



AN INVITATION TO BEGIN AGAIN

Day Two: Believe Again

Remember God's faithfulness and allow hope to awaken again.

"This I recall to my mind, therefore have I hope... His compassions fail not. They are new every morning: great is thy faithfulness."

— Lamentations 3:21-23

Some seasons make believing feel harder than it once did.

A prayer goes unanswered. A relationship changes. A door closes. Life takes a turn we never expected, and disappointment settles quietly into the places where hope used to live.

We may still love God and believe in Him, yet hesitate to believe that something good could happen again. We lower our expectations, brace ourselves for another disappointment, and call it being realistic. Sometimes it is simply a tired heart trying not to be hurt again.

The writer of Lamentations understood sorrow. These words were not written from an easy, comfortable place. They rose from grief and devastation. Yet right in the middle of that pain, he made a deliberate choice: "This I recall to my mind, therefore have I hope."

PAUSE HERE

Hope began when he remembered.

What has God already carried you through that you once thought you would never survive?

Remembering Makes Room for Hope

Remembering God's faithfulness does not erase what hurt us. It does not require us to call something good when it was painful or wrong. It simply reminds us that the painful thing did not get the final word. God was present then, and He is present now.

Look back over your life. There were days when you did not know how you would make it, but somehow strength came. Provision appeared. Someone called at the right moment. A closed door redirected you. Peace arrived before the answer did. Or perhaps nothing changed immediately, but God gave you enough grace to get through one more day.

Some of God's faithfulness is dramatic, but much of it is quiet. It can be found in the breath you took this morning, the mercy that met you after a mistake, and the fact that your story is still being written.

To believe again is not to guarantee yourself a particular outcome. It is to place your hope in the character of God. Circumstances can change. People can disappoint us. Plans can fall apart. But God's compassion does not run out. His mercy meets us new every morning.

You may not be ready for bold, mountain-moving faith today. That is all right. Begin with the evidence already written across your own life: God has been faithful before. Let that memory give your heart permission to hope again.

Reflection

1. What disappointment has made me afraid to hope again?
2. When has God carried me through something I thought would overwhelm me?
3. What quiet evidence of His faithfulness might I have overlooked?
4. What would believing again look like for me today—not someday, but today?

Declaration

God has been faithful to me before, and His character has not changed. I will not allow yesterday's disappointment to steal tomorrow's hope. With the faith I have today, I choose to believe again.

Prayer

Father, You know the places where disappointment has made my heart cautious. You know the prayers I wanted answered differently and the hopes I quietly laid down because it felt safer not to expect anything.

Help me remember Your faithfulness. Bring to mind the moments when You carried me, protected me, redirected me, provided for me, and gave me strength I did not know I had. Heal the part of me that is afraid to hope. I place my confidence not in a perfect outcome, but in Your unchanging character. Let Your new mercy meet me today, and teach my heart to believe again. In Jesus' name, amen.

Today's Gentle Invitation

Create a short Faithfulness List. Write down three times when God met you, carried you, provided for you, or gave you peace. They do not have to be dramatic. Small mercies count.

Finish this sentence beneath your list:
"Because God was faithful then, I can trust Him with _____ today."

Keep your list somewhere you can see it. When fear tells you that nothing will change, let remembrance answer: God has not brought me this far to abandon me now.

Before You Go

Believing again does not mean you can see the whole road. It means you have remembered enough of God's faithfulness to trust Him with the next step.

Tomorrow, we will stop waiting for the entire plan and gently ask: What is the next step God has placed before me?