

**WHY ARE YOU CAST
DOWN, O MY SOUL?
AND WHY ARE YOU
DISQUIETED WITHIN ME?
HOPE IN GOD;
FOR I SHALL YET PRAISE
HIM,
THE HELP OF MY
COURTENANCE AND MY
GOD.**

PSALM 43:5

The smell of cinnamon. The sound of wood cracking in the fireplace, or children laughing. The feeling of warmth from a special blanket. The taste of hot chocolate. The comfort of peace because work has taken a break.

For some of us there are experiences that come around every Christmas season that lift our spirits and bring us hope.

Also, for some of us this time of the year is difficult. It's a reminder of how much we miss a loved one who has passed. We have recently lost our job, or in a transition with many unknowns. Tension amongst family rises.

Both camps can equally come to a place, during this season or immediately following, wondering what is going on and where our hope has gone. When our hope is rooted in anyone, or anything, outside of Christ we will always find ourselves confused and in want.

PRAYER

God, amidst the many things that bring us pleasure and the many things that bring us discouragement forgive me of seeking my Hope for any source outside of You and Your presence. Holy Spirit, guide my mind and heart to be centered on the Hope that Christ brought and continues to bring each day.

CALL TO ACTION

Set a timer and spend 3 minutes not focusing on your to-do list and meditate on the Hope of Christ. Allow the Holy Spirit to direct your mind and heart to the Hope Jesus brings now, and not yet.