

# Faith Fight Podcast - Keeping Hope Alive

This is a very important feeling to have as a person. If you have no hope you wake up in the morning without a sense of purpose or direction. Sometimes through situations our hope may feel as if it is diminishing but it's at those times when we really need to hold on to God's promises. Everyone needs to be reminded from time to time of the hope that Jesus and his Word offer to us in our daily lives.

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*I would have despaired unless I had believed that I would see the goodness of the Lord  
In the land of the living. - **Psalms 27:13***

David was confident that God would see him through his current situation. He hoped in God's deliverance. Pray this verse for yourself and remain confident.

*For You are my hope; O Lord God, You are my confidence from my youth. By You I have been  
sustained from my birth; You are He who took me from my mother's womb; My praise is  
continually of You. - **Psalms 71:5-6***

When others disappoint and threaten us, we feel empty as though the trust for that person has been lost. During those moments we should read this Psalms and ask God to come to our side. He has been with us our entire lives and we can put our hope in him to come through when people disappoint us.

*Hope deferred makes the heart sick, But desire fulfilled is a tree of life. - **Proverbs 13:12***

It does no good to you to have a legitimate desire withheld from you. But when it is received then your heart will be relieved. Pray that God will give you the desires of your heart that are in line with God's will.

*Therefore my heart is glad and my tongue rejoices; my body also will rest secure, - **Psalms 16:9***

This entire chapter gives a lot of hope. David reminded himself in God's steadfast faithfulness because he knew that God's presence was with him.

*Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" - **Hebrews 13:5-6***

This verse started to talk about your character, being content and not loving money. Then it moves to say that He will never leave or forsake you. Remember that God is your sustainer and you should put your hope in Him more so than your money.

*Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. - **Psalms 23:4***

You may be going through a tough time now but be reminded by this Psalms that you are "going through it". You are not going to stay in it. This Psalms is saying that God is there with you helping you make it to the other side. And you need to help the hope that God will see you through because he's faithful.

*That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" - **Mark 4:35-38***

I start with verse 35 which Jesus says that we are going over to the other side. Then a fierce storm comes up and the disciples thought they were going to die. But Jesus was sleeping. When we have to remember when we are going through rough times in life is that as long as Jesus is with us we can hope in him to make it out of our current storm.

*For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently. - **Romans 8:24-25***

It is natural for children to trust their parents, even though parents fail to keep their promises. Our Heavenly Father never makes promises he won't keep. Now, his plan may take more time than we expect but rather than acting like impatient children we should place our confidence in God's goodness and wisdom as we wait.

# Weekly Prayer Plan – Keeping Hope Alive

## How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: \_\_\_\_\_

Place: \_\_\_\_\_

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

*God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.*

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

*When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.*

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

*Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.*

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

*We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.*

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

*Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.*

**Read through the scripture passages for today as listed below:**

**Meditational Verses**

**Monday: Psalms 27**

**Tuesday: Proverbs 13:12**

**Wednesday: Romans 8:18-25**

**Thursday: Psalms 23**

**Friday: Mark 4:35-38**

**Saturday: Hebrews 13:5-6**

**Sunday: Psalms 16**

**Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.**

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

*We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.*