

An aerial photograph of a city, likely New York City, showing a grid of streets and buildings. The image is heavily overlaid with a semi-transparent teal color, which is darker in the upper left and fades towards the bottom right. The text is centered in the upper half of the image.

# THE WORD OF HOPE AND HEALING

A 31-Day Journey of  
Encouragement

Life can be difficult at times. People experience tragedy and heartbreak, sometimes in staggering ways. Perhaps this has happened to you.

I've put together this book as a means of offering hope, healing, and encouragement from the most trustworthy source that exists—the living Word of God. His Word alone has the power to comfort a grief-stricken heart, heal the deepest wounds a person can sustain, identify with pain and sadness, bring light to life's darkest hours, and provide hope for a better tomorrow.

While this book is arranged so you can use it as a thirty-one day journey of encouragement, with a scripture and an uplifting word for each day, it can certainly be used any way you'd like, even if you want read it all at once. I pray you that as you read these pages, the life-changing truth of Scripture will sink into your heart and transform your life. When you get to the end of thirty-one days, feel free to start over and keep meditating on these words and promises. The more you saturate yourself in God's Word, the more it works on your heart.

Before we begin, I'd like to call to your attention a passage that has encouraged believers for generations. I pray it will do the same for you. God says:

*Don't be afraid, I've redeemed you. I've called your name. You're mine. When you're in over your head, I'll be there with you. When you're in rough waters, you will not go down. When you're between a rock and a hard place, it won't be a dead end—because I am God, your personal God, The Holy of Israel, your Savior. I paid a huge price for you: all of Egypt, with rich Cush and Seba thrown in! That's how much you mean to me! That's how much I love you! I'd sell off the whole world to get you back, trade the creation just for you.*

*Isaiah 43:1-4, MSG*

-- Pastor Van Moody



# Day 1

May the God of your hope so fill you with all joy and peace in believing [through the experience of your faith] that by the power of the Holy Spirit you may abound and be overflowing (bubbling over) with hope.

***Romans 15:13, AMP***

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## *An encouraging word just for today*

*I pray today that you will have hope, regardless of your circumstances. If you'll put your trust in God like never before, the power of the Holy Spirit will fill you with unprecedented hope, joy, and peace.*

**@van\_moody**

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# Day 2

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

*Jeremiah 29:11, 1984 NIV*

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## *An encouraging word just for today*

*You may be feeling very uncertain about the future right now. Maybe something has happened and all the plans you've had for years have suddenly been erased. Be encouraged by the fact that God still has plans for you. They are good plans, plans to bless you and help you succeed. Your future may turn out differently than you've always thought, but it will turn out well!*

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# Day 3

But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.

*Isaiah 40:31, AMP*

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## *An encouraging word just for today*

*Have recent events left you feeling tired and weary, maybe even exhausted? The secret to having your strength renewed is to look to the Lord and put your hope in Him. He will restore you, refresh you, and give you the strength and energy you need.*

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# Day 4

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

*Isaiah 26:3, 2011 NIV*

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## *An encouraging word just for today*

*When you're going through a hard time, it's easy for your mind to wander. Your thoughts can run away with you, wondering, "What if this happens" or "What if that happens?" Do your best to calm your mind and rein in your thoughts. Instead of dwelling on the "what if" questions, focus on your trust in God. That's where you'll find peace.*

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# Day 5

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

*Romans 8:37-39, 2011 NIV*

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## *An encouraging word just for today*

*There are things that happen in life that may separate you from friends or family. Sometimes those separations are agonizing. But there is nothing—absolutely nothing—that will ever separate you from God's love. He will never leave you, and His love is always there for you.*

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# Day 6

This I recall to my mind, therefore I have hope. Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.

*Lamentations 3:21-23, NKJV*

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## *An encouraging word just for today*

*Sometimes it can feel like life might absolutely consume you, like you're completely overwhelmed by the stress of everything that's going on. In times like that, there's no substitute for these verses. Remind yourself that you will be overtaken because God has fresh mercies for you every morning. His faithfulness will never fail you.*

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# Day 7

Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.

*Psalm 130:7, 2011 NIV*

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## *An encouraging word just for today*

*The word redemption carries the meaning of regaining something that has been lost. This verse promises unfailing love and full redemption. It does not mean you will get back exactly the relationship or the resources you have lost, but that God wants to fill the void the loss of those things has left in your heart, and to fill it with the same quality of blessing you experienced prior to the loss—or with something even better.*

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# Day 8

The eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love. . . . May your unfailing love rest upon us, O Lord, even as we put our hope in you.

*Psalm 33:18, 22, 1984 NIV*

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## *An encouraging word just for today*

*God is looking in your direction today, aware of everything you're going through. I pray you will put your hope in His never-failing, always dependable, completely trustworthy love for you. It will never let you down.*

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# Day 9

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

***2 Timothy 1:7, NKJV***



## ***An encouraging word just for today***

*Whenever you feel afraid, remember that fear is not from God. God has given you power in every situation. God has also given you His love, where you can find comfort and confidence when frightening circumstances arise. In addition, God has given you a sound mind, so do not let fearful thoughts intimidate you or cause you to lose your peace.*

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# Day 10

Jesus said, "Don't let your hearts be troubled.  
Trust in God, and trust also in me."

*John 14:1, NLT*



## *An encouraging word just for today*

*All of us have a choice when it comes to the things we think and feel. Jesus says we should not allow our hearts to be troubled, but choose instead to trust in God. Will you choose to trust Him today?*

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# Day 11

Yet I am confident I will see the Lord's goodness while I am here in the land of the living. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.

*Psalm 27:13-14, NLT*



## *An encouraging word just for today*

*Better days are ahead for you! Will you have the same confidence the psalmist had—that you will see the goodness of the Lord while you are still on earth? God is good; and His goodness is all around. I pray you will experience it today.*

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# Day 12

The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.

*Zephaniah 3:17, 1984 NIV*

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## *An encouraging word just for today*

*Are you aware today that God is with you and able to save you out of any situation? He knows every detail of what you are going through. He sees your struggle, but still delights in who you are. When everything seems to be spinning out of control, His love will calm you down. He rejoices over you, so glad you belong to Him.*

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# Day 13

He heals the brokenhearted and binds up their wounds.

*Psalm 147:3, NKJV*

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*An encouraging word just for today*

*Has your heart been broken or wounded recently? God is the one who can heal you, strengthen you, restore you, and give you hope for a better tomorrow. He cares about your personal situation, and He wants to heal you everywhere you hurt.*

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# Day 14

God says, "Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you."

*Isaiah 41:10, MSG*

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*An encouraging word just for today*

*Whatever you're facing today, there's no need to be afraid or dismayed. Why? Because you belong to a God who is ready to strengthen you and help you in every possible way. You're safe and secure in His firm grip!*

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# Day 15

Jesus said, “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

*John 10:10, NKJV*

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## *An encouraging word just for today*

*In the wake of tragedy or heartbreak, sometimes the best we can do is make it through each day—and some days, that’s good enough. But as life goes on and you begin to heal, it may be helpful to realize that God wants more than for you than simply making it through a day. He sent His Son so we can enjoy an abundant, overflowing, blessed life. Will you give that kind of life a chance as soon as you’re ready?*

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# Day 16

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

*Romans 8:28, NLT*

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## *An encouraging word just for today*

*Sometimes it's hard to see how each individual thing that happens to us can be good. This verse says that all things work together for good when we love God and are living in His purpose for our lives. I hope you will be encouraged today as you remember that everything that happens is part of the bigger picture of God's great unfolding plan for your life.*

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# Day 17

Now may our Lord Jesus Christ Himself, and our God and Father, who has loved us and given us everlasting consolation and good hope by grace, comfort your hearts and establish you in every good word and work.

***2 Thessalonians 2:16-17, NKJV***

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## *An encouraging word just for today*

*One of the amazing gifts God has given us is "everlasting consolation." Any time you have been through a time of grief and reach a point where you feel you've worked through it, there are still seasons when sadness comes over you again. Everlasting consolation means God's comfort is always available to you, whenever you need it.*

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# Day 18

Praise the Lord, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.

*Psalm 103:2-4, 1984 NIV*

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## *An encouraging word just for today*

*Sometimes life gets so difficult or so sad that we have a hard time remembering the blessings of the past. One way to help ourselves out of the pit is to remember all that God has done for us. Start recalling all His blessings. Remind yourself that according to this verse, He is a healer and a redeemer. Focus on these things, and they will give you strength.*

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# Day 19

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

*Philippians 4:6-7, MSG*

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## *An encouraging word just for today*

*Are you a worrier? Are you one of those people who fears the worst instead of expecting the best? Lots of people are. Paul's instructions in these verses are just for you. Every time you have a worried thought, stop right then and turn it into a prayer. Pretty soon, all that anxiety will give way to peace.*

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# Day 20

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

**2 Corinthians 12:9, 1984 NIV**

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## *An encouraging word just for today*

*Often, we reach a point in life where we feel weak and totally spent. We have done all we can in a certain situation, and the effort has left us drained. If this describes you, have hope. You don't have to do it all. You don't have to carry the burden by yourself. God's grace is available to you, and He wants to show Himself strong through you.*

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# Day 21

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

*Matthew 11:28, NLT*

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## *An encouraging word just for today*

*When you're going through an emotionally difficult time, everyday life can be exhausting. The burdens of problems or grief can be heavy. Jesus offers a place of rest. In His presence, you can let everything else go and just relax, knowing He is in control.*

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# Day 22

Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God.

*Psalm 146:5, 2011 NIV*

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## *An encouraging word just for today*

*In our modern world, we have options to look for help and hope in many places—in our jobs, in our bank accounts, in our relationships, and even in doctors and medical technology. But the only true source of help is the Lord. Put your hope in Him today.*

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# Day 23

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.

***1 Peter 1:3, 1984 NIV***

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***An encouraging word just for today***

*Because Jesus Christ died for the sins of the world and rose from the dead, we now have a living hope—a force of hope that is active and growing in our hearts—no matter what we go through in life.*

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# Day 24

Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

*Jeremiah 17:7-8, NIV 2011*

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*An encouraging word just for today*

*Do you need to feel strengthened today? Stir up your trust in the Lord. Tell Him that your confidence is in Him—not in anything or anyone else. These verses promise good things to those who trust in Him!*

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# Day 25

The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him.

***Nahum 1:7, NLT***

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## *An encouraging word just for today*

*When life gets extremely difficult, it can be hard to believe that God is good. That's when we have to make a choice: Will we believe His Word or will we believe our emotions? Let me encourage you to believe His Word. He is good and He is near to you in times of trouble.*

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# Day 26

Every word of God is tried and purified; He is a shield to those who trust and take refuge in Him.

*Proverbs 30:5, AMP*

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## *An encouraging word just for today*

*In times of battle, ancient soldiers depended on their shields to keep them safe. As long as they were behind the shield, the enemy's weapons could not hurt them. When you feel like you're in the fight of your life, take refuge in God, a trustworthy shield of protection.*

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# Day 27

Jesus said, "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

*John 16:33, NLT*

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## *An encouraging word just for today*

*Jesus never promises that we will not suffer in the world. He simply offers us the promise that He is bigger and more powerful than anything that threatens to take us out. Remember and trust in that today!*

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# Day 28

A bruised reed He will not break, and a smoldering (dimly burning) wick he will not quench, till He brings justice and a just cause to victory.

**Matthew 12:20, AMP**

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## *An encouraging word just for today*

*A bruised reed is weak, but not broken. A smoldering wick once burned bright, but now it's almost out. Do you feel that way right now—like all your physical, mental, and emotional resources are about to run out? Take comfort and courage in these words. God will keep you going.*

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# Day 29

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.

*Psalm 46:1-2, 1984 NIV*



## *An encouraging word just for today*

*No matter what happens or how bad things seem, determine today not to fear. God is a refuge and a safe place for you. You never have to go looking for Him in times of trouble, because He is always with you.*

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# Day 30

Pile your troubles on God's shoulders—he'll carry your load, he'll help you out. He'll never let good people topple into ruin.

*Psalm 55:22, MSG*

.....

## *An encouraging word just for today*

*When life gets difficult, sometimes we become afraid we will never be okay again. This verse promises that God will not let you topple into ruin. He wants to bring you out of everything you're going through and lead you to a better situation.*

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# Day 31

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

**1 Peter 5:7, AMP**

.....

## *An encouraging word just for today*

*Peter does not simply suggest casting some of our cares upon the Lord, but casting all of them. Whatever is a burden to you today, whether it seems big or small, let God have it. Not only does He care about you, He also cares for you in the sense that He will handle your cares and concerns so you don't have to!*

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