

Gratitude Calendar: 30 Days of Hope

By Karen Wade Hayes | karenwadehayes.com

Hope is like fuel that keeps us running into tomorrow. But hope based on temporal things like health, wealth, accomplishment, or fun times, leaves us constantly searching for the next source of joyful expectation to inspire us. Although there is nothing wrong with “hoping” for good test results, financial windfalls, a smooth trip, acceptance to a particular college, etc., these are not solid foundations for hope because they don’t last, if they happen at all.

The hope God offers is different. Through Christ, biblical hope expects, without doubt, that God’s promises will be realized no matter what happens on Earth. It’s the confident expectation of seeing, receiving, and benefiting from what God says will happen. The hope found in God has the power (through the Holy Spirit) to bring joy and peace, even in situations that seem hopeless. Biblical hope isn’t just a future hope; it’s also a present hope - God’s people can begin to experience it at the moment of salvation. God Himself is the firm foundation of this hope even as the seas of life rage around us because He is unchanging, faithful, and good.

Biblical hope is never based on our work or circumstances but is a gift from God. But to experience its fullness, we need to turn to Him for our hope and not things of the world. This calendar offers 30 days of truths about biblical hope, one for each morning & evening, along with an accompanying reason for gratitude that springs from each truth. Pray these with full assurance of the gift of hope God has given all believers in Christ to sustain us as we live in what can feel like a hopeless world. The goal is to remember not only the object and source of our hope but also the outcomes and rewards of it and to experience hope as we wait for God to complete His work in us and the world.

**“May the God of all hope fill you with all joy and peace in believing,
so that by the power of the Holy Spirit you may abound in hope.”**

Romans 15:13

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WEEK 1

Morning:

Begin by praying Psalm 27:13

"I remain confident in this: I will see the goodness of the Lord in the land of the living."

Evening:

Begin by praying Romans 12:12

"Lord, help me rejoice in hope, be patient in tribulation, and constant in prayer."

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>For you, O Lord, are my hope, my trust, O Lord, from my youth. Upon you I have leaned from before my birth; You are He who took me from my mother's womb. My praise is continually with You. THANK YOU FOR GIVING ME LIFELONG HOPE, HOPE THAT LIVES THROUGH EVERY SEASON FROM BIRTH TO DEATH.</p>	<p>The Lord is good to those whose hope is in Him, to the soul who seeks Him. It is good that one should wait quietly for the salvation of the Lord. THANK YOU FOR HELPING ME WAIT QUIETLY FOR YOUR PROMISED SALVATION. I FEEL HOPEFUL BECAUSE YOU ARE GOOD & YOU DO WHAT YOU SAY YOU WILL.</p>	<p>His delight is not in the strength of the horse, nor His pleasure in the legs of man, but the Lord takes pleasure in those who fear Him, in those who hope in His steadfast love. THANK YOU FOR NEVER WAVERING IN YOUR LOVE FOR ME. HELP ME PUT MY HOPE IN YOUR STEADFAST LOVE, NOT MY OWN ABILITY TO ACCOMPLISH.</p>	<p>Blessed is the one whose hope is in the Lord, whose trust is in Him, like a tree planted by water that doesn't fear when heat comes, for its leaves remain green. It is not anxious in the year of drought for it does not cease to bear fruit. THANK YOU FOR HOPE THAT CAUSES ME TO FLOURISH IN ALL SEASONS.</p>	<p>God is the hope and refuge in the day of disaster. THANK YOU FOR GIVING MY SOUL HOPE AND SHELTER, EVEN IN THE MIDST OF LIFE'S STORMS, DISASTERS, AND TRAGEDIES.</p>	<p>Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God. THANK YOU FOR THE ASSURANCE THAT EVEN WHEN I AM MOST DISTRAUGHT, YOU ARE MY GOD AND MY SOUL CAN REST IN YOU WHILE I WAIT.</p>	<p>My hope is in the promise made by God to our fathers, to which the 12 tribes hope to attain, as they earnestly worship night & day. Why is it thought incredible by any of you that God raises the dead? I LIVE IN HOPE KNOWING THAT, IN CHRIST, YOU HAVE RAISED ME FROM DEATH TO LIFE.</p>
<p>I saw the Lord always before me, for He is at my right hand that I may not be shaken; therefore, my heart was glad, and my tongue rejoiced; my flesh will also dwell in hope. For you will not abandon my soul to Hades, or let your Holy One see corruption. KNOWING YOU WILL NEVER ABANDON ME GIVES ME HOPE THAT BRINGS JOY.</p>	<p>Not only creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for adoption as children, the redemption of our bodies. For in this hope we were saved. THANK YOU FOR SAVING ME & GIVING ME HOPE THAT COMES FROM KNOWING YOU HAVE ADOPTED ME.</p>	<p>If the only home I hope for is the grave, where then is my hope - who can see any hope for me? THANK YOU THAT I DON'T LIVE CONTROLLED BY FEAR OR DESPAIR BECAUSE YOU HAVE GIVEN ME THE HOPE OF ETERNAL LIFE - A HOPE THAT LIVES DESPITE ANYTHING THAT HAPPENS IN THIS LIFE.</p>	<p>You have made known to me the paths of life; you will make me full of gladness with your presence. THANK YOU FOR SHOWING ME THE PATHS OF LIFE, THAT I MIGHT LIVE WITH HOPE OF ONE DAY BEING IN YOUR PRESENCE.</p>	<p>For I consider that the sufferings of this present age are not worth comparing with the glory that is to be revealed in us. For the creation waits with eager longing for the revealing of the sons of God. THANK YOU THAT EVEN IN TERRIBLE SUFFERING I CAN LOOK FORWARD THE GLORY YOU WILL REVEAL IN ME.</p>	<p>He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away. I WAIT WITH HOPEFUL EXPECTATION FOR THE DAYS WHEN THERE WILL BE NO MORE TEARS OR DYING. THANK YOU FOR GIVING ME THAT SURE HOPE.</p>	<p>According to the way I worship the God of our fathers, believing everything laid down by the Law and written in the Prophets, I have a hope in God that there will be a resurrection... THANK YOU FOR THE BIBLE THAT REMINDS ME EVERY DAY OF THE HOPE I HAVE IN CHRIST.</p>

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WEEK 2

Morning:

Begin by praying Psalm 25:5

"Guide me in Your truth & teach me, for You are the God who saved me, and I will wait for You all day long."

Evening:

Begin by praying Psalm 71:14

"But I will hope continually and will praise you yet more and more."

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>There is one body and one Spirit, just as you were called to the one hope that belongs to your call - one Lord, one faith, one baptism, one God and Father of all, who is over all & through all & in all. THANK YOU FOR UNITING ALL BELIEVERS IN THE HOPE OF CHRIST. MY HOPE IS FUELED WHEN SHARED WITH OTHERS!</p>	<p>Don't grieve as others who have no hope: for since we believe that Jesus died and rose again, even so, through Jesus, God will bring with Him those who have fallen asleep. THANK YOU THAT EVEN WHEN I AM GRIEVING, I CAN LIVE WITH HOPE IN ETERNAL LIFE FOR ALL THOSE IN CHRIST.</p>	<p>And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. NO MATTER WHAT HAPPENS EACH DAY, I HAVE HOPE AND FAITH THAT YOU ARE WORKING IN ALL THINGS FOR THE GOOD OF THOSE WHO LOVE YOU, EVEN ME.</p>	<p>You preserve the faithful - may all who hope in the Lord be strong and let their hearts take courage! THANK YOU FOR GIVING ME A HOPE THAT HELPS ME LIVE WITH STRENGTH AND FACE EACH DAY WITH COURAGE.</p>	<p>The Son of Man is coming at an hour we do not expect. When the Son of Man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. THANK YOU THAT I LIVE EVERYDAY WITH THE HOPE OF KNOWING CHRIST WILL RETURN. I CAN'T EVEN IMAGINE HOW WONDERFUL IT WILL BE!</p>	<p>Now if the ministry of law, carved in letters on stone, came with such glory that the Israelites couldn't gaze at Moses's face with its glory, which was being brought to an end, will not the ministry of the Spirit have even more glory? Since we have such hope, we are very bold. THANK YOU FOR GIVING ME THE HOLY SPIRIT TO FILL ME WITH HOPE THAT LEADS TO BOLDNESS.</p>	<p>According to God's great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus from the dead, to an imperishable, undefiled, and unfading inheritance, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. THANK YOU FOR THE HOPE OF SUCH A GREAT INHERITANCE.</p>
<p>Because of the hope laid up for us in heaven we have faith in Christ & love for fellow Christians. THANK YOU FOR THE WAY MY HOPE IN CHRIST GIVES ME THE ABILITY TO LOVE OTHERS AND SHARE THE HOPE OF CHRIST WITH A HOPELESS WORLD.</p>	<p>Let not your hearts be troubled. Believe in God; believe also in Me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again & will take you to myself, that where I am you may also be. I LOOK FORWARD WITH HOPE TO BEING WITH YOU.</p>	<p>Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. THANK YOU FOR THE POWERFUL HOPE THAT PEACE WITH YOU BRINGS EVERY DAY, AND FOR THE HOPE THAT COMES FROM KNOWING YOUR KINGDOM WILL REIGN ON EARTH AS IN HEAVEN.</p>	<p>God sets our feet upon the rock. He neither sleeps nor slumbers. He supplies every need according to His riches in glory in Jesus Christ. He daily bears our burdens. KNOWING I HAVE PEACE WITH YOU BRINGS SUCH HOPE, AS DOES KNOWING THAT YOU NEVER SLEEP & YOU BEAR MY BURDENS & SUPPLY MY NEEDS.</p>	<p>Our blessed hope: the appearing of the glory of our great God & Savior Jesus Christ, who gave Himself for us to redeem us from all lawlessness and to purify for Himself a people of His own who are zealous for good works. THANK YOU THAT I CAN ACT IN THE WORLD OUT OF SURE HOPE OF YOUR RETURN.</p>	<p>You will receive power when the Holy Spirit has come upon you & you will be my witnesses in Jerusalem & in all Judea & Samaria & to the ends of the earth. THANK YOU FOR THE GIFT OF HOPE THROUGH THE POWER OF THE HOLY SPIRIT THAT ENABLES ME TO BEAR WITNESS OF YOU TO THE WORLD.</p>	<p>The hope of the righteous brings joy. THANK YOU THAT YOU BEGAN A GOOD WORK IN ME AND WILL COMPLETE IT. IN CHRIST I HAVE BEEN COVERED IN RIGHTEOUSNESS; THE HOPE OF CHRIST COVERING MY SINS WHEN I STAND BEFORE YOU AND KNOWING YOU ARE STILL AT WORK IN ME TODAY BRINGS ME JOY.</p>

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WEEK 3

Morning:

Begin by praying Psalm 62:5

"Rest in God alone, my soul, for my hope comes from Him."

Evening:

Begin by praying Colossians 1:23

"Don't shift from the hope of the gospel that has been proclaimed in all creation under heaven."

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>Blessed are those whose lawless deeds are forgiven, and whose sins are covered; blessed is the man against whom the Lord will not count his sin. THANK YOU FOR THE HOPE IT BRINGS ME AS A SINFUL PERSON LIVING IN A FALLEN WORLD TO KNOW MY SINS ARE FORGIVEN.</p>	<p>For I know that my Redeemer lives, and at the last He will stand upon the earth. And after my skin has been thus destroyed, yet in my flesh I shall see God, who I shall see for myself, and my eyes shall behold, and not another. I AM GRATEFUL TO LIVE WITH THE SURE HOPE OF SEEING YOU WITH MY OWN EYES ONE DAY.</p>	<p>We were buried with Him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. THANK YOU FOR THE PRESENT HOPE I ENJOY, KNOWING I HAVE BEEN GIVEN NEW LIFE IN CHRIST, NO LONGER SEPARATED FROM YOU.</p>	<p>You are my hiding place and my shield. I hope in your Word. THANK YOU THAT THROUGH YOUR WORD I HAVE HOPE THAT YOU WILL GUARD ME AND KEEP ME. I AM GRATEFUL FOR THE GIFT OF THE BIBLE - IT ENCOURAGES ME, SHOWING ME WHO YOU ARE, THE ONE ON WHOM MY HOPE RESTS SECURE.</p>	<p>My soul is bowed down within me. But this I call to mind & therefore I have hope: The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning. EVEN IN HARD SEASONS YOU MAKE IT POSSIBLE TO WAKE UP WITH HOPE BECAUSE YOUR MERCIES ARE NEW EVERY DAY.</p>	<p>Through Christ we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. THE GRACE YOU POURED OUT THROUGH CHRIST ENABLES ME TO STAND AND REJOICE IN THE HOPE OF SEEING AND SHARING YOUR GLORY.</p>	<p>Behold, your King is coming for you, righteous and having salvation is He, humble and mounted on a donkey, on a colt, the foal of a donkey. THANK YOU FOR THE HOPE THAT THE FIRST COMING OF CHRIST BROUGHT THE WORLD AND FOR SUSTAINING HOPE OF HIS RETURN.</p>
<p>But now that you have been set free from sin and have become servants of God, the fruit you are given leads to sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord. THANK YOU FOR ENABLING ME TO LIVE IN FREEDOM FROM SIN & DEATH!</p>	<p>Now if we have died with Christ, we believe that we will also live with Him. THANK YOU FOR THE JOYOUS HOPE THAT BECAUSE OF CHRIST'S DEATH AND RESURRECTION, I AM ABLE TO LIVE WITH HIM.</p>	<p>My soul waits and in His word I hope. O Israel, hope in the Lord! For with the Lord is steadfast love, and with Him is plentiful redemption. THANK YOU FOR THE HOPE RECORDED IN YOUR WORD AND SHARED WITH ME, REMINDING ME EVERY DAY OF YOUR LOVE, REDEMPTION, AND SALVATION. THERE IS NOTHING YOU CAN'T REDEEM.</p>	<p>Our hope for you is unshaken for we know that as you share in our sufferings, you will also share in our comfort. THANK YOU FOR THE HOPE INSPIRED IN ME BY THE CHURCH, MY BROTHERS AND SISTERS IN CHRIST, WHO SHARE IN MY SUFFERINGS AND BRING COMFORT.</p>	<p>If in Christ we have hope in this life only, we are of all people most to be pitied. HOW GRATEFUL I AM THAT YOU HAVE GIVEN ME HOPE NOT ONLY FOR THIS LIFE, BUT FOR ETERNAL LIFE. THIS HOPE THAT SUSTAINS ME IN EVERY UP AND DOWN OF MY DAYS, DESPITE ANY MISTAKE, SORROW, OR LOSS.</p>	<p>Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, endurance produces character & character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. THANKFUL YOU USE EVEN SUFFERING TO GROW HOPE.</p>	<p>For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness. THANK YOU FOR THE HOPE THAT THE SECOND COMING OF CHRIST BRINGS TO MY HEART EVERYDAY, THAT HIS WORK ON THE CROSS HAS MADE ME RIGHTEOUS IN YOUR SIGHT. I AM GRATEFUL FOR THIS UNDESERVED GIFT.</p>

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WEEK 4

Morning:

Begin by praying Psalm 31:24

“Be strong and take heart, all you who hope in the Lord.”

Evening:

Begin by praying Hebrews 11:1

“Now faith is the assurance of things hoped for, the evidence of things not seen.”

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<p>Remember Your word to Your servant, in which You have made me hope. This is my comfort in my affliction, that Your promise gives me life.</p> <p>THANK YOU FOR THE HOPE YOUR PROMISES BRING EVERY DAY, NO MATTER THE CIRCUMSTANCES. YOUR WORD COMFORTS ME & FILLS ME WITH HOPE.</p>	<p>But since we belong to the day, let us be sober, having put on the breastplate of faith and love and for a helmet, the hope of salvation.</p> <p>THANK YOU THAT IN CHRIST, I CAN WALK IN THE LIGHT, ABLE TO PUT ON FAITH & LOVE EVERY DAY, AND WEAR THE HOPE OF SALVATION LIKE A HELMET PROTECTING ME FROM DESPAIR.</p>	<p>For whatever was written in the former days was written for our instruction, that through endurance & through the encouragement of the scriptures we might have hope.</p> <p>THANK YOU FOR YOUR INSPIRED WORD, GIVEN TO ENCOURAGE & BRING HOPE. IT HELPS RENEW HOPE WHEN I FEEL HOPELESS.</p>	<p>The law made nothing perfect; but on the other hand, a better hope is introduced, through which we draw near to God.</p> <p>THANK YOU THAT THROUGH CHRIST YOU MADE IT POSSIBLE FOR ME TO DRAW NEAR TO YOU IN PRAYER. I'M GRATEFUL FOR HOW YOU FILL ME WITH HOPE WHEN I PRAY.</p>	<p>God gives us the spirit of wisdom and of revelation in the knowledge of Him, and enlightens the eyes of our hearts through faith in Jesus, that we may know what is the hope to which He has called us...</p> <p>THANK YOU FOR THE WAY THE HOLY SPIRIT FILLS ME WITH HOPE THAT DEFIES UNDERSTANDING.</p>	<p>Behold, the eye of the Lord is on those who fear Him, on those who hope in His steadfast love, that He may deliver their soul from death and keep them alive in famine.</p> <p>THANK YOU FOR LOVING ME AND WATCHING OVER ME AS I TRUST AND HOPE IN YOUR STEADFAST LOVE AND PROVISION.</p>	<p>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.</p> <p>WHEN I AM WEAK, THANK YOU FOR RENEWING MY STRENGTH AS I PUT MY HOPE IN YOU - THANK YOU FOR GIVING ME DAILY ASSURANCE OF A GOOD FUTURE.</p>
<p>There will be glory and honor and peace for those in Christ.</p> <p>THANK YOU FOR THE CERTAIN HOPE OF FUTURE PEACE WHEN YOUR KINGDOM COMES. DESPITE ALL THAT HAPPENS IN THE WORLD ON A DAILY BASIS, I CAN COUNT ON PEACE ON EARTH AS IT IS IN HEAVEN.</p>	<p>We were separated from Christ...having no hope and without God in the world. But now in Christ, you who once were far have have been brought near by the blood of Christ.</p> <p>THANK YOU FOR THE HOPE THAT BEING NEAR YOU BRINGS! THERE IS NO MORE HOPELESS POSITION THAN TO BE SEPARATED FROM YOU.</p>	<p>We have this sure and steadfast anchor for the soul, a hope that enters into the inner place behind the curtain, where Jesus has gone as a forerunner on our behalf...</p> <p>I AM THANKFUL THAT THE HOPE OF CHRIST IS LIKE A DAILY ANCHOR FOR MY SOUL, HELPING TO STEADY ME IN THE UPS AND DOWNS OF LIFE.</p>	<p>For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness.</p> <p>IT BRINGS ME A DEEP AND SATISFYING SENSE OF HOPE TO KNOW THAT YOU HAVE COVERED ME WITH THE RIGHTEOUSNESS OF CHRIST; WITHOUT CHRIST I HAVE NO HOPE OF REDEMPTION.</p>	<p>Great is your faithfulness. “The Lord is my portion,” says my soul. Therefore I will hope in Him.</p> <p>THANK YOU FOR THE HOPE I HAVE BECAUSE YOU ARE TRUSTWORTHY. YOU DO WHAT YOU SAY AND YOUR WORD NEVER FAILS. WHEN IT GOES OUT, YOUR WORD NEVER COMES BACK EMPTY. YOU ARE ALWAYS FAITHFUL.</p>	<p>God has blessed us in the spiritual realm with every spiritual blessing in Christ. All nations will be blessed through Him. No eye has seen nor ear heard, no mind conceived what God has prepared for those who love Him.</p> <p>HOW MUCH HOPE IT INSPIRES TO KNOW UNFATHOMABLE WONDERS AWAIT ME IN THE FUTURE.</p>	<p>This is God’s will: that whoever looks on the Son & believes in Him should have eternal life & Jesus will raise Him on the last day.</p> <p>THANK YOU FOR ETERNAL HOPE THAT IS FREELY AVAILABLE TO ALL PEOPLE THROUGH YOUR GRACE AND THE DEATH AND RESURRECTION OF CHRIST.</p>

WEEK 5

Morning:

Begin by praying 1 Timothy 1:1
"Jesus Christ is our hope."

Evening:

Begin by praying Colossians 1:27
"Christ in us, the hope of glory."

DAY 29

The Lord is the God of hope. We are able to hold unswervingly to the hope we profess because the God who promises is faithful. KNOWING WHO YOU ARE, THE ONLY AND FAITHFUL GOD, ENABLES ME TO LIVE IN HOPE AND WAIT PATIENTLY FOR THE FULFILLMENT OF ALL YOUR PROMISES IN THE FUTURE.

God fills us with all joy & peace as we trust in Him, so that we may overflow with hope by the power of the Holy Spirit. God loves us by His grace & gives us eternal encouragement & hope. AS I PLACE ALL MY HOPE FOR THE FUTURE IN YOU, I THANK YOU FOR GIVING ME JOY, PEACE, AND ENCOURAGEMENT RIGHT NOW THROUGH THE POWER OF THE HOLY SPIRIT.

DAY 30

Blessed are those whose help is the God of Jacob, the Lord God, who made heaven and earth, the sea, and all that is in them, who keeps faith forever; who executes justice for the oppressed, who gives food to the hungry. The Lord sets the prisoners free; the Lord opens the eyes of the blind, lifts up those who are bowed down. I LOOK FORWARD WITH HOPE TO THE DAY THAT YOUR PERFECT JUSTICE AND LOVE ARE EXERCISED ON EARTH.

God has done marvelous things! He has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil, or fade. He has done many wonders & no one can recount all the things He has planned for us, there are too many to declare. THANK YOU FOR THE GIFT OF SUCH A POWERFUL & PRESENT HOPE.

"Now may our Lord Jesus Christ Himself and God our Father who loved us and gave us eternal comfort and good hope, through grace, comfort your hearts and establish them in every good work and word."

2 Thessalonians 2:16