



## What Is Hope?

*Is it a feeling?*

“Faith is the substance of things hoped for, the evidence of things not seen.”  
(Heb 11:1)

### IDEAS FOR REFLECTION

*What does hope do for you? I encourage you to read my workbook, 10 Ideas to Cultivate Your Creativity. Find an activity that encourages you to create a new picture of the future, and think new thoughts and create new pictures for your future!*

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### JOURNAL YOUR THOUGHTS

*What picture of hope have you painted upon your soul? If you lack faith, remember, hope is the picture upon which faith builds its foundation. I challenge you to go to the internet or your Bible and locate 5 verses that will instill hope in your heart!*

*If you need hope today, you can find inspiring resources at [LeslieMcNulty.com](http://LeslieMcNulty.com)—stories of people just like you discovering hope for everyday life!*

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### MY PRAYER

*Lord Jesus, thank you for helping me find hope for tomorrow. I believe that new hope will help me say YES to all possibilities when all circumstances say NO! I'm ready for the "all things are possible" mentality to arise in my heart!*

*For further studies on this subject and others like it, please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 10A—Healing.*