the nations. His rule will extend from sea to sea and from the River to the ends of the earth. As for you, because of the blood of my covenant with you, I will free your prisoners from the waterless pit. Return to your fortress, you prisoners of hope; even now I announce that I will restore twice as much to you."

Bonus: Check out the lyrics to ***When You Believe*** from the musical, *Prince of Egypt*!