



## Day 2

### Read Hebrews 12:1-3

After you read Hebrews 12:1-2, fill in the answers below of what the writer says you should throw off (or stop doing) and what you should keep doing.

Throw off

1

2

Keep on

1

2

Read verse 3, then fill in the answers

Think about

1

Things that won't happen

1

2

When you see it written out like that, you can see that God has given us a nice little plan for holding onto hope—looking to Jesus and thinking about Jesus. When we remember Jesus and what He has done, it makes it much easier to **believe that something good can come out of something bad.**

Throw off: everything that stands in our way, sin  
Keep on: running the race, looking to Jesus  
Think about: Jesus  
Things that won't happen: get tired, lose hope

## Day 3

### Whatever happens, keep looking to Jesus.

What is something bad that you are facing right now? Or maybe everything is going pretty smoothly in your life, but you have a friend or family member who is having a hard time. Fill in the blank below to finish a prayer for yourself or another person, sharing with God what is going on and asking for help **believing that something good can come out of something bad.**

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"Dear God, thank You for sending us Jesus to show us that there's always a reason to hope. Even when it looked like all hope was lost when Jesus died on the cross, we know that His death and resurrection means we can have a relationship with You forever! Even though **I believe that something good can come out of something bad,**

sometimes it's hard to hold on to hope when things feel out of control or hopeless. Right now, \_\_\_\_\_

Please help me keep looking to Jesus no matter what happens and remind me that something good can come out of this. In Jesus' Name, I pray. **Amen.**"

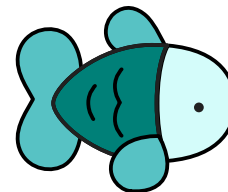
## Day 4

### When you're in the middle of a difficult time, it can be hard to see how anything good could come from it.

One of the best ways you can find hope is by talking to others who follow Jesus and asking them to share their stories of hope. Even if their situation is different from what you're facing, often when we hear about times that other people have experienced something good coming out of something bad, it gives us hope for our situation.

All month long, seek out people who follow Jesus and have seen something good come out of something bad. Not everyone may have a story, and some of the stories may not feel like something you can relate to, but gathering these stories of hope will help you hold onto hope in your own life.

Today, ask around and see who has a story of a time when they focused on Jesus and found hope. Grab a sheet of paper and make a list of some people you can talk to. Even after you find a good story that gives you hope, hold onto this list of names because you may want to talk to them later on this month!

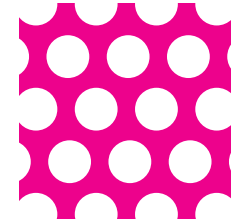


## Day 5



### When is it hard to focus on Jesus?

Focus on the square below and count to 15. Then move your eyes over to the blank space beside it. What do you see?



You see the square, don't you? Minus the colors, but the square is definitely still there. That's what is called an afterimage—an image you see AFTER you've looked away.

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Sometimes it's hard to keep our focus on Jesus. There are so many distractions—both good and hard things—and before we know it, we may not have thought about Jesus in a long time.

But when we can truly focus on Jesus, even when we look at distractions that crop up for a moment, we'll still see Him. When we spend time with Jesus, He leaves a lasting effect on us. Maybe we're in a position where there's no time to stop and pray, read our Bible, or even ask another Jesus follower. If we've been focusing on Jesus, we will see Him and His wisdom everywhere we go.

So instead of waiting for moments when you need Jesus' help, spend time every day focusing on Him, His love, and His life. Then, when those challenging situations and distractions appear, you will remember what Jesus would do, and you can have hope!