



Breath of Hope

10 Scriptures to
Carry You Through



HOW TO USE THIS GUIDE

Life has a way of shaking us. Seasons of hardship can leave us breathless, uncertain, and wondering where to turn next. It is in these moments — the broken, messy, and painful ones — that we most need a reminder of who God is and what He promises. This guide was created for you if you find yourself in a place of struggle, heartache, or simply searching for steady ground.

Within these pages, you'll find ten powerful Scriptures that speak directly into hard times. Each verse is paired with a thoughtful reflection to help you slow down, breathe deeply, and remember: you are not alone. God's Word is alive, and it speaks hope into even the darkest places of our lives. The journaling prompts after each reflection are designed to help you engage more personally with the truth of Scripture — not rushing through, but letting it settle into your heart one small step at a time.

There is no wrong way to move through this guide. You may choose to read one Scripture per day, letting it shape your prayers and thoughts. You might pause longer on a verse that meets you exactly where you are. You might write pages in response, or simply sit quietly, allowing the Spirit to speak where words run out. Go at your own pace. Take the time you need.

The hope is that by the end of this journey, you will feel a little less burdened, a little more anchored, and deeply reassured that God's promises are still true for you today. Pain and confusion do not get the final say. God's love does. His presence has not wavered; His compassion has not grown thin. He is close, even now.

This guide is not about "fixing" what hurts but about encountering the One who heals. May it be a gentle hand reaching for yours in the dark — a reminder that hope is real, even here, and you are never walking alone.





Psalm 34:18

“THE LORD IS CLOSE TO THE BROKENHEARTED AND
SAVES THOSE WHO ARE CRUSHED IN SPIRIT.”

When we are heartbroken, it's easy to believe we are alone. Pain can feel isolating, making even God's presence seem distant. Yet Scripture tells us the opposite is true — God draws near in our darkest moments. He doesn't avoid our brokenness or shame us for it; He steps closer. When we can barely lift our heads, He stoops down to meet us. His nearness is a promise, not a reward for strength. Let this verse remind you: God is not waiting for you to "get it together." He is already here, holding you tenderly in your sorrow.

- When have you felt closest to God during a hard time?
- What would it look like to invite God into your current pain?
- How does knowing God is near change the way you view your struggles?





Isaiah 41:10

“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.”

Fear thrives when we feel unsupported. God promises not only His presence but His strength. He doesn't expect us to face battles alone or under our own power. When you are too weak to stand, He upholds you. This verse reminds us that courage is not the absence of fear — it's choosing to move forward, held firmly by God's steady hand. In seasons of fear, listen for His quiet voice saying, "You are not alone. I am with you."

- What fear are you carrying today?
- What would change if you believed God was holding you up right now?
- How can you lean into God's strength instead of your own?





2 Corinthians 12:9

“BUT HE SAID TO ME, ‘MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS.’ THEREFORE I WILL BOAST ALL THE MORE GLADLY ABOUT MY WEAKNESSES, SO THAT CHRIST’S POWER MAY REST ON ME.”

Our world celebrates strength, but God works most powerfully through our weakness. When we come to the end of ourselves, we meet the beginning of His mighty grace. It's okay to feel weak — even broken — because those very cracks are where His light shines brightest. This verse invites you to stop pretending you have it all together and instead rest in God's all-sufficient grace.

- Where are you feeling weak or inadequate?
- How might God be working through your weakness rather than around it?
- How can you lean into His grace today?





Matthew 11:28-30

“COME TO ME, ALL YOU WHO ARE WEARY AND
BURDENED, AND I WILL GIVE YOU REST.”

Jesus doesn't tell us to “try harder” when we are weary. He invites us to come close. His rest is not another task on our list; it's a gift. In a culture that celebrates hustle and strength, Jesus offers something countercultural — real soul rest. He doesn't promise the burdens will vanish, but He does promise that we won't carry them alone. His yoke is easy because He bears the heaviest parts with us.

- What burdens are weighing you down today?
- What would it look like to accept Jesus' invitation to rest?
- How do you typically respond when you're feeling exhausted?





Romans 8:28

“AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE.”

Not everything that happens to us is good — far from it. But God promises to weave even the painful, confusing, and devastating moments into a tapestry of ultimate good. This doesn't mean quick fixes or simple answers. It means trusting that the God who sees all can redeem all. Even when we can't imagine how, He is already at work, bending broken things toward beauty.

- Where in your life are you struggling to see God's goodness?
- How might God be working behind the scenes right now?
- What small signs of hope can you notice today?





Lamentations 3:22-23

“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.”

When life feels relentless, God’s mercies are relentless too — showing up new each morning, offering what we need for that day. His compassion is not based on our performance or strength; it’s rooted in His everlasting love. You may feel at the end of your rope, but His mercies never run dry. Each sunrise is a fresh reminder: you are not alone, and you are not forgotten.

- What does it mean to you that God’s compassion never fails?
- How has God shown you His faithfulness recently, even in small ways?
- How can you remind yourself of His daily mercy when you feel overwhelmed?





John 16:33

“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.”

Jesus doesn't sugarcoat life. Trouble is real, and pain is inevitable. But He offers something stronger than trouble — His peace and victory. When storms rage around you, remember that the One who has already overcome the world is the same One standing beside you now. His victory doesn't erase your pain, but it gives you hope that pain will not have the final word.

- What troubles feel overwhelming right now?
- How does knowing Jesus has overcome the world bring comfort to your heart?
- What does “peace in the middle of trouble” mean to you today?





Psalm 46:1-2

“GOD IS OUR REFUGE AND STRENGTH, AN EVER-
PRESENT HELP IN TROUBLE. THEREFORE WE WILL NOT
FEAR, THOUGH THE EARTH GIVE WAY AND THE
MOUNTAINS FALL INTO THE HEART OF THE SEA.”

Sometimes it feels like everything solid is crumbling. In those moments, this psalm reminds us that God is not shaken — and because He is our refuge, we don't have to be either. Our strength doesn't come from circumstances holding together; it comes from God holding us together. No matter how much life shakes us, He remains our shelter, our fortress, our safe place.

- What feels unstable or uncertain in your life right now?
- How can you run to God as your refuge today?
- What does it mean to you that He is an "ever-present help"?





James 1:2-4

“CONSIDER IT PURE JOY, MY BROTHERS AND SISTERS,
WHENEVER YOU FACE TRIALS OF MANY KINDS,
BECAUSE YOU KNOW THAT THE TESTING OF YOUR
FAITH PRODUCES PERSEVERANCE.”

Joy and trials don't seem to belong in the same sentence. Yet Scripture challenges us to see hardship differently — as fertile ground where perseverance, maturity, and depth of faith grow. You are not walking through pain for nothing. God is shaping you, strengthening you, and preparing you for things you cannot yet see. Your struggle is part of your story, but it is not the end.

- What trials are you facing right now?
- How might God be using this season to grow your faith?
- Where have you already seen perseverance shaping you?





Peter 5:10

“AND THE GOD OF ALL GRACE, WHO CALLED YOU TO HIS ETERNAL GLORY IN CHRIST, AFTER YOU HAVE SUFFERED A LITTLE WHILE, WILL HIMSELF RESTORE YOU AND MAKE YOU STRONG, FIRM AND STEADFAST.”

Suffering is not the final word in your story. Restoration is. God, in His perfect timing, promises to restore you — not just patch you up, but rebuild you stronger, firmer, and more steadfast. Pain may last for a season, but God's healing will endure forever. Trust that even in the suffering, God is at work preparing a beautiful restoration for you.

- What areas of your life feel broken or in need of restoration?
- How can you hold onto hope for healing, even in the waiting?
- What would it mean to trust God's promise to restore you?





CLOSING *Blessing*

May you leave this time with a heart that is lighter, not because the road ahead is suddenly easy, but because you know who walks beside you.

May the words of Scripture continue to echo in your soul, speaking life over your doubts, comfort into your grief, and strength into your weariness.

When the days are heavy and the nights are long, may you remember: you are seen, you are loved, and you are held by a God who never lets go.

He has been faithful before; He will be faithful again.

Take heart, beloved one. Even in this — yes, even here — His light is shining, and His love is carrying you forward.

Amen

