



USING lasting hope IN YOUR HOME EACH DAY

On your own

- If possible, light a candle and set a small bowl of water next to it. (Hint: Turn off electronic devices at this time.)
- Look at the photo for the day, read the devotion, and pray the prayer. Add to the prayer if you wish.
- Dip your fingers into the water and make the sign of the cross on your forehead.

With others

- If possible, light a candle and set a small bowl of water next to it. (Hint: Turn off electronic devices at this time.)
- Look at the photo for the day together. (With a child or children, ask a question about the photo, for example: What do you like about this picture? What do you think happens next? How do you feel when you look at this picture? What does this picture make you want to do?)
- Have one person read the scripture passage and “To ponder” quote aloud, and another read the reflection. Pray the prayer aloud together.
- Dip your fingers into the water and make the sign of the cross on each other’s foreheads.

Tips

- Make devotions a daily habit, like brushing your teeth. Many people find it helpful to have devotions at the same time and place every day (or most days)—at a table before or during a meal, on the bus or train to school or work, in a child’s room at bedtime. Do what works best for you.
- Don’t give up if you miss a day! Move ahead to the next devotion the following day.
- If you are using *Lasting Hope* with others, consider putting someone in charge of making sure you take time for daily devotions. (Children especially may enjoy this responsibility!)

Finally, what’s a psalm?

- The book of Psalms in the Bible contains 150 psalms—songs, poems, and prayers originally sung or recited by the Israelites during worship. The psalms tell about the ups and downs, twists and turns in a life of faith. Through it all, God cares for us and gives us hope for today and all the days to come.
- Many congregations sing or recite the words of psalms yet today. Several psalms have inspired new songs that may be familiar to you.
- *Lasting Hope* explores psalms used in worship during Lent and Holy Week in 2019 (in congregations following the Revised Common Lectionary).