APRIL

hope ful

CHOOSING ANTICIPATION OVER DESPAIR

APRIL 6–12

WAITING: FROM PIT TO ROCK

PSALM 40

I waited patiently for the LORD;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the LORD
and put their trust in him.
(vv. 1–3)

DAILY DWELL

**"I waited patiently for the LORD;
he turned to me and heard my cry."** Psalm 40:1

NOTES

REFLECTION QUESTIONS

1. In January, we reflected on experiences of waiting. How did you practice patience while waiting on the Lord? Did you find yourself aligning with his timeline rather than your own?
2. In what ways have you felt God's presence lifting you out of the pit and setting you on the rock? How has God been faithful to deliver you from difficult situations?
3. How has your faith been deepened or strengthened through God's influence and work in your life?
4. How has God inspired you to share your stories of faith to uplift and encourage others?

APRIL 13–19

RESCUING: FROM SURROUNDED TO SALVATION

PSALM 118

The stone the builders rejected
has become the cornerstone;
the LORD has done this,
and it is marvelous in our eyes.
The LORD has done it this very day;
let us rejoice today and be glad.

LORD, save us!
LORD, grant us success!

Blessed is he who comes in the name of the LORD.
From the house of the LORD we bless you.
(vv. 22–26)

DAILY DWELL

"LORD, save us!..." **Psalm 118:25**

NOTES

REFLECTION QUESTIONS

1. In this Psalm of Thanksgiving, the stone that was initially rejected has now become the cornerstone, symbolizing the salvation of a people. What do you think this metaphor signifies?
2. Verse 23 states, "the Lord has done this, and it is marvelous in our eyes." What has God done in your life that you would consider marvelous? What thanksgiving can you give to God this week?
3. How can you rejoice today in the knowledge of Jesus' love, salvation and purpose for your life?
4. Despite expressing gratitude and faith, the Psalmist still cries out, "Lord, save us!" (v. 25). How do we continue to acknowledge our need for salvation and reliance on God?

APRIL 20–26

RISING: FROM DEATH TO LIFE

PSALM 16

I keep my eyes always on the LORD.
With him at my right hand, I will not be shaken.

Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me
to the realm of the dead,
nor will you let your faithful one see decay.
You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
(vv. 8–11)

DAILY DWELL

**"You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand."** **Psalm 16:11**

NOTES

REFLECTION QUESTIONS

1. The Psalmist expresses that by keeping "my eyes always on the Lord... I will not be shaken" (v. 8). What practices do you incorporate into your life to maintain your focus on God?
2. In Psalm 16, we are reminded that God will not abandon us to death but will show us the way of life into his presence. What words or phrases come to mind that capture your joy in God's presence?
3. The fulfillment of our promise in the hope of Jesus is truly good news. How can you remind yourself throughout the week that Jesus walks alongside you on the path of life?
4. Reflecting on God's peace, how does he provide you with the security to rest in his presence? What steps can you take this week to access that rest and security?

APRIL 27–MAY 3

HOPING: FROM TEARS TO TRUST

PSALM 42

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?"...

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.

(vv. 1–3, 5)

DAILY DWELL

"...Put your hope in God, for I will yet praise him, my Savior and my God." Psalm 42:5

NOTES

REFLECTION QUESTIONS

1. How would you describe the current state of your soul? Do you feel at peace, or is there a sense of restlessness? Take a moment to write a two-line prayer to God, expressing your feelings and surrendering them to him.
2. Have you ever experienced a deep thirst for God? Was that longing rooted in despair or in moments of joy?
3. Think back to a time when God met you in your tears. How does recalling his faithfulness during that time impact your trust in him now? Why do you feel that way?
4. How do you define hope in your life? What serves as the anchor for your hope?