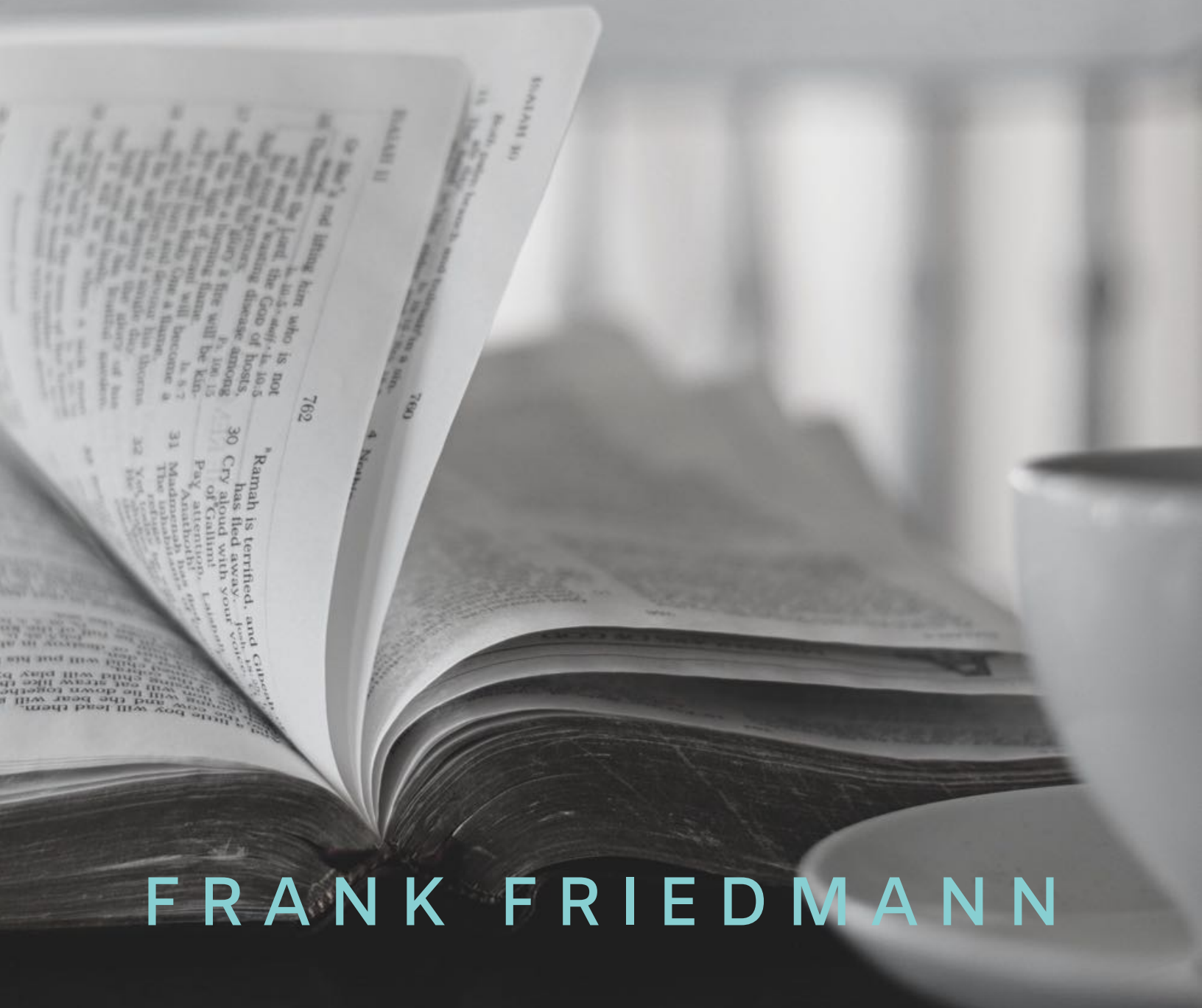


OUR
RESOLUTE
HOPE

Choose Hope



FRANK FRIEDMANN



DAY 1

Today, no matter what I hear or read, no matter what comes my way, I will choose to respond to it instead of reacting to it. I trust You, Jesus, because You are in control.

DAY 2

Even when I walk through the darkest valleys I will not be afraid because God is close beside me, guarding me and guiding me all the way.

DAY 3

God, You are my help today and always.

DAY 4

My emotions were given to me by God. They are not sinful. I have the freedom to feel but I am choosing not to be led by them.

DAY 5

God, You say I am a mighty warrior. I function as one, not when I rely on my own resources, but only when I rely on Yours. I will rely on You today, Father.



DAY 6

God has given His life to me so I can experience His joy, rest, peace, kindness, and goodness every day.

DAY 7

I am God's child and because of Him, I can experience joy and sorrow at the same time. It is miraculous! Thank You, Father, for Your joy in all circumstances, even in the midst of sorrow, confusion, chaos, and fear.

DAY 8

God is all that I need in this moment. He is faithful. He is in control.

DAY 9

"And my God will supply all your needs according to His riches in glory in Christ Jesus."

Philippians 4:19 (NASB)

DAY 10

I am free to hurt, grieve, be disappointed, and feel frustrated, but I don't stop there. By faith, with an act of my will, I will lay hold of God who is living inside of me.



DAY 11

“Whom have I in heaven but you? I desire you more than anything on earth. My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.”

Psalm 73:25-26 (NLT)

DAY 12

God has a plan and it's a good one.
He is for me.

DAY 13

“There is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.”

Romans 8:39b (GNT)

DAY 14

I am a Saint, a child of God. I will shine God's light of love and Grace into this dark world today.

DAY 15

Even when I am alone, I am not alone.
God is with me.



DAY 16

Today I choose to see past what is coming against me. Instead, I focus on my God Who is sitting on His throne.

DAY 17

"My help comes from the Lord, who made heaven and earth."
Psalm 121:2a (NASB)

DAY 18

Sometimes I find myself looking to the things of this world to give me strength, peace, comfort, and joy but my help comes only from my Heavenly Father. My eyes are on You, Father. Be my everything.

DAY 19

"Do not fear or be dismayed because of this great multitude, for the battle is not yours but God's."
2 Chronicles 20:15b (NASB)

DAY 20

No matter what negative circumstances I face, no matter what is causing me hurt and sorrow, it is not the end of my story.



DAY 21

Today, I put one foot in front of the other and walk with Jesus. I will let my light shine in the midst of the darkness in this world so that others will see the light of Jesus in me and want to have that same light in them.

DAY 22

He will sustain me with strength, hope, peace, and joy, even in the midst of very dark days.

DAY 23

Whatever the enemy is seeking to use against me, God is going to use it for good.

DAY 24

The God Who created the universe, the God of all the miracles and rescue stories in the Bible, the God Who raised Jesus from the dead, is my God too.

DAY 25

I serve the Victor and because He is in me and I am in Him, I too am a victor.



DAY 26

“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

Romans 8:28 (NASB)

DAY 27

I am a child of the living God so today, I will stand firm. I share in His glory and so I am able because He is mighty in me.

DAY 28

Even when my circumstances don't look good and they feel bad, I find hope in the promise that God will work all things together for His good and glory as well as my good and glory.

DAY 29

I will trust Him because He is trustworthy.

DAY 30

There is never a moment that I am not loved or cared for by the living God of the universe. I am never alone.