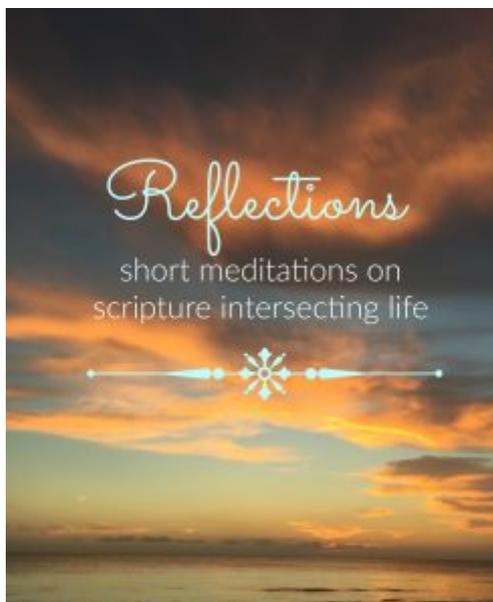


Reflections #6: For Those Who Mourn



Thank you for joining us for Reflections, short meditations on scripture intersecting life.

Show Notes

In today's Reflections we are meditating on Isaiah 61:2-3

To comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of His splendor.

The loss of a loved one is the most devastating loss we can endure. It shakes us as nothing else can. We are left bereft, dealing with a toxic swirl of emotions.

Like many of you, I know grief. I lost my second daughter when she was just 11 days old. God inserted Himself into the midst

of my suffering, and walked through that time with my family and me. It was not easy, but as I held on to Him, He held me.

For those of you who know grief as your constant companion right now, I want to give you hope. You *will* get through this. I hope today's podcast encourages you in this journey.

To listen, just click on the triangle below or [subscribe on iTunes](#).

Pray on!



Jane

From Withered to Revived

I winced as I looked at my six-pack of wilted impatiens. Leftover from my butterfly garden, they had sat under the tree for two weeks waiting for me to find a garden bed to squeeze

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veled, drooping blossoms showed little signs of life. I picked them up to toss them into the trash.

“There’s no way they’ll ever recover from this,” I thought. As I opened the trash can, something made me stop. What could it hurt to plant them in the bed out front? It took only minutes to plant the bedraggled plants and water them.

A few hours later I opened the front door to walk out to the mailbox. A flash of pink caught my eye and I stopped astounded. The withered flowers were completely revived, their leaves and blossoms plumped out nicely, the picture of health. I couldn’t believe it. I had been certain they were beyond hope. All they needed was good soil, a thorough watering, and some time to revive.

“It’s the same for people too,” the Holy Spirit whispered to

i pray: hope



i pray

short podcasts to bring the sacred into your everyday

*Do you only have a few minutes for prayer today? You're in the right place! Try one of our new **i pray podcasts**. A few minutes is all you need to pray God's word into any situation by interceding for friends, family, and yourself.*

Show Notes:

Today we're praying about **hope**. We all go through seasons of life where hope seems to be in short supply. Perhaps you're in

the middle of a health crisis; maybe your marriage is rocky; the kids have hit their teen years and decided to sow some wild oats; or maybe God feels like a distant relative. Whatever has caused you to lose hope, prayer is a powerful antidote to feelings of hopelessness.

Join Jane VanOsdol of OnlyByPrayer in praying for God to infuse some fresh hope into your situation.

Verse: Lamentations 3:22-24 “Through the Lord’s mercies we’re not consumed because His compassions fail not; they are new every morning. Great is Your faithfulness. ‘The Lord is my portion says my soul. Therefore I hope in Him.’”

Short and Sweet: Hope, Wait and Pray



Short and Sweet Nourishment
for the Soul

" ... rejoicing in hope, patient in tribulation, continuing

steadfastly in prayer ...”

Romans 12:12

I like lists. You may already know that about me. I often start my day with a list of things to accomplish ... complete with allotted times. It gives me great satisfaction knowing what to do and when to do it. That's why I like Bible verses like Romans 12:12. It gives me three things to do, it tells me *when* to do them AND *how* to do them.

What to do when you're hoping – rejoice!

Why can we rejoice in **hope**? Because we worship the God of **Hope** – therefore we *always* have **hope**. No situation is beyond God's reach.

Are you sick? He's the healer. Jehovah Raphe

Are you lost? He's the God who sees you. El Roi

Are you in need? He's the God who provides. Jehovah Jireh.

Are you neck deep in sin? He's the God who washes away sin. Jehovah Tsidkenu.

Biblical **hope** is different than worldly **hope**. With worldly **hope**, you *hope* something will happen. With biblical **hope**, you have **hope** because something *will* happen. Whatever your need, God sees you and He's at work. He is your **hope**. So start rejoicing!

What to do when you're facing tribulation – be patient!

Since we can rejoice because we always have hope, we can also be patient in tribulation. I usually define the word patient

as someone who controls their temper and frustration. In Greek, however, the word *patient* means *to tarry, to wait, to remain behind*. To **wait** for what? For God to act. Instead of trying to work a frustrating painful situation according to your will, **wait** for God to work it according to His perfect will. Everyone wins.

While we're hoping and waiting for God to move, He gives us a job ...

Continue steadfastly in prayer.

Don't forget – while you have all this hoping and rejoicing and waiting going on, cover it all continually and steadfastly in **prayer**. The KJV of *continuing steadfastly in prayer* is "*continuing instant in **prayer***." I love this definition. Every moment is the right moment to continue in **prayer**.

This instant.

No matter what you are doing.

Pray.

Action Points

1. How can you actively rejoice over a current **hope** you are waiting for?
2. How can you show God you are waiting for Him to move in a current trial? What can you do to show Him you are waiting for Him and His will? What do you need to stop doing to show Him you are waiting for Him and His will?
3. Pray! Pray over your **hopes**, your **tribulations**, your everything. Pray!

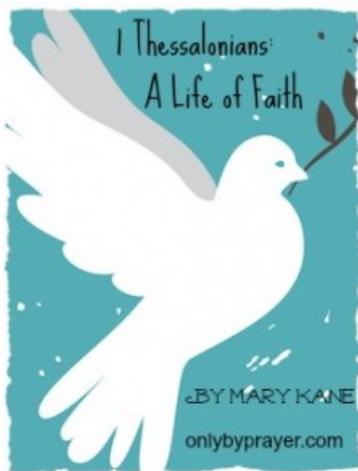
Life is sweet. Hope. Wait. Pray.

Mary Kane

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1 Thessalonians A Life of Faith, Part 3: The Gospel



The Bible states God is the God of Hope. He offers His hope to us through the good news of **the Gospel**. By the life, death, and resurrection of Jesus Christ, we can accept one of the many gifts of **the Gospel**—hope.

“The LORD delights in those who fear him, who put their hope in his unfailing love.” Psalm 147:11. In the face of hardship, trials and persecution, we please God when we choose to fear Him instead of our

circumstances.

Because of the Gospel, we have hope for our trials, our diagnosis, our wounds and our brokenness. To learn about the hope of **the Gospel**, please click on the link below.

[A Life of Faith: The Gospel, Part 3](#)