



A Prayer for Honest Hope

Prayer & Reflection Worksheet

Radiant Hope and Rooted for the Climb



Use this worksheet to bring your honest thoughts before God, pray His Word, and reflect on the hope He is offering you today.

1 Scriptures to Pray

- Psalm 34:18
- Psalm 42:5
- Lamentations 3:21-24
- Isaiah 40:31
- Romans 15:13
- Hebrews 6:19

2 What feels heavy today?

Name the situation, burden, or emotion you want to bring honestly to God.

3 Praying Honestly

God, this is what hurts:

God, this is what I am placing in Your hands:

God, help me hope in You while I wait for:

4 Scripture I Am Holding Onto

Which verse from today's prayer speaks most clearly to your heart right now? Write it here.

5 My Prayer Today

Write a short personal prayer in your own words.

6 My Next Faithful Step

What is one small, faithful step I can take with God today?

7 Remember This

Hope does not require pretending. You can bring your real heart to God and trust Him one step at a time.



With hope in Him,

Maria

A Message of Hope Ministry

