ACCESSIBLE HOPE:
GATHERING AND HOLDING HOPE DAY-BY-DAY

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

Hope is often portrayed as strong and steady, yet for many of us, it can feel fragile, distant, or simply out of reach. Accessible hope, however, arrives quietly in a flicker, a whisper, or a still, small voice. It doesn't demand that we *feel* hopeful; it invites us to lean into the one who helps us gather hope—to hold it, carry it, and return for it each day—not all at once, not perfectly, but (like manna from heaven) just enough for today.

RECIPES: INGREDIENTS YOU HAVE ON-HAND

Choose a simple *recipe*—one that blends intention with action. Begin with one meaningful ingredient (kindness, gratitude, rest), then mix in small amounts of new ones to bring it to life. Start with these ingredients:

- three spoonfuls of gratitude (name three good things)
- one cup of connection (text, call, or write a note to a friend)
- a dash of beauty (step outside for a fresh perspective)

Repeat often. Adjust freely. Share your recipes with others. Hope grows when it's practiced. Double the recipe for double the blessings!

BASKET: COMFORT FOR HARD DAYS

Fill a *basket* (real or imagined) with things that bring you comfort. Include items, memories, or truths that steady your heart. Your basket might hold:

- cherished Bible verses or encouraging words
- a soft blanket or warm socks
- a note from a friend
- a well-loved book
- a reminder: *This moment will not last forever*

Continue adding to your *comfort basket* and return to it daily, especially on heavy days. Let it hold joy and sorrow as sacred gifts.

Hope grows quietly through small choices, gentle rhythms, tender mercies, faithful steps, and resting in God (who holds you close).

JAR OF JOY CONFETTI: GLIMPSES OF LIGHT

Keep little notes of joyful moments in your jar, not big achievements, just glimpses of light. Things like:

- a kind smile
- a moment of laughter
- a breath of fresh air

Revisit your jar of joy each day, letting it remind you that hope and goodness have been here—and will be again. Let your jar of *joy confetti*, remind you to collect little joy moments throughout your day.

RAIN BOOTS: STEPPING FORWARD IN MESSY SEASONS

Rain boots don't stop the storms. They *can* help you walk through them. Choose one small step you can take today, even if conditions aren't ideal. Steps might include:

- stretching, sitting up, or standing up
- stepping outside or going for a walk
- completing a simple task
- whispeing a short prayer

Hope doesn't always look like sunshine. It's not about the absence of difficulty, but *about the willingness* to keep going, one step at a time.

BUCKET OF HOPE: FUTURE GOODNESS

Think of a your bucket as a place to store abundance. Collect reminders of God's presence, faithfulness, and provision. Fill your bucket with:

- prayers—answered or held
- moments you were sustained
- unexpected kindnesses
- times hope returned, even quietly

If today feels empty, draw from the hope God has already given you. Let His past faithfulness remind you to seek for His hope today.

BACKPACK: JOURNEY ESSENTIALS

Imagine packing a backpack for your current season. Choose only what is necessary and life-giving. Pack things like:

- **truth**: acknowledge what you know is steady and unchanging.
- **reminders** of what you've already made it through.
- **grace** for the pace you're able to walk.

Check your backpack often. Remove what weighs you down. Add what strengthens your steps. Pack lightly—you're not meant to carry everything. Take only what stirs hope as you take the next step.