

# A Little Hope

## A Moment of Peace for Your Heart



### Scripture

#### Romans 15:13

*“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.”*

### Devotion

Hope doesn't always show up as instant change. Sometimes it arrives quietly—in a deep breath, a moment of peace, or the reminder that you are not carrying life alone. God is described here as the **source of hope**, not just someone who gives it occasionally. When everything feels uncertain, hope doesn't come from circumstances improving—it comes from trusting the One who is steady.

This verse reminds us that joy and peace are not rewards for having it all together. They are gifts God pours into us as we lean on Him, even when we're tired or unsure. Trust doesn't mean having all the answers—it simply means choosing to believe that God is working, even when we can't see the full picture yet.

As you move through this month, let hope overflow in small ways. Rest when you need to. Care for yourself without guilt. And remember this truth: God is present, active, and gently restoring more than you realize.

### Gentle Reminders

- God is the source of hope, not our circumstances
- Peace and joy grow as we trust Him
- Small moments of care can lead to deep renewal