

# Chillin With Hope



**Hope /hōp/**-A deep seeded desire and expectation for things to work out and turn in your favor.

Even in the darkest situations, hope can be the friend you chill with. As long as you have access to the Word, you have the light that you need.

**Below are practical steps that you can use when your soul is feeling downcast:**

Step 1: Remember the Lord being there for you  
Psalm 42:4

What is a moment that you remember the Lord being there for you?

Step 2: Put your hope in God and praise Him  
Psalm 42:5

God wants you to know His character. Find a scripture that describes God's character and praise Him based on what His Word says.

Step 3: Remind yourself of who God is and what He's done  
Psalm 42:6-9

Who has God been to you personally and what has He done in your life? You can also use the Word to remind yourself.

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Step 4: Command your soul  
Psalm 42:11

You have to speak to your feelings. Command your soul by speaking God's word over your life.

Step 5: Repeat  
Psalm 42:1-2

Repeat these steps as many times as needed.

What is one thing that you are hoping for? What are you doing right now to support what you're hoping for?