

Meditation for hope



Speaking into the situations you're facing today, this guided meditation has been created to help you experience a fresh sense of hope in your life.

Borrowing ancient words from the Bible, our meditation is inspired by one writer's description of hope as an anchor: a strong and stable presence to rely on during the life's stormy seasons.

You're given space to reflect on this idea as you invite God to help you experience reassuring hope, however you're feeling right now.

We hope these words bring peace, encouragement and hope to your day.

You are listening to a meditation to help you experience hope.

Take a deep breath in,
And a long breath out.

As you enter this time of reflection,
Notice how you're feeling.

Is there any tension in your body?
Slowly relax.

Take a deep breath in,
And a long breath out.

You're about to hear words found in the Bible.
As you listen, open yourself up to exploring and receiving hope.

Breathe deeply as these ancient words wash over you:
'We have this hope as an anchor for the soul, firm and secure.'

Picture yourself on a boat,
On a large body of water.

What are the conditions like?
Are things calm and peaceful?
Is the sun out?
Or are you facing a storm?

Are there others there with you?
Do you have a clear sense of direction?
Do you have hope?

Imagine an anchor is dropped.
Think of it sinking,
and slowly settling into place.

The anchor grounds the boat,
holding you securely.

You feel the gentle sway of the boat.
Notice how it feels as the boat moves,
knowing you're held firm and secure.

Take a moment to reflect on the idea of hope being like this:
It's not something fickle or fleeting,
But like an anchor – strong, sturdy, steadying.

Is there an area of your life where you're seeking a similar sense of hope?

Name a situation where hope feels out of reach.

Acknowledge any emotions that arise.

What might change look like in this situation?

Are you seeking a change of circumstances or a shift in perspective?

The author believes in a God who brings change, comfort and hope –
sometimes in ways we might not envisage.

Call to mind the things that are within your control.
Acknowledge what's outside of your control,
And let these thoughts rise like a prayer.

Perhaps you want to join the author in saying:
'We have this hope as an anchor for the soul, firm and secure.'

Take a deep breath in,
And a long breath out.

Do you feel alone in a situation you're in?

Has isolation led you to lose hope?

The author believes in a God who is present and caring – a God who is with us.

One ancient thinker, writing to reflect the words of God, says:
'Do not fear, for I am with you [...] I will strengthen you and help you.'

Take a moment to reflect on this.
What would it mean to know that God is with you?

Dwell on the idea that you aren't alone.
Notice how you feel in this moment.

Why not invite God to help you experience his presence – and the hope that comes with the knowledge that you aren't alone.

Perhaps you want to join the author in saying:
'We have this hope as an anchor for the soul, firm and secure.'

Take a deep breath in,
And a long breath out.

How do you feel about the future?

What makes you feel hopeful and excited?

What areas bring a sense of uncertainty?

Throughout the Bible, people find hope in the words of God, a higher presence who has a plan for goodness.

One writer gives voice to God, saying: 'For I know the plans I have for you [...] plans to prosper you and not to harm you, plans to give you hope and a future.'

How do these words make you feel?

What thoughts arise when you reflect on the idea that a greater being has a plan for you – a roadmap for goodness?

Open yourself up to experiencing the author's enduring sense of hope.

Perhaps you want to join the author in saying:
'We have this hope as an anchor for the soul, firm and secure.'

Take a deep breath in,
And a long breath out.

Have you hoped for something that did not materialise?

Take a moment to acknowledge this loss.

Why not ask God for a sense of peace – or to help reveal signs of hope in this situation?

Perhaps you want to join the author in saying:
'We have this hope as an anchor for the soul, firm and secure.'

Take a deep breath in,
And a long breath out.

The Bible finishes with a vision of a future, where pain will be a distant memory.

How does this idea make you feel?
Imagine what this future might look like.

Open yourself up to understanding how this belief has brought hope and comfort over the ages.
Open yourself up to experiencing this rich sense of hope today.

Perhaps you want to join the author in saying:
'We have this hope as an anchor for the soul, firm and secure.'

Take a deep breath in,
And a long breath out.

As you prepare for this meditation to end,
Picture the image of the anchor once more.

Recall its qualities:
Its strength, its security, its steadiness.

As you prepare to return to your day,
Hold onto this vision of hope.
And let it hold you.