
NEW YEAR
NEW HOPE
7 Days of
meditations + prayers
NATASHA N SMITH

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7 Days of Meditations and Prayers

INTRODUCTION

The New Year is upon us and with the new year comes new expectations, resolutions and maybe even some well thought intentions. Well friend, with this new year, I pray above all that it will bring us new Hope in the One who is Hope, His name is Jesus.

Use this resource to stir your Hope in 2022:
-Meditate God's Word, by reading the verse over and over, aloud, silently, write it out, or sing it, throughout the day to strengthen and build your faith.
-Pray the daily prayers to communicate with God,

In Him,
Natasha



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DAY 1

MEDITATION VERSE

For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. Isaiah 43:19 NLT

PRAYER

Lord I thank you for allowing me to see a new year. I am thankful that in this new year, you are doing something new in me. I thank you that you have already begun this work, as you actively are at work in the life of every believer. And I am thankful you will complete the work that you have begun in me. Lord, in this new year, I expect your will and purpose to be done in my life as you make a pathway for me, ordering my steps along the way. Thank you Lord for clarity of thought and wisdom for the journey. In Jesus name. Amen.

DAY 2

MEDITATION VERSE

Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end. Ecclesiastes 3:11 NLT

PRAYER

Lord I thank you for making all things beautiful in its own time. Help me as I walk through this new year to see with my spiritual eyes the way that you see. The way that you see me, the way that you see others Lord. Remind me that your timing is absolutely perfect. Help me to rest in the fact that you are working all things together for my good. Not that every moment is good but all things will work into a pattern for my good. Lord, as walk out this day, this month, this year, I pray I will see you in even the small things, for you Lord are all around me. Beautiful is your name. In Jesus name. Amen.

DAY 3

MEDITATION VERSE

This is the day the Lord has made. We will rejoice and be glad in it.
Psalm 118:24 NLT

PRAYER

Lord I thank you for this day. Each new day is a new beginning. I thank you that your compassions never fail and that your mercies are new each morning. Thank you for covering me in your love today. I will praise you and rejoice in all that you have done for me. I am glad that you created me for this day for such a time as this. I pray Holy Spirit will lead and guide me through the day. May your will be done fully and freely in my life. In Jesus name. Amen.

DAY 4

MEDITATION VERSE

This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. Hebrews 6:19 NLT

PRAYER

Lord I thank you for the hope I have in you. I thank you for being trustworthy no matter what the new year brings. I thank you that you are the firm foundation in which I can place my faith during any season. My hope and trust are in you alone. You steady my mind and heart as I trust in you. In Jesus name. Amen.

DAY 5

MEDITATION VERSE

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Hebrews 10:23 NLT

PRAYER

Lord I thank you for being consistent. In a world that is ever shifting and ever changing, you remain the same. You are God, the same yesterday and forever. And as I place my faith and trust in you, I also can remain consistent. I trust in your promises for they are yes and amen. I trust that you will fulfill your promises to me for you watch over your very Word to perform it. I thank you Lord for being my firm hope today and every day. In Jesus name. Amen.

DAY 6

MEDITATION VERSE

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.
Isaiah 40:31 NLT

PRAYER

Lord I thank you for being trustworthy. I thank you that as I place my trust in you that I find new strength. I thank you that I have access to this new strength today and every day as I trust you. I thank you that as I place my hope and trust in you that I soar above my circumstances. Even if the circumstances do not change, you help me to change my perspective. I thank you that as I trust in you, you restore me, you renew me and I will not grow weary. In Jesus name. Amen.

DAY 7

MEDITATION VERSE

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. Romans 15:13 NLT

PRAYER

Lord I thank you for being my true source of hope. I thank you that you fill me today and every day with your joy and peace because I trust you. Thank you for filling me with confident hope as I walk through this year, knowing that Holy Spirit is leading and guiding me in all truth. Thank you for the power of Holy Spirit to overcome all things because you live in me. In Jesus name. Amen.





Natasha Smith

Natasha is a writer and speaker, sharing stories on faith, family and grief. Her mission is to inspire others to do life better through intentional faith in Jesus. And to offer hope in grief, hope in the hard place and hope during the challenging times of life.

You can find her work on Lovely You Blog as well as publications such as: Her View From Home, TODAY Parents, Focus on the Family, Beyond Women and Dear Sister's Magazine.

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