

VERSES OF HOPE



ILLUSTRATED BY
EMILY GORHAM AND KATIE TANG



Bible Society
Stonehill Green
Westlea
Swindon SN5 7DG

biblesociety.org.uk

Copyright © 2024 The British and Foreign Bible Society

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any information storage or retrieval system, without permission in writing from the publisher.

The right of Lisa Cherrett to be identified as the author of this Work has been asserted by her in accordance with the Copyright, Designs and Patents Act 1988.

First published 2024 by The British and Foreign Bible Society.

ISBN: 978-0-56-401852-9

Illustrations by Emily Gorham and Katie Tang © 2024
The British and Foreign Bible Society

New Revised Standard Version Updated Edition, copyright © 2021
National Council of the Churches of Christ in the United States
of America. Used by permission. All rights reserved worldwide.

Good News Translation® (Today's English Version, Second Edition)
© 1992 American Bible Society. All rights reserved.
Anglicisation The British and Foreign Bible Society 1976, 1994, 2004, 2015

The Holy Bible, English Standard Version Copyright © 2001 by Crossway
Bibles, a division of Good News Publishers.

The Bible Translated by Nicholas King © Nicholas King 2013

Design and production by Bible Society Resources Ltd, a wholly owned
subsidiary of The British and Foreign Bible Society.

BSRL/3M/2024

Printed in Great Britain

THE
ONE

WHO

Dwells

IN THE HELP OF THE

MOST HIGH

WILL LODGE IN THE

PROTECTION

OF THE GOD OF

Heaven

PSALM 91.1

**The one who dwells in the help of the Most High
will lodge in the protection of the God of Heaven.**

PSALM 91.1 (NICHOLAS KING)

READ MORE: PSALM 91

Psalm 91 is a poem about being protected from physical danger in a world full of threats. It suggests someone on the run, constantly moving, looking over their shoulder to spot the next attack coming their way. And yet verse 1 sets the scene with a picture of a person at rest, hidden, motionless under the overarching protection of God. The heart-attitude of trust in the Most High gives the psalmist confidence to venture into the dangerous world outside, without fear.

Take some time to bring your fears to God in prayer and 'lodge' in his protection.



I KNOW
THE PLANS
I HAVE FOR YOU
DECLARES
THE LORD

JEREMIAH 29.11

I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

JEREMIAH 29.11 (ESV)

READ MORE: JEREMIAH 29.1–14

God's people were in exile in Babylon, strangers in a land far from home and, so they thought, far from God's presence. To their minds, everything God might have planned for them was in rubble and ashes, along with their beloved city of Jerusalem. Ahead could only be bad things – more loss, and despair.

So this promise from God was a word of comfort in the midst of disaster. He had not abandoned them. Instead he would be with them for the long haul in their new 'home'. Instead of resisting their enemies, they needed to settle in and learn to see God's plans unfolding for their good, into the future, even in the place of captivity.

When you find yourself plunged into a bad situation, can you trust that God still has good things planned for the future?



FOR GOD
SO LOVED
THE WORLD
THAT
HE GAVE HIS
ONLY SON

JOHN 3.16

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

JOHN 3.16 (NRSV)

READ MORE: JOHN 3.11–21

This famous verse comes after (or is perhaps part of) Jesus' conversation with the Pharisee Nicodemus. Nicodemus found it very difficult to understand what Jesus was telling him about spiritual life. Maybe he was used to thinking about practical questions – how exactly to obey God's laws. But Jesus was asking him to use his imagination, to picture a different kind of birth, or the invisible wind of God's Spirit.

There are lots of 'opposites' in this chapter: death and life, darkness and light, flesh and spirit, earth and heaven. They are big ideas, and so is the thought that God showed his love for the world by giving us his Son. How does it make you feel, to meditate on these verses?



DON'T
WORRY
ABOUT
Anything?
BUT IN ALL
YOUR prayers
ASK GOD for
WHAT
you Need...

PHILIPPIANS 4.6

Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart.

PHILIPPIANS 4.6 (GNB)

READ MORE: PHILIPPIANS 4.4–9

This verse echoes Jesus' teaching in Matthew 6.25–34, where he tells his disciples not to worry about food or clothing, because God knows that we need these basic items and will provide them for us.

Of course, we worry about all sorts of things, from whether we'll catch the next bus to the threat of war and natural disaster. When we are caught up in anxious thoughts, the peace of God can seem to be in very short supply.

Could you focus on praying and thanking God, instead of worrying, for one whole week? If you feel you can commit to this goal, journal your experience below and see what happens.













