

# LET HOPE ARISE

Words of hope  
and life through  
a global pandemic



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“Let Hope Arise” is a purposeful collection of articles to share hope during adversity. With contributions from various CBN UK team members, this resource is a diverse reflection of how hope arises in individual circumstances and stemming from each person’s journey of faith in Jesus Christ. Coming from the heart, it is our prayer that this resource will bring hope into your situation and that you will experience peace that goes beyond all understanding, a peace that only Jesus can give.

For more information about CBN’s ministry or to request printed copies of “Let Hope Arise”, visit [www.cbneurope.com/resources](http://www.cbneurope.com/resources) or call our Hope Team. (See contact details on the back of this publication).

Front page picture: Hereford Cathedral and double rainbow, with compliments from Abhinav Varun Revis.

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## Foreword

It seems like everywhere you look today, there is some element of disorder, distress, or disturbance. This whole Covid pandemic has impacted the world. With it has come fear and uncertainty, not to mention job loss and a lack of daily life provisions. In the midst of all of this, anxiety invades our thinking and our hearts. We sense our own fragility, and the lack of control and unpredictability makes us feel uncomfortably vulnerable and frightened. Where does one turn in times like these?

There is only one place to go – one person to turn to. He is not surprised by circumstances or deaf to our needs. In fact, He is the answer to all our concerns. He always has been! In our self-sufficiency, we are usually quite content to approach life with an “I’ve got this” attitude, but when the bottom falls out and the fear sets in, we are lost.

This little booklet will lead you to the One whose very name is “Prince of Peace,” who’s promised over and over again to be with us in life’s storms, and whose arms are always opened to us. All of life is meant to draw us to Him. C.S. Lewis wrote, “God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain. It is His megaphone to rouse a deaf world.” What is He shouting? *“Come to me, all of you who are weary and carry heavy*



*burdens, and I will give you rest.”*  
(Matthew 11:28)

I am praying for you in advance that as you read this, hope will rise up in your hearts and faith will be birthed in your soul. Run to the Father heart of God and let Him assure you of His peace, His presence, and His power. You are loved!

*Don't worry about anything; instead pray about everything. Tell God what you need, and thank Him for all He has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”* Philippians 4:6,7 NLT

***Run to the Father heart of God and let Him assure you of His peace, His presence, and His power. You are loved!***

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**Terry Meeuwsen**  
Founder Orphan's Promise  
/ Co-host The 700 Club

# Introduction

**We all need hope in our lives. Regardless of our background, race, culture, age, the language we speak or our beliefs. There is something about hope that inspires us, gives us a new perspective, gives us a steady footing, something to hold on to, something to aspire to and live up to. Almost tangible, hope lifts our eyes from our earthly circumstance up to heaven and helps us to see it, believe it and encourages us to act as if we've already received it.**

The saying goes that 'hope is the anchor for the soul' which comes from a verse in the Bible - the book of Hebrews. The actual verse says: *'We have this hope as an anchor for the soul, firm and secure.'* Hebrews 6:19.

I love the analogy of hope as an anchor. Once my family and I lived in Den Helder – before we emigrated to England, some 20 years ago. Den Helder is where the Dutch Navy is located, and it has a thriving fishing community. I remember us strolling down to the harbour and taking pictures with the kids by these gigantic anchors which made us all seem so small. These anchors, once released, would sink deep into the seabed and rest, keeping the largest vessels in place despite the raging elements.

In the same way, God gives us security in the storms of life that we experience. The anchor in Hebrews 6 speaks

of Jesus who restored the peace between God and us, so that we now can go into the 'inner sanctuary' and meet with the living God. The promise we have is eternal life because of what Jesus accomplished at the cross. This hope is eternal, firm and secure. It gives us a steady footing when the going gets tough and storms try to overwhelm us.

God wants to remind you today that His Son Jesus is your anchor. He is the Hope for the nations, the only One who can still the storms in your life today. Despite the uncertain times we live in, He holds you firmly in the palm of His hand and will never let you go.

**It is my hope and prayer that this booklet with collected scriptures, reflections and prayers will help you to fix your eyes on Jesus, the Author and Perfector of our faith.**

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**Mark Dijkens**  
CBN Europe Regional Director







## Gordon Robertson: Let Hope Arise

Are you going through a time of trial or testing? Take heart! Trials produce perseverance, and perseverance produces victory. Instead of giving up hope, realize that you're on the brink of a breakthrough!

*And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us (Romans 5:3-5).*

We don't want to be like the Israelites when they first reached the edge of the Promised Land. They were too afraid to enter because they heard reports about giants in the land—and so they had to wander aimlessly in the wilderness for 40 years—all because they lost their hope in God.

As Hebrews 6:19 tells us: *This hope we have as an anchor of the soul, both sure and steadfast.* It is our hope in God, His provision for our salvation through Jesus Christ, the hope of our eternal home in heaven, and the power of His promises found in His Word that keeps us full of faith and firmly rooted in His love.

Of course, sin can cause us to lose hope. So, we must be sure to repent

and take our sins and shortcomings to the cross, where we receive forgiveness and mercy. Then we need to be single-minded in believing God, receive His forgiveness, and return to rejoicing in hope.

Romans 15:4 reminds us: *For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.*

When you are feeling cast down, remember the words of the psalmist: *Hope in God, for I shall yet praise Him for the help of His countenance.* Set your thoughts on the hope you have in God and let His Word comfort you. Soon you'll be praising Him, firmly anchored in His love and care. God bless you.

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**Gordon Robertson**  
President and CEO, CBN



## Psalm 91

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."*

*Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked*

*If you say, "The LORD is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent.*

*"Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. With long life I will satisfy him and show him my salvation."*



# Finding shelter

In this well-known Psalm, God wants you to simply know that you are safe with Him. He can make this promise to you, for He is God. He is the One who stretched the universe, put the stars in their place, formed the hills and mountains, established the heavens and marked off the earth's foundations. He is the one who formed you in your mother's womb and made you so fearfully and wonderfully. He is the one who created you – and made a promise to always look after you. He only puts one condition on this – that you put your trust in Him. He invites you to make Him your dwelling, in other words – the place where you reside, where you find your home. He wants you to come home and be home with Him so that He may shelter you from life's storms.

## Turbulence

The world right now is going through a turbulent time like we have not known before in our lifetime. Some of us will have known a time of war and destruction, which many of us have not experienced. You may have experienced challenges in your life that will have impacted you significantly. Since the start of the global pandemic we continue to fight an invisible enemy. Many people lost their lives and others lost loved ones. It is a time where we must learn to adapt to a new way of living, while we battle our fears and anxious feelings.

Isaiah 43:2 says: ***'When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.'***

## Our Shelter

You are not alone. God is with you, He promises to shelter you, protect you, rescue you and answer you in times of trouble. Let the truth of His promises wash over you when you feel anxious and worried, and let Him replace your fears with His peace. He is trustworthy, faithful and true to His promises!

***Prayer: Father, Thank You for your protection over my life, my family, friends and loved ones. I choose to run to you today and make You my Shelter. Take my fears and anxious thoughts and replace them with Your peace. Keep me safe from harm – I trust in You and thank you for being my Shelter during this time. In Jesus' name, amen.***

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**Mark Dijkens**  
CBN Europe Regional Director

# Dealing with fear and anxiety

## Psalm 34

***I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the one who takes refuge in him. Fear the LORD, you his holy people, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing.***

### No Immunity

Being a Christian does not make us immune from feelings of fear and anxiety. Like everyone else we respond to the things we see, hear and experience in our lives. We only must turn on the news to hear about worrying developments in the world around us. Who are we listening to? Do we place the news above God's Word and let fear and anxiety paralyse us? Or do we run to the One who can deliver us from our fears?

Psalm 34 teaches us to praise Him during adversity, to seek the Lord intentionally each day, to take refuge in Him alone. Let Him provide for your needs today – He really wants to!

**Prayer:** *Thank You Father God for Your presence in my life. Today I choose to seek You Lord, and run to you with all my feelings, insecurities, worries and anxious thoughts. Thank You that you promise to deliver me from all my fears. I surrender afresh to you now. I praise you and declare Your goodness over my life today! Thank You for providing all my needs. In Jesus' name, amen.*

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**Mark Dijkens**

CBN Europe Regional Director

# God, our Healer and Restorer

Several names are used to describe God in the Bible. In Exodus 15:26 He is called the God who heals – Jehovah Rapha. Literally translated “Rapha” means to mend, repair and make whole.

There are several stories in the bible showing that our God heals. In Matthew 8, a leper comes to Jesus and says to Him, ‘*Lord, if you are willing, you can make me clean,*’ and Jesus says, ‘*I am willing, be clean.*’ This man had suffered some time, how long we are not told, but as soon as he met Jesus, he had enough faith and trust and knew that if Jesus was willing, his suffering from leprosy would end.

God’s healing can be physical, mental, emotional and spiritual. However, there are times when we wonder why God seems unwilling to heal us. There are questions that we do not seem to get any answers to. When we look at His word, we can see that no matter how God does or does not appear to act, He loves us with an everlasting love. He sent His own Son to die for us so we can be forgiven, healed and restored into a relationship with Him.

God promises us He is there with us, even in the darkest of times. He is our light, our salvation. In His presence, standing on His promises we find true healing, restoration, meaning and wholeness.

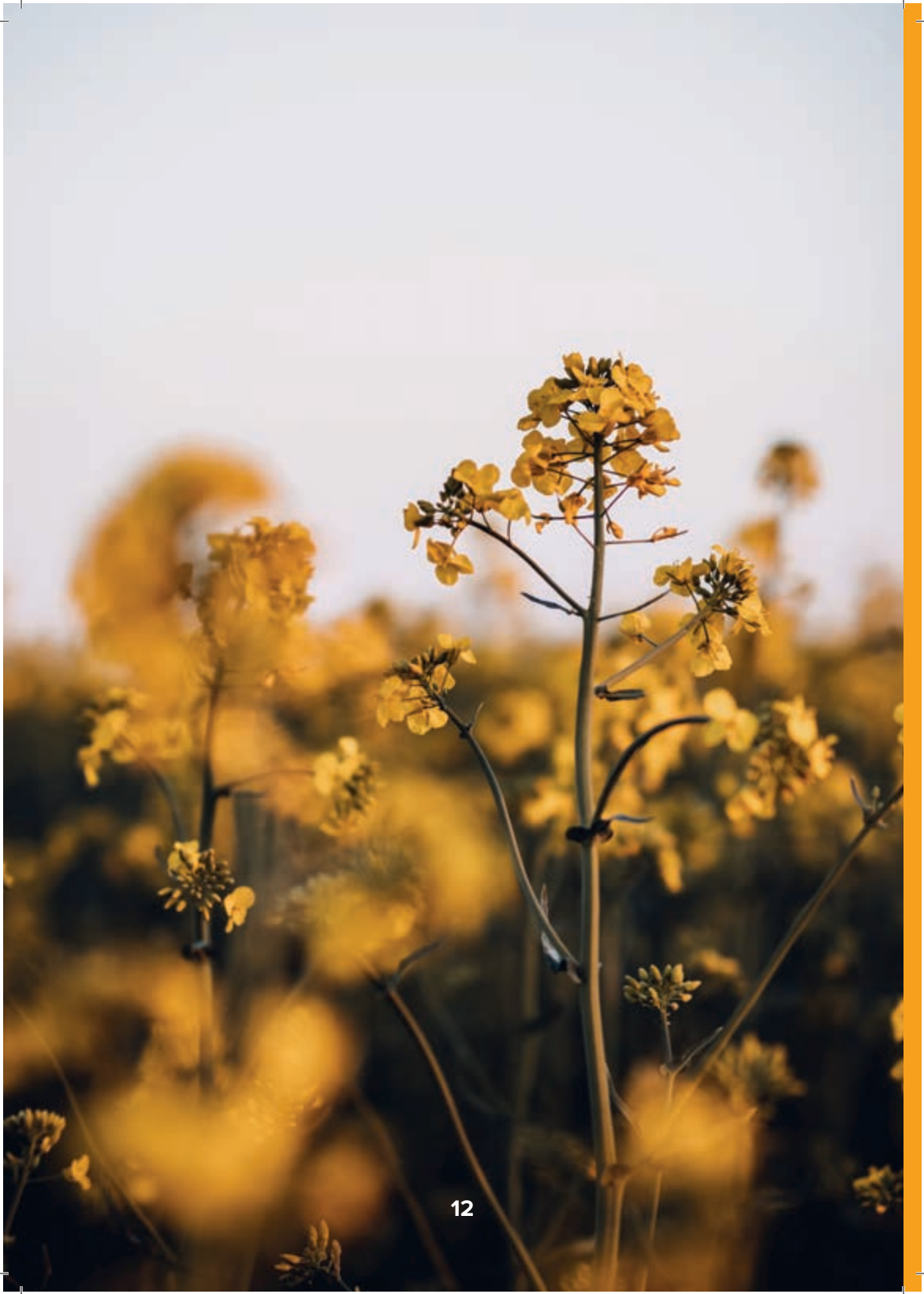
Isaiah 41:10 states, ‘*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*’

During times of trial and suffering, take the loving hand of God and let Him bring healing and restoration to your soul.

**Prayer:** *Father, you are my healer and restorer. You know, understand and value me even when my heart is afraid, weary and sometimes far away from You. I put my trust in You today that whatever I face, You are with me. You promised to never leave me nor forsake me, and I stand on that promise. I ask and wait for your healing hand over my life and trust that you love me. Strengthen me I pray, help me to have faith in you as I give you all my doubts, longings, suffering and heart, in trust and hope in you. In Jesus’ name, amen.*

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**Rachel Loynes**  
Prayer Support Assistant  
CBN Hope Team



# What God says about worry

'Fear Not' is written 365 times in the Bible (that is one for every day). Worry, the emotion felt by fear dwelt upon, is addressed by Jesus here so creatively. The flowers of the field spring up and fall, each one beautifully dressed, given all it needs to thrive. A flower does not buy a raincoat for spring or weave a sunhat for summer, but each is covered with petals.

Luke 12:27-28 says: ***'Consider how the wildflowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will He clothe you.'***

Solomon was known as the wealthiest man of Israel and so Jesus is describing to the listeners then, and the readers now, more wealth than most will ever see. We could imagine a person being dressed in the finest jewellery and gown but even this cannot stand up against how beautifully the flowers of the field are dressed.

Flowers of some species live less than one day, they're gone in a blink of an eye. Our lives are not gone in a blink of an eye, however, in Jesus we have eternal life. How much more will He care for His sons and daughters, who live with Him for the rest of time, than for flowers in the field that come and

go.

Jesus continues to a call to fill the absence of worry with the promise that all we need and will be given when we 'seek His Kingdom' (Luke 12:31). We are called not simply to remove worry from our lives but also to pursue God's Kingdom, His will, and His righteousness in our lives.

When worry rears its ugly head, remember the flowers of the field dressed in their fine petals which are finer than all that wealth can provide, and seek His kingdom. Even in a season where there is so much uncertainty and fear, He is the Provider and Sustainer of all life. Just as he covers the flowers, He will cover you, His child.

***Prayer: Father, Thank You for Your love and care for me. I choose to trust that You want the best for me and that You will protect and provide for me because Your Word tells me so. Jesus, take my worries, anxieties and fear. Help me to seek You and Your Kingdom first. Thank you that you are faithful to fulfil the promise that You will provide all that I need. In Jesus' name, amen.***

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**Sarah Singleton**  
Office Manager

## Psalm 121

A song of ascents.

*I lift up my eyes to the mountains—  
where does my help come from?  
My help comes from the LORD,  
the Maker of heaven and earth.*

*He will not let your foot slip—  
he who watches over you will not slumber;  
indeed, he who watches over Israel  
will neither slumber nor sleep.*

*The LORD watches over you—  
the LORD is your shade at your right hand;  
the sun will not harm you by day,  
nor the moon by night.*

*The LORD will keep you from all harm—  
he will watch over your life;  
the LORD will watch over your coming and going  
both now and forevermore.*

## Where does my help come from?

Psalm 121 is a well known chapter in the Bible. From songs and hymns to conversations in church, it is a Psalm that rings familiar for many of us. It is a truth that we can perhaps recite word for word, but what happens when we really do need help?

I have been a Christian since the age of 11 and, in that time, I have had it relatively 'easy'. That was until last September. On the day of my brother's wedding, I had a nervous breakdown (talk about timing!) I had always been known as the bright and bubbly member of the family, always cheery and taking everything in my stride, but on that day, it was like everything went dark. I had been relying on myself and leaning completely on what I understood of the world. I was in a happy relationship, had recently moved to my favourite city and my brother was getting married! I could not understand why I was in hysterics, going from severe panic attacks to trying to shake off suicidal thoughts. And then, that lightbulb moment came.

"I need help," I finally said to my mother, who had been trying to calm me down. I had realised that up until this point, I knew that God could help me, but I did not think I needed Him to. I thought I could do it alone, that I could work out any issues by myself. Evidently, that was not true.

I confessed that I needed help to my

family, and then I took myself to Jesus, repented of my desire to control my life, and laid everything before The Lord and said, "*I cannot do this alone*". Since then, it has not been perfect, in fact, some days are still very dark, but I come back to Jesus, I ask Him to step in, and He does so perfectly, every single time.

### **My challenge to you today is this:**

You may know that your help comes from The Lord, you may know that He will keep you from all harm, however, are you willing to let Him do so? Submit yourself to Christ again, confess that His way of helping is greater than yours, and then leave room for Him to move.

### **Pray this prayer with me:**

*God, I repent for the times that I have chosen my ways instead of yours. I thank you that you are my ever-present help in times of trouble. Today, help me to choose you, and lean not on my own understanding. In Jesus' name, amen.*

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**Emily Barton**  
Superbook Assistant





# Finding peace in challenging times

David; a man after God's own heart. Chosen and promoted from caring for sheep to shepherding a nation with the integrity of heart and skillfulness of hands. During times of solitude as he looked over his flock, he discovered for himself the truths which we find in Psalm 23.

***'The Lord is my Shepherd I shall not want.'*** (Psalm 23:1)

The Lord was not merely 'a' shepherd, but instead David wrote, *'The Lord is MY Shepherd.'* It was personal. During challenging times of loneliness or loss, heartache and tears, the Lord desires to be your Shepherd too. In Hebrews 13:5 He promises *"I will never leave you or forsake you."* There is so much comfort that is freely available to those who put their trust in the Good Shepherd.

Are you feeling overwhelmed? Do the pressures of life seem to weigh you down? If so, take time to lie down in lush, green pastures, a resting place in His luxurious love. He desires to lead you beside still waters. He longs to restore and refresh your soul. Are you willing to trust Him, to allow Him to do what He does best? He has a track record of doing things well!

Do not rush away from His rest. Stay and linger a while longer with Him. There is no substitute for spending time in His presence.

Even when fear's shadows and dark moments appear, there is no need to fear, for the Good Shepherd is always near to comfort, protect and guide. Allow His perfect peace to cascade over your weary soul. His peace, which transcends all understanding, longs to fill your heart and mind, to silence every fear.

Among enemies, He promises to provide a table lavished with His goodness. He cares for your every need by anointing your head with soothing fragrant oil, filling your life and cup again and again. His kindness and mercy will pursue you, hunting you down continually, reminding you of your eternal destination, that *"I will dwell in the house of the Lord forever."*

***Prayer: Heavenly Father, I thank you that you are my Shepherd; you know everything about me. There are times when I do feel overwhelmed with the challenges of life, and often they weigh me down. I choose to trust you for you know what is best. I willingly allow you to lead and guide me. May I never rush away but make time for the things that matter to you. In Jesus' name, amen.***

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**Allen carter**  
Head of Planned Giving



## Seeking and finding God in prayer

It is an interesting thought to SEEK God in Prayer, but what does that concept actually mean? On some level, it almost seems to imply that God is lost and needs to be found or that He is inviting us to a game of Hide and Seek.

Neither is true. God is not lost, neither does he want to play games with our lives or toy around with our pursuits, but He does want to be found by us so let us break this idea down a little more in a bid to fully understand the notion and God's desire for us within it.

To seek means to actively and intentionally look for someone or something with a conscious effort. In Jeremiah 29:13-14, it says, *“You will seek me and find me when you seek me with all your heart. I will be found by you”, declares the Lord...*” God is ready and waiting to be encountered, to be seen and heard, but He desires for us to reciprocate the pursuit that He, in turn, made for each one of us. He left Heaven to be found and encountered by us, making Himself known as *‘Emmanuel - God WITH us.’*

To seek God in prayer is often no more complicated than taking time out in a ‘secret place’ to shut out life's noise and communicate with God one to one. It is a space where divine exchange is made, a place where we can give and receive, handing over our thoughts, feelings, hopes and fears in return for His Word on any matter we present to

Him.

Matthew 6:6 affirms this truth: *“When you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.”*

It is important to note that a ‘secret place’ doesn't necessarily need to be a room but merely a space where you can pour out your heart to God, and He can pour out His heart to you.

In all its simplicity and Glory, this is what prayer is – a heart to heart communication between His divinity and our humanity.

**Prayer: Father God, I thank you that you invite me to come and cast my cares upon Jesus because He cares for me. I ask you to draw near to me as I draw near to you. Help me to see you, hear you and encounter you as you teach me to pray. Empower me by your Spirit within me to seek you and find you in Jesus' name amen.**

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**Sarah Fletcher**  
Prayer Support Manager  
CBN Hope Team

# God loves me unconditionally

What did you do when you were in trouble as a child? Were you one to run and hide? Or did you boldly own up to your offence and receive your discipline?

I was definitely in the 'run and hide' category. As a type 1 perfectionist, any kind of perceived bad behaviour and consequent punishment was terrifying to me – so I would run. I think the most common reason we as humans can come up with to convince ourselves that God does not love us anymore is when we do something wrong. Perhaps it is an addiction or habitual sin that causes us to conclude that we have spent our mercy. God's grace has run out.

I remember receiving my unconditional acceptance letter to the university of my choice. It was a euphoric day as I opened the letter and read those two wonderful words – unconditional offer. This meant that no matter what I did, no matter what grades I received at A-Level, I was in. I was accepted. My place was secure.

This is the message I want to communicate to you today. No matter how much you think you may have messed up, fallen short or let God down, you have a 100% acceptance rate in the Kingdom of God.

I am not advocating that we all walk around practicing bad behaviour and

sin simply because we have a forgiving God. Not at all. I am simply trying to lead you to understand the height and depth, the length and breadth of love that the Father has for us, no matter what.

There is no condition that you or I can find ourselves in that will ever cause God to withdraw His love from us. Once you have surrendered your life to Christ and remain in the habit of repentance, you are secure. Rest in that knowledge today.

***'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 8:38-39)

***Prayer: Father, it is hard as a human being to fathom the great love you have for us. Nevertheless, whether we can understand it or not, we thank you for it and commit to honouring that love for the whole of our lives. In Jesus' name, amen.***

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**Charmain Hibberd**  
Marketing Assistant

*'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 8:38-39)



## The restoration of Peter

(Getting back up again after disappointment)

As human beings, we often find ourselves in a fragile and negative state after suffering disappointment, especially when we feel like it was our fault. We can often feel like we need to take some time out, punish ourselves by sitting on the 'naughty step', or blame God for letting us down. But there are a couple of things we must remember: God loves us, no matter what. He wants us to learn and grow through disappointment, but He does not hold us at arm's length when troubles come our way, He holds us closer than ever.

Secondly, we do not need to wait a long time to get back up. After Peter denied Jesus in John 18, Peter had to do some soul searching, and he temporarily went back to his day job, fishing. After Jesus' resurrection, Peter and Jesus had the well-known exchange, where Jesus restored Peter and commissioned him to do His work.

Fast forward to Acts 2, where the Holy Spirit comes powerfully at Pentecost, and Peter is preaching with authority to the crowd, telling the people with boldness to repent and be baptised. How long after his denial did this take place? Just 52 days. In that time, he had seen Jesus raised from the dead, travelled with Him as He appeared to others, and no doubt was taught many more things from his Saviour. And as soon as the opportunity had arisen, Peter stepped up to what God had called him to do.

Peter often gets highlighted as the disciple who messed up the most, but he was also the biggest risk-taker of the group. He stepped out of the boat into open water, he dared to ask Jesus the questions the others were afraid to ask. But Jesus was able to use Peter for some of the most amazing wonders in the New Testament, because he was willing, not because he always got it right.

When we choose to take risks for God, we will likely encounter disappointment along the way. But that is when our faith really grows, and we learn how to pick ourselves back up quickly in Jesus' strength.

**Prayer:** *Lord, thank You that You call us to adventure, to take risks for You, and thank You that You are always there to help us back up when we face disappointment. Help us not to shy away from Your calling on our lives and help us fulfill our God-given potential every day. In Jesus' name, amen.*

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**Phil Parkinson**

Partner Support & Marketing Assistant

# Christ the Cornerstone

In architecture and construction, a cornerstone is traditionally the first stone laid for a building. All other stones are laid in reference it, thereby orientating the building's position. The Bible in both the old and new testaments talks about Jesus being the cornerstone.

King David in Psalm 118:22 prophesied that *'The stone the builders rejected has become the cornerstone,'* whilst God promised in Isaiah 28:16-17, to send the cornerstone - His precious Son, to provide the firm foundation for the lives of those who would trust Him.

In the new testament, God affirms these promises. He is the cornerstone, and a living foundation. The God who saved us, knows us by name. We are His chosen people, and He lives within us. I find this to be an amazing position - that the King of Kings, knows ME!

1 Peter 2:4-6 says that when we come to Him, the living Stone - rejected by humans but chosen by God and precious to Him, we also, like Jesus, are being built into a spiritual house, precious and holy. God's word says in Isaiah 28:16: *"See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in Him will never be put to shame."*

In these times when the foundations of our world have been shaken and overwhelmed, the words of the song

*'In Christ alone'* become a source of solace and assurance. Jesus is our **hope**, our **light**, our **strength**, our **song**. our **cornerstone**, our **solid ground**, our **surety** through life's fiercest droughts and storms. Paul in Ephesians 2:19-21, affirms that, *'together, we are His house, carefully joined together in Jesus, becoming a holy temple for the Lord.'* We can trust in Jesus - our foundation where we are grounded.

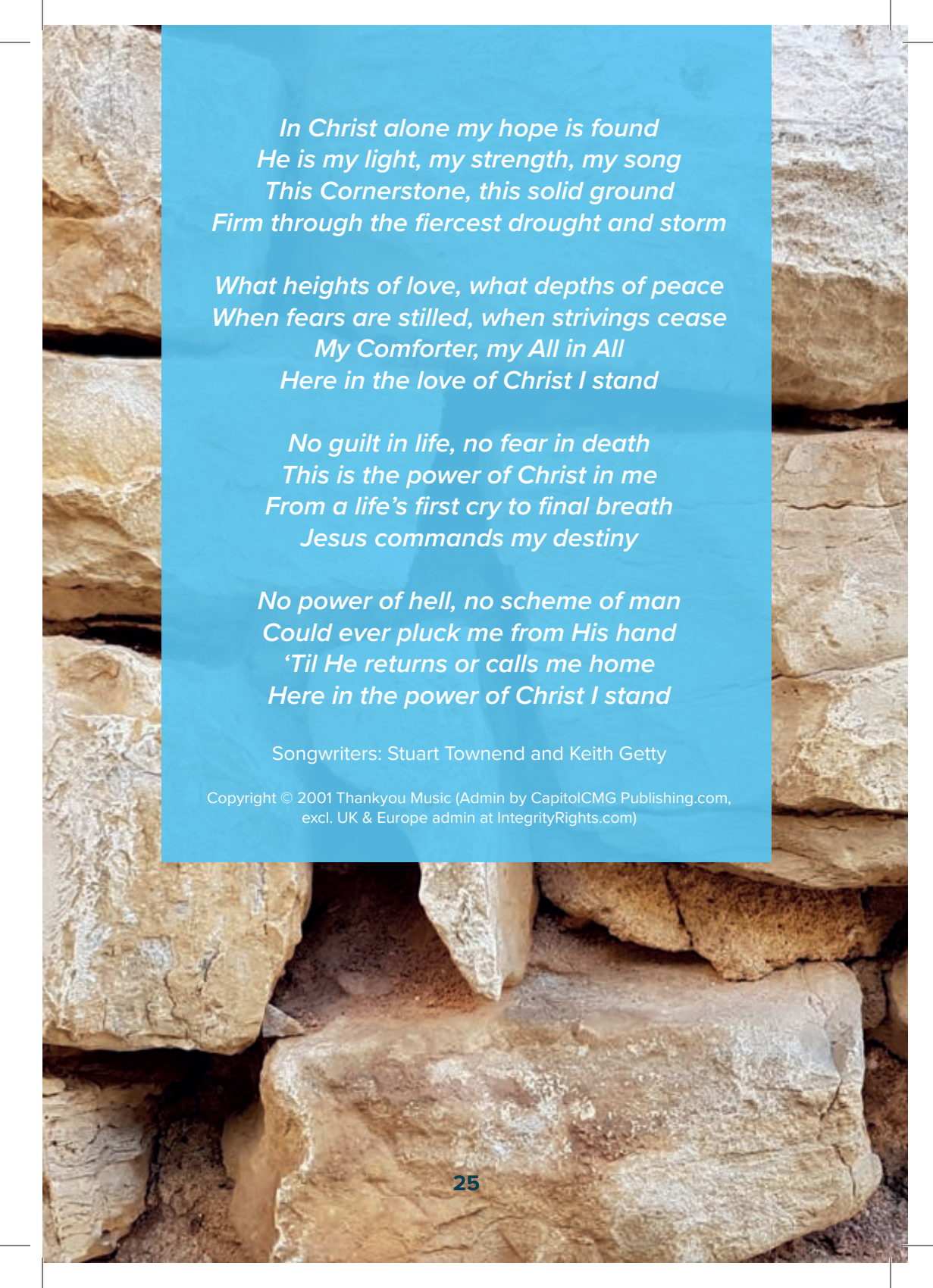
When this storm passes, God's assurance that His Son is a strong and firm foundation will ring true. Friend, nothing can overcome what God can do! **We only need to trust Him!**

*Prayer: Lord, you make life worth living. You give us strength and purpose for each day. We cherish your presence in our lives. Thank you, Father, for the gift of your love - Jesus Christ our Cornerstone. We humble ourselves right now, and we let you in. We welcome you to be our foundation. Have your way in our lives. In Jesus' name, amen.*

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Lavender Otieno  
Head of Operations





*In Christ alone my hope is found  
He is my light, my strength, my song  
This Cornerstone, this solid ground  
Firm through the fiercest drought and storm*

*What heights of love, what depths of peace  
When fears are stilled, when strivings cease  
My Comforter, my All in All  
Here in the love of Christ I stand*

*No guilt in life, no fear in death  
This is the power of Christ in me  
From a life's first cry to final breath  
Jesus commands my destiny*

*No power of hell, no scheme of man  
Could ever pluck me from His hand  
'Til He returns or calls me home  
Here in the power of Christ I stand*

Songwriters: Stuart Townend and Keith Getty

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## Strength for today, hope for tomorrow

In every storm, find comfort in knowing that the God of love and compassion is on your side. He is your strength for today and hope for tomorrow. Lamentations 3:21-23 says:

***‘Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.’***

He will never fail us. On those days where we find ourselves drained of strength, we can come to the foot of Christ and draw strength from Him. He loves to lavish us with peace, love, courage and renewed strength to face each day. There is nothing we cannot face with Him by our side! and when we feel as though we cannot - that is ok because we can lean on Jesus. He will go before us, behind us and beside us to conquer every battle. We never have to do anything alone.

His promises and compassions never fail. Time and time again, He has proved Himself faithful. That is why we have hope for tomorrow. We will always have hope because we will always have Jesus. Suffering is temporary, even if it sometimes does not seem that way. When we remain steadfast in the trials, God promises us an eternity of glory and light. We not

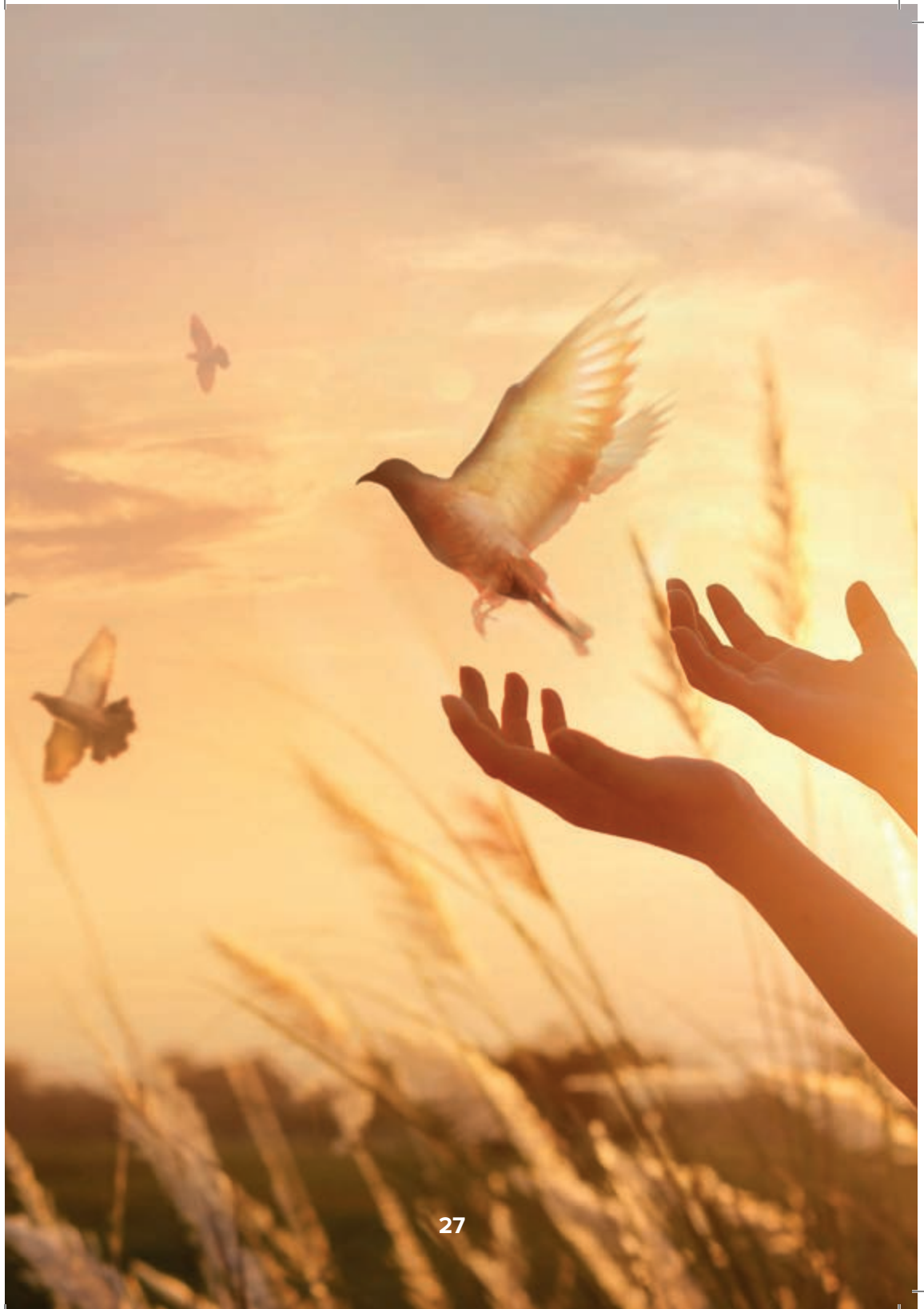
only have hope for eternity, but we also have it right now on earth. Each day, as the sun rises, so does a new hope that today will be better because we have the love of God to rely on.

Each day, choose to live in hope. No matter what winds blow your way, they cannot knock you down. So, rejoice and be glad, knowing that you are secure in Him!

***Prayer: Father God, I love You so much. Thank You for being my strength for today and my hope for tomorrow. May I never take for granted or forget that You are always by my side. In the highs and the lows, You are with me. I pray that today You would renew my strength. When I feel drained, help me to lean on You. Help me to see and live in hope, knowing that You work all things together for my good. In Jesus’ name, amen.***

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**Laura Spratt**  
Marketing Assistant



# The road to Emmaus

What a day it had been. Jesus was alive! Early in the morning He appeared to Mary Magdalene, who mistakenly thought He was the gardener. The crucified Saviour was no longer in a borrowed tomb; the stone rolled away.

With the rollercoaster events of the last few days spinning around, Cleopas and his companion travelled on the road to Emmaus. The journey was a familiar one, yet today was different. There was much to talk about with so many thoughts and emotions vying for their attention.

And yet, ***'As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognising Him.'*** (Luke 24:15-16)

I wonder how many times Jesus has invited Himself into our discussions, whilst we carried on unaware that He was near?

These two disciples were so engaged in the conversations that they failed to realise that it was Jesus standing in their midst. Their eyes were kept from recognising Him because He appeared unexpectedly and in unfamiliar circumstances. He conversed with them and asked questions, although He already knew the answers. They treated Him as a stranger and told of the events of the last few days.

As they journeyed, Jesus began to explain and interpret all the scripture concerning Himself. But as they drew near the village, they urged Him, saying, *"stay with us."*

***'When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened, and they recognised him, and he disappeared from their sight.'*** (Luke 24:30-31)

When He vanished, their hearts began to burn with passion. Jesus, the Saviour of the world, had been in their midst! They quickly hurried back to Jerusalem to tell the other disciples that Jesus had risen from the dead.

No longer did they need to fear.

The gospel, the message of hope, was at last free to spread.

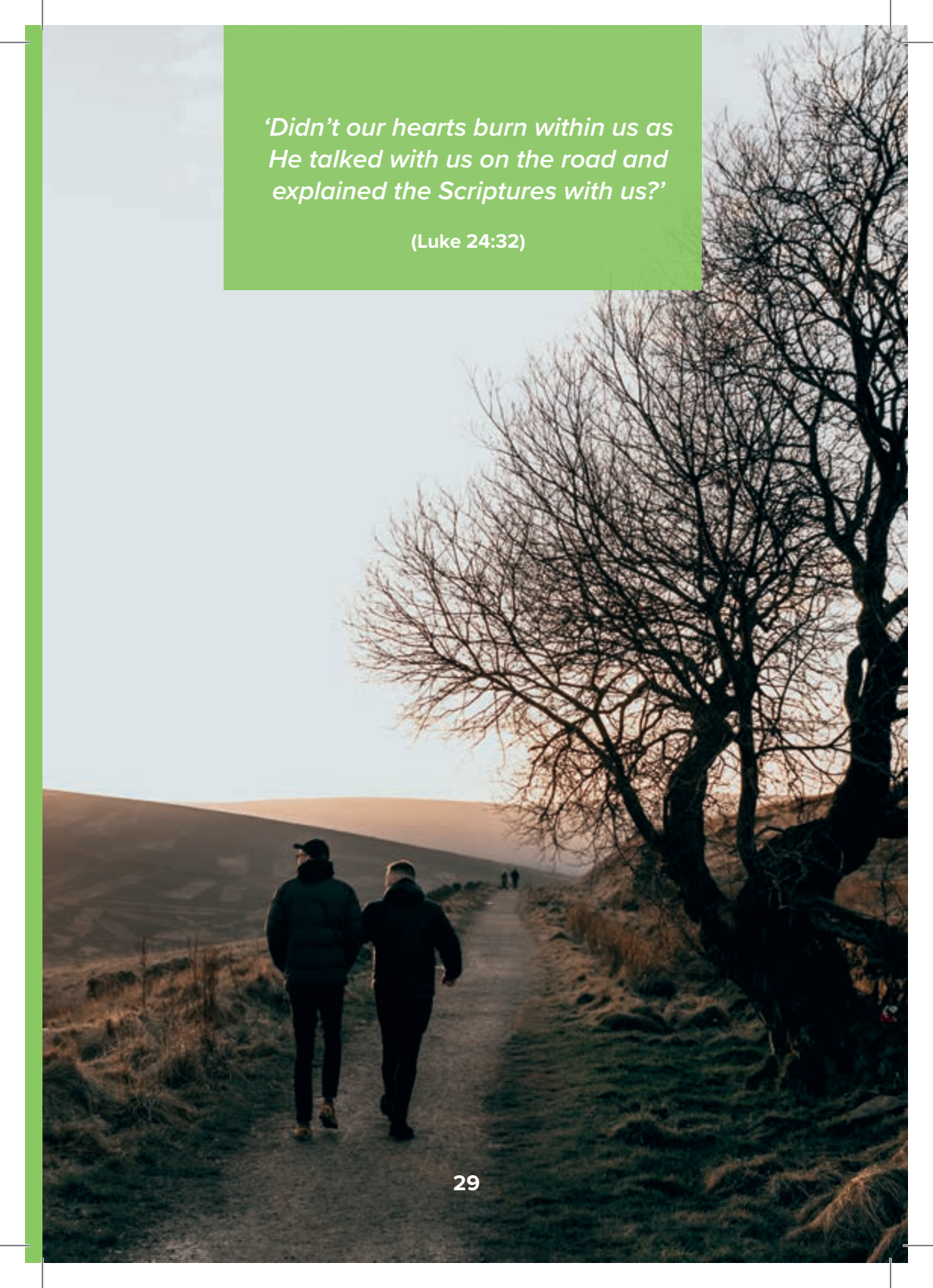
***Prayer: Dear Lord Jesus, I thank you that you are alive, and you desire to reveal yourself to me. I ask that you open my spiritual eyes that I can see how you see. May my heart burn with passion for you so that I can tell others of the hope that is found in you. In Jesus' name, amen.***

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**Allen Carter**  
Head of Planned Giving

*'Didn't our hearts burn within us as  
He talked with us on the road and  
explained the Scriptures with us?'*

(Luke 24:32)



# The future is in His hands

***“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)

These words were spoken by God to the prophet Jeremiah, to share with the Jews who were taken into exile from Jerusalem to Babylon for seventy years. These words were spoken to people amid hardship and suffering, yet God promises to turn their situation around and fulfil His promises to rescue and prosper them once again.

They had to go through a long time of hardship and struggle, as they waited upon the promise of God to be fulfilled. It was because of God’s message through Jeremiah, that hope arose again, and the perspective changed, despite the hardship.

God also promised in Jeremiah 29:12-13 that *‘Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.’* Amid the challenges, God’s promise and His presence made all the difference, as God’s people had a renewed hope and strength.

We may seem to be in a similar place today and to a degree feel in ‘exile’ as the world around us has

changed rapidly. We are exiled from our community, our social circle and exiled from our friends and family. We feel far away from the familiar land we used to occupy, and much around us seems foreign and different. A lot has changed, and especially how we interact and communicate with each other.

The good news is that God’s promises do not change and He holds the future. God reminds us that *‘For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.’*

(2 Corinthians 4:17-18)

What we see around us is temporary, and we are called to fix our eyes on what is unseen, the things that truly matter in God’s eternal kingdom. His Kingdom extends far beyond the earthly kingdoms and what the physical eye can see, and His reign is eternal.

God also reminds us as His people that we should not be *‘those without hope’*, as we have His living hope inside of us. This hope is in our future inheritance, the promise of eternal life that can never perish, spoil, or fade. (1 Peter 3-4). Our future is secure in His hands,

because of what Jesus did for us.

Jesus spoke about the future with His disciples (Matthew 24) where he warned about times where earthly kingdoms will be shaken. He also called us to be ready for His return when He calls us home to be with Him forever and every tear will be wiped from every face.

Jesus encourages us in John 14: 1-3 with the following words:

***‘Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.’***

This is our long-term future, an eternity with Him for everyone who believes!

As far as our current troubles are concerned, we are not alone. No matter how hard the battle, how difficult the journey and the challenges we face; we will not have to face them all by ourselves. Jesus is walking with you and wants to give you peace in the storms. In John 16:33 He shares these words with you today:

***‘I have told you these things, so that***

***in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.’***

So, be encouraged, even during this current pandemic, God holds the future firmly in His hand, and is right there with you. Despite the current isolation, you are not alone, and these times will indeed pass! Hold on, have courage, and let the God who created the universe instil His peace in your heart as you trust in Him.

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**Mark Dijkens**  
CBN Europe Regional Director



## Death, where is your sting?

Death has hit many families hard, and I feel I have known more than a fair share of it. And yet, I have hope, we have hope, in Jesus. Stood at the side of a grave, in a cemetery containing far too many loved ones lost early, that hope makes little sense. Even less when navigating the loss of a parent whilst also grieving an unseen child lost through miscarriage, gone too early to have their own burial.

Like many of you, I have faced the darkest valleys and known that there's no way out other than to walk the path through them. In those moments, my hope comes from the reassurance that Jesus walked the darkest path of them all and promises us that He will be with us, even to the ends of the world. He who stared death in the face, and turned away unscathed, He who robbed hell of the saints that had gone before Him, He who now sits at the right hand of the Father, in the highest place of honour, he promises to walk with us through the valley.

Psalm 23 tells us that our shepherd leads us by quiet waters, but you do not see still waters at the top of mountains. You see them as they meander through valleys and open out onto plains. The Lord Jesus, your shepherd, promises to lead you to places of nourishment and refreshing, even in your darkest hours.

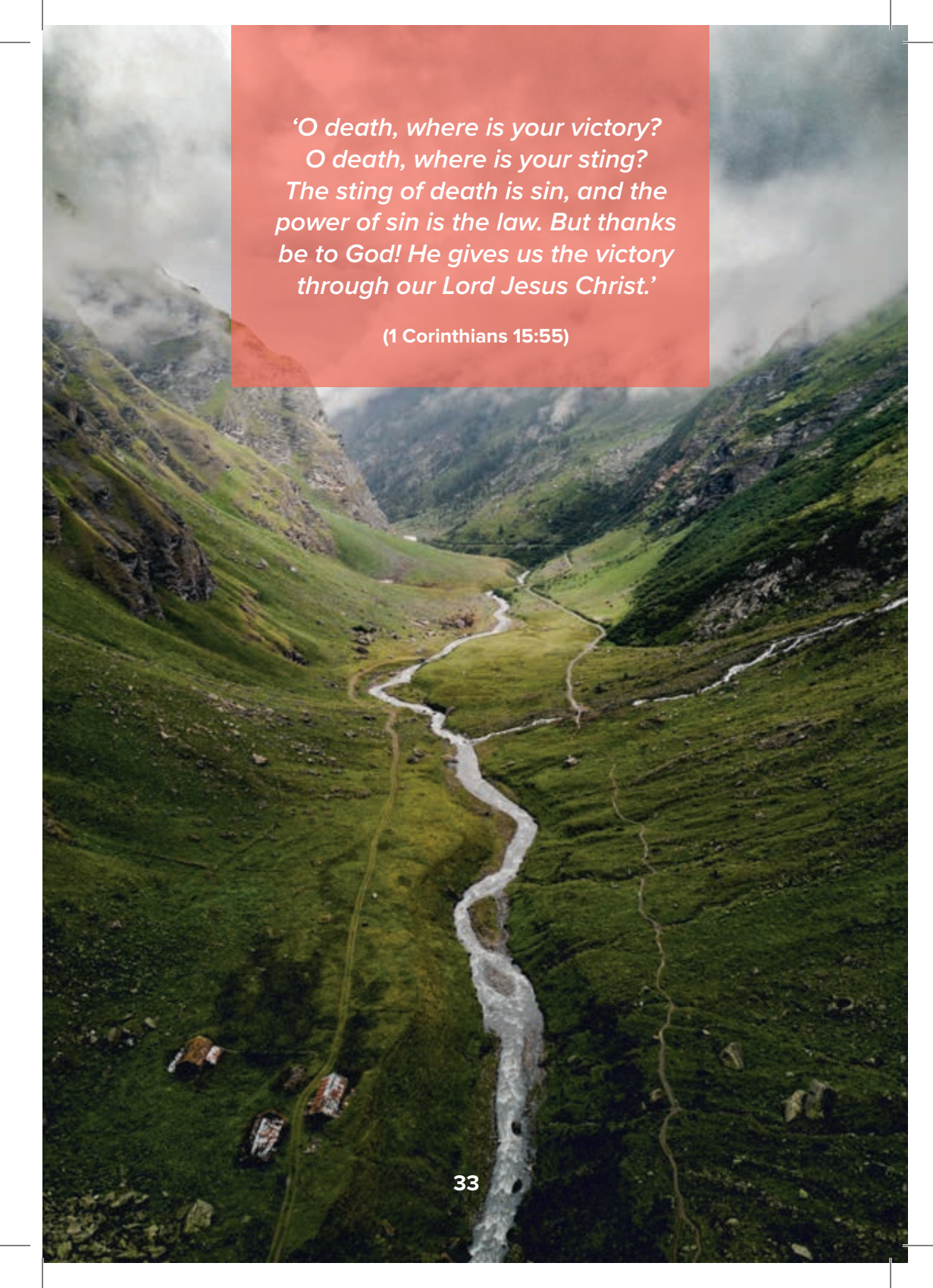
Today, know that you can lean on Him. You can rely fully on Him, even in the face of death. A sheep following a shepherd does not need a GPS or a road map, He simply listens to the sound of his shepherd's voice. In the same way – as you traverse valleys, you do not need to find strength or direction all by yourself. Lean not on your own strength or understanding, but lean into Him, and let Him make your path straight.

**Prayer:** *Lord Jesus, thank you that you promise to be with me in even the darkest times. Not just that you will be there, that you will provide me with nourishment in the face of my enemies. Help me face down my enemies today – even death, just as you did when you rose from the grave. Thank you for that resurrection power and the fullness of life and hope that I have in you. In Jesus' name, amen.*

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**Beth Parkinson**  
CBN Host



An aerial photograph of a mountain valley. A river flows through the center of the valley, surrounded by lush green grass. The mountainsides are steep and covered in green vegetation. In the background, there are rocky peaks and some clouds. A red rectangular overlay is positioned in the upper half of the image, containing white text.

*‘O death, where is your victory?  
O death, where is your sting?  
The sting of death is sin, and the  
power of sin is the law. But thanks  
be to God! He gives us the victory  
through our Lord Jesus Christ.’*

(1 Corinthians 15:55)



## Every tear will disappear

***‘He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.’*** (Revelation 21:4)

***‘He has also set eternity in the human heart...’***  
(Ecclesiastes 3:11)

I was listening to a song recently called ‘Getting Ready’ by Maverick City Music. The song has exquisite lyrics in it that paint pictures of when we get to see Jesus coming on the clouds, returning for His Bride, the Church.

Honestly, the song and the imagery that it conjured up in my mind caused me to become very emotional as I realised that I do truly long to see Jesus, face to face. My Saviour. My love.

The Bible tells us that God has placed eternity in the human heart. This means that, until we reach our final destination of Heaven, there will always be a longing in us. Perhaps even a discomfort or ache.

Nothing that this world can offer will ever come close to the ecstatic joy we will experience when we reach Heaven. The world can offer us only so much by way of pleasure, relief and comfort. Often, worldly experiences cause us pain and heartache as imperfect people live amongst other imperfect people.

But another promise in the Bible is that all that pain, sorrow and grief will be wiped away. Gone forever. How wonderful!

If you are in a season of testing or trial, may I encourage you that once you have surrendered your life to Jesus, you have an eternal destiny that will far outweigh anything you could

ever dream of.

I have not been to Heaven; I do not know what it will be like any more than the next person. But what I do know is that the promises in the book of Revelation are magnificent and that our good, good Father God will not disappoint us.

We will not have journeyed this Christian life in vain.

**Prayer:** *Father, as we look ahead, getting ourselves ready for your return and longing for the day when we get to see you face to face, I pray that you will help us to tread this narrow path with honour, integrity, and authenticity. May we never forget that we have a heavenly inheritance waiting for us and may we make it our life's work to glorify your name. In Jesus' name, amen.*

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**Charmain Hibberd**  
Marketing Assistant

# Jesus, our living hope

As you have come to this page and article, it is my prayer that you have been inspired and hope has risen inside of you that will take you to new levels in your faith in Jesus. I pray this renewed hope will inspire you to tell others about Jesus as we cannot contain this Good News only to ourselves.

## A step of faith

Perhaps you have read this resource and you have never taken that step of faith in Jesus, and you do not really know how to go about it all. Let me encourage you to say that it is not difficult and today is the day that you can receive eternal hope that lasts and will never go away!

There are so many verses in the Bible that are showing us who God is, who Jesus is and explains His purpose and plans for our lives. Let me share a few verses that stand out for me and always have been, even before I became a follower of Jesus. The first verse is about God's love and how He thinks of me, regardless of how I think about myself. It is found in John 3:16:

***'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.'***

Jesus did not come to condemn us, but to save us, and give us eternal

life! No matter what you have done or where you have come from, He loves you unconditionally!

Another verse I absolutely love is from the book of John (written by one of the disciples of Jesus who spent much time with him during his time on earth):

***'Therefore, Jesus said again, "Very truly I tell you, I am the gate for the sheep. All who have come before me are thieves and robbers, but the sheep have not listened to them. I am the gate; whoever enters through me will be saved. They will come in and go out and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.'"***

(John 10:7-10)

## The life giver

Jesus is the only one who can give us this fullness of life. There is no one else who can give us eternal life apart from the Son of God, who carried our sins at the cross. He is the only one who could bring restoration between us and God and bridge the divide that our sin caused.

How can you know Him? How can you receive this new and full life? The answer is simple; by believing in Jesus (who He is, and how He has carried your sins on the cross), ask Him to

forgive you, and invite Him in your heart.

### How to know Jesus

If you do not know Jesus yet, and you want to know Him today, pray this prayer with me:

***Jesus, I believe that You are the Son of God and that You lived, died and rose again. I am sorry for the wrong things I have done in my life and the mess I have made. Only You can change me and forgive my sins. I ask you to come into my life and change me forever. I surrender my life to You and will follow you for the rest of my life. Thank You Jesus for coming into my life right now. In Jesus' name, amen.***

### Let's celebrate!

If you prayed this prayer, I congratulate you as you have become a child of God! The Bible says that you are a new creation and that you have received eternal life! This is the BEST decision you have ever made which will change your life forever.

Let us know about your decision as we have some great free resources for you to start your walk with God. I encourage you to pray for the Lord to lead you to a Bible believing church to learn more about God and get yourself a Bible, which is the best manual for

life.

### Coming back

If you have read this booklet and you already made that decision for Jesus, perhaps a long time ago, but you feel so far away from God through the hurt, disappointments and challenges that life has brought you. If that is the case, I want to say to you that today is a new day and Jesus is the same yesterday, today and forever. His love for you has never changed. His purpose for you has never changed. The future you have with Him has not changed. He invites you today to take a step closer to Him, and once again for you to walk close beside Him.

It is true, this pandemic and the hurts of this world can affect anyone, including Christians. After all, we are still human. The difference though is that we have this living hope inside us, which is a hope that will never disappoint.

***'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.'***

(Romans 15:13)

Why does God want to fill us with hope? I believe He does this for two reasons. The first is because He loves us, and He wants us to live the life He purposed for us. The second is not for

us, but to share this hope with others. He never meant for us to keep this hope to ourselves, but to share this hope with the people around us.

One of the articles of this booklet was about the restoration of Peter, who had betrayed Jesus three times. Peter could not have sunk lower, betraying the One who he loved and decided to follow. We can only imagine Peter's disappointment with himself, and the shame he experienced. Yet, Jesus fully restored him, and Peter once again was fired up inside and full of this living hope that only Jesus gives. It was Peter who wrote in the Bible the following verse:

***'Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.'***

(1 Peter 3:15)

### Restoration

Remember that when Peter wrote this verse, it was after all the disappointment, the challenges, the shame and the hurt. It was after that that Jesus restored him and gave him hope again. Peter understood that the very reason that we keep hope alive, is to share it with others.

After all, God wants to use you and me to share His love to those around us, to see this world changed and impacted for eternity.

**Let Hope Arise in your life right now, as you draw close to Him. Get ready to be ready and prepared to share your hope with others and see what God will do!**

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**Mark Dijkens**  
CBN Europe Regional Director

*'Those who hope in the Lord will  
renew their strength. They will  
soar on wings like eagles, they will  
run and not grow weary, they will  
walk and not be faint.'*

(Isaiah 40:31)



## DO YOU NEED HOPE?

Our CBN Hope team are here to listen,  
pray and inspire hope today.

**To speak to someone on our Hope Line call:**

**United Kingdom:** 0300 561 0700

**Republic of Ireland:** 1 513 3738

**International:** +44 207 101 7045

**Australia:** 02 7908 0700

**New Zealand:** 04 488 0700

You may also contact us by email at:  
**prayer@cbneurope.com**

or message us via Whatsapp on:  
**+44 (0)7833 993 924**

***'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.'** (Romans 15:13 NIV)*

For more information about CBN's ministry or to request print copies of 'Let Hope Arise',  
visit [www.cbneurope.com/resources](http://www.cbneurope.com/resources) or call our Hope Team on the numbers above.