



THE HOPE WE CARRY

FOUND IN JESUS, OUR SAVIOR AND KING

A 5-DAY DEVOTIONAL

LIFE | IN SESSION

DAY ONE

The Risen King

“All authority in heaven and on earth has been given to me.”

Life moves fast, and it asks a lot from you. When you're managing schedules, relationships, responsibilities, and the needs of everyone around you, it can feel like the outcome of it all depends on you. Like you have to stay strong, stay sharp, and stay ahead—because if you don't, something might fall apart.

But as a Christ follower, you have a hope. Since Jesus is alive, and He is your King, you have a present, living Hope in Him that touches everyday life in a deeply personal way.

After He died, rose again, and walked out of the grave, He stood before His followers and spoke words that still reach us today. “All authority in heaven and on earth has been given to me.” (Matthew 28:18 NIV).

When that truth becomes real to you, it lifts the pressure of trying to manage what you were never meant to control. It quiets the mental spinning. It re-centers your heart on the One who actually holds the outcome.

Jesus holds authority over what you're facing—the timing, the process, the relationships involved, and the details you can't predict. And you can welcome His leadership because it's always anchored in love.

So today, you can breathe. You can release the internal urgency. You're equipped to walk through this day with a calm heart. That's not to say life suddenly feels easy, but you have a different perspective when you remember the King is leading your life.

Action Step

Take a moment to open your hands in front of you—palms up. This is a simple, physical way of saying, “Lord, I'm releasing what I've been gripping.” Then declare: “Jesus is King over my life. I trust Him with what I can't control.”

Prayer

Jesus, thank You for being alive and reigning. You are King over my life, and You are good. Help my heart settle into trust today. I place my story in Your hands—my family, my future, and the things I can't predict. Lead me with Your peace. Amen.

DAY TWO

The Living Hope

“He has caused us to be born again to a living hope...”

Yesterday we remembered that Jesus is King. Today, He wants to help you carry hope into your thoughts, your choices, and your everyday moments.

Hope doesn't always look the same. Some days it shows up as confidence. Other times, it looks like choosing to keep showing up when nothing feels resolved yet. Your faith is often strengthened through small, faithful steps taken on ordinary days.

Scripture describes *hope* as something living—because it comes from Someone living. “He has caused us to be born again to a living hope...” (1 Peter 1:3 ESV).

Biblical hope is different than positive thinking. It isn't pretending. It isn't denying reality. Hope is confidence anchored in who Jesus is, even before you see the outcome. That's why Scripture calls it “living hope.” It holds your heart in seasons of waiting and unknowns, because your hope holds fast to your faithful Savior. You may not know the timing yet. You may not have clarity on the full story. But you can still live from hope, because Jesus Himself is your anchor.

So when your heart needs to settle, return to Jesus Himself. Pause long enough to let His truth speak louder than your thoughts. Let His presence shape how you think, how you respond, and how you move through the day .

Today, hope can be simple and steady.

- God is with you.
- He is faithful.
- And He is always working.

Action Step

Write this where you'll see it later: “Jesus is my living Hope.”

Prayer

Father, thank You for living hope. Let it shape my thoughts and strengthen my faith today. When my mind feels busy, remind me of what's true. Help me walk through this day aware of Your presence and your faithfulness. Amen.

DAY THREE

Light of the World

| “I am the light of the world...”

When you're holding onto hope, the next question is usually simple: Okay Lord... what do I do now? And Jesus answers that question with light.

Most of us would love if He handed us a full plan—every detail, every turn, every outcome. But Jesus often loves us in a gentler way. He gives you Himself, and He gives you enough light for the next step.

“I am the light of the world...” (John 8:12 NKJV)

Light does something beautiful. It not only shows you information, but it also changes the feel of the room. It brings calm to your thoughts. It softens the fear of the unknown. It gives your heart room to breathe again.

And that's what Jesus offers you today—an opportunity to just walk with Him. When you follow the Light, you don't have to know the way. You can move forward with peace, even when you still have questions.

You don't have to figure it out. You can take one step at a time. You can ask for wisdom without demanding a full timeline. You can trust that Jesus knows exactly where you are and what you need most in this season.

The biggest breakthrough can be the God-given confidence that settles into your heart when you realize Jesus is guiding you. He is faithful to make the next step clear when the time is right.

So if you're standing at a decision, or navigating something that needs wisdom, rest assured—Jesus knows how to lead you through His light.

Action Step

Ask Jesus in a quiet moment: “Lord, show me the next step You want me to take.” Then write down one gentle nudge you sense—one practical step you can take today.

Prayer

Jesus, You are the Light of the world. Bring clarity to my mind and peace to my heart. Guide me with Your wisdom today. I choose to follow You one step at a time. Amen.

DAY FOUR

Jesus Who Rescues

He rebuilds what was broken. He turns shame into freedom and failure into testimony.

The gospel often feels like an exhale. It's the good news of what Jesus has done for you, that you could never do for yourself. And because of all He's done, you can live loved, forgiven and restored. That truth quiets the pressure and lifts the weight so your heart can experience hope again, because Jesus already did the saving. He is the One who rescues, and made it possible for your story to be renewed.

Jesus came to rescue you with love. Colossians says God "has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves" (Colossians 1:13 NIV).

Rescue means you mattered enough for heaven to move. God saw you, pursued you, and stepped into your story with power and mercy. And the word "redemption" takes it even deeper—because redemption means *God restores what felt lost*. He rebuilds what was broken. He turns shame into freedom and failure into testimony.

He doesn't just forgive you and leave you where you were. He brings you into newness—new identity, new belonging, new future.

And maybe today, you need to remember that part. Because sometimes your past tries to keep introducing itself, and old labels try to cling. The enemy wants you to believe you're still defined by what God already healed.

But you belong to Jesus. You have been rescued. You are being restored. And you are not walking forward alone.

So today you can say with confidence: "Jesus has changed my story—and He's still writing it."

Action Step

Say this slowly: "Jesus has rescued me, and I belong to Him."

Prayer

Jesus, thank You for rescuing me with love. Thank You for redemption that restores and forgiveness that makes me new. Help me live today with confidence, resting in what You've done. Amen.

DAY FIVE

Lamb of God

Forgiveness is a gift, already bought and purchased by the Lamb of God for you.

These last few days have been an invitation to live with real hope—because of who Jesus is. Today we come to the truth that makes that hope possible and personal: **You are fully forgiven.**

John the Baptist was baptizing people at Bethany in the River Jordan (John 1). When John saw Jesus coming toward him, he didn't call Him a teacher or miracle worker. He said, "Behold, the Lamb of God, who takes away the sin of the world!" (John 1:29 ESV).

That name—Lamb of God—carries the weight of the cross. It points to love that went all the way to hell and back for you. Jesus came to remove sin and give peace that's real.

You don't have to live trying to earn what has already been given. When the Bible says you're forgiven, it's not saying you're excused. It's saying you've been made clean. Your debt to any sin committed has been paid.

God's mercy has spoken louder than your past, and because Jesus is alive, your forgiveness is finished and secure.

You get to live unburdened. Peace becomes possible when you don't have to do anything in order for God to accept you. He already has. And when you accept Him, you can walk with the confidence that Jesus already made a way.

Forgiveness is a gift, already bought and purchased by the Lamb of God for you.

Action Step

Put your hand over your heart and say, "Through Jesus, I am fully forgiven. I receive His peace today."

Prayer

Jesus, thank You for being the Lamb of God. Thank You for going to the cross for me. Teach my heart to live from peace today—secure, loved, and free. Amen.

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A 5-Day Devotional

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