

M a



Speaking into the situations you're facing today, this guided meditation has been created to help you experience a fresh sense of hope in your life.

Borrowing ancient words from the Bible, our meditation is inspired by one writer's description of hope as an anchor: a strong and stable presence to rely on during the life's stormy seasons.

You're given space to reflect on this idea as you invite God to help you experience reassuring hope, however you're feeling right now.

We hope these words bring peace, encouragement and hope to your day.

Y a a d a , , c .

Ta a d b a ,
A d a b a .

A c ,
N c .

I a b d ?
S a .

Ta a d b a ,
A d a b a .

Y ' ab a d d B b .
A , , a d c .

B a d a a c d a :
'W a a a a c , a d c .

P c a b a ,
O a a b d a .

W a a c d ?
A ca a d ac ?
I ?
O a ac a ?

A
D a a c a d c ?
D a , ?

I a a a c d d.
T ,
a d , ac .

T a c d b a ,
d c .

Y a b a .
N c , a b a ,
d a d c .

T a a c c d a b :
I' c ,
B a a c , d , ad .

I a a a , a a , ?

Na a a , ac .

Ac d a a a .

W a c a a ?

A a c a c c a c a , c ?

T a b a G d b c a , c a d ,
a a .

Ca d a a a c .
Ac d a' d c ,
A d a a .

P a a a a :
'W a' , a a a c , a d c ' .

T a d b a ,
A d a b a .

D a a a , ?

Ha a d , ?

T a b a G d , a d c a a G d .

O a c , c d G d, a :
'D a, l a ' [...] l a d , :

Ta a c .
W a d a a G d ?

D d a a a ' a .
N c .

W a G d a ac a

P a a a a :
'W a' a a a c , a d c .

Ta a d b a ,
A d a b a .

T B b a a , a b a d a .

H d d a a ?
I a a .

O d a d b a b a d
c a .
O c c da .

P a a a a :
'W a' a a a c , a d c .

Ta a d b a ,
A d a b a .

A a d a d ,
P c a a c c .

R ca a :
I , c , ad .

A a da ,
H d .