

*1 The Lord is my shepherd; I shall not want.
2 He makes me lie down in green pastures.
He leads me beside still waters. [a]
3 He restores my soul. He leads me in paths
of righteousness [b] for his name's sake.
4 Even though I walk through the valley
of the shadow of death [c] I will fear no evil,
for you are with me; your rod and your staff,
they comfort me. 5 You prepare a table before me
in the presence of my enemies; you anoint my head
with oil; my cup overflows. 6 Surely [d] goodness
and mercy [e] shall follow me all the days of my life.
I shall dwell [f] in the house of the Lord forever.*



• PSALM 23 •

THE GOOD SHEPHERD

21 DAYS OF HEALING



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HOW DO WE DRAW CLOSER TO JESUS?

THE GOOD SHEPHERD - 21 DAYS OF HEALING

This is a journey together, as we rediscover and receive God's indestructible hope and powerful restoration in our lives. Jesus is our Good Shepherd who heals and provides for us in daily and profound ways. Psalm 23 will be our primary passage from The Bible that we read every day and receive from God together.

You can go through the three weeks on your own, yet it is most impactful if you invite your friends, family, or entire church to participate. We need God and each other. We are made to experience depth with Jesus, healing, and a greater sense of community together.

WHAT CAN YOU EXPECT?

21 Days of Healing is sequential, as each day builds upon the previous day. Every day is significant, and it is important to take this one day at a time. Incremental leads to monumental. The foundation determines the security and altitude of a building. The same is true about the content we will cover together. Jesus is our Cornerstone. Let the Scripture dwell in you richly for a full day before moving forward to the next passage.

21 Days of Healing is transformative. This course is designed to change the trajectory of your life in both practical and eternal ways. God wants to do a supernatural work in our lives. You will not stay the same. The more teachable you are with God, the more you will grow. God's Word and the Holy Spirit powerfully work together to make us more like Jesus.

21 Days of Healing is restorative. God is a healer and close to the brokenhearted. Abiding with Jesus always bears fruit. Aligning with heaven brings hope. Turning away from sin leads to freedom. Cultivating powerful habits renews our minds and souls. Shalom is a holistic wellness and blessing from Jesus, who is the Prince of Peace.

There are no limits to what God can do as we spend time in His presence

21 Days of Healing includes reliance. We live in a culture that is obsessed with performance. Restoration, however, is primarily about the presence and grace of God. You will feel challenged and stretched as you shift from achieving to receiving.

The Christian life is not a solo endeavor, and we are not self-sufficient. We cannot save ourselves, and we need to step out of performance mode. We are human beings, not human doings. It is wise to rely on God. Our weaknesses lead us to His greatness. God is more interested in our availability than our ability.

These three weeks are primarily about Jesus and what He will do in you, through you, and beyond you. We all have blind spots, and God wants to go there. We need restoration more than we realize or want to admit. God's goodness, love, and faithfulness will strengthen you daily. God offers us an indestructible and abundant hope. It's time to open the door of your heart and home to Jesus.

WHAT IS THE FORMAT?

Each of the three weeks has a different focus and theme. Personal time with God, discussion with friends and family, as well as the weekly sermon, will all work together in terms of inspiration and application. Take the time to linger in God's presence, receive His gifts, and grow in your faith over the next 21 days.

God's Word revives our souls. In addition to Scripture and prayer, there is a daily video that covers the passage of the Bible and personal application. The written piece is connected to the video devotional to help you go deeper with God. God will pour out His grace in fresh ways as you make new decisions to trust the Lord. Be still and know that He is God.

Week 1 STILL WATERS: Emotional Healing

Week 2 GREEN PASTURES: Physical Healing

Week 3 THE TABLE: Relational Healing

For each of the 21 days, there are daily written and video devotionals for you as you seek God. Enjoy time in God's presence. Also, read Psalm 23 each day. This is our core passage. We want to draw near to Jesus and learn how to abide with our Good Shepherd.

We challenge you to invest in your relationship with God and take 21 minutes each day to meet with Him over the next 21 days.

21 minutes a day is both our recommendation and challenge. Restoration can't be rushed. You will not regret this new habit and rhythm. Find others who will do the same. God will encourage and empower you in transformative ways as you seek Him.

Just Choose Hope

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CHOOSE** 
HOPE

Introduction



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GETTING STARTED

Read: Psalm 23 and then scan the QR Code for an introduction

21 DAYS OF HEALING

Jesus is our Good Shepherd. When we abide with Jesus, we receive His restoration and healing in many areas of our lives. During the next three weeks, take time each day to read Psalm 23 daily and meditate on God's word.

Jesus restores our souls and provides infinite hope.

Jesus restores our souls and provides infinite hope. There are three themes that we will highlight during the 21 days of healing:

Week 1 The focus is emotional healing as Jesus leads us to still waters.

Week 2 The focus is physical healing as Jesus nourishes us with green pastures.

Week 3 The focus is relational healing as Jesus prepares and invites us to the table.

DAILY DEVOTIONS

Cultivate the habit of spending time each day with God and receiving from our gracious Heavenly Father.

Shift out of achievement mode and enjoy drawing near to our Savior. Listen and learn as the Holy Spirit guides you. You can experience the daily devotions alone or with family and friends.

Read the passage of Scripture, watch the teaching video, answer the reflection questions, and close with prayer. Invite others to participate in the 21 days of healing.

The content is free and easy to find on the justchoosehope.org website. Let's go on this journey together with God!



Psalm 23

A psalm of David.

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2 He makes me lie down in green pastures,
he leads me beside quiet waters,

3 he refreshes my soul.

He guides me along the right paths
for his name's sake.

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I will fear no evil,

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5 You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.

WEEK ONE

STILL WATERS



He calms the storms that rage inside of us

We want to shift from anxiety to peace, despair to encouragement, worry to trust, shame to freedom, loneliness to love, and confusion to clarity through Jesus. The shalom of God is found in His presence. Seek first the Blesser and the blessings will be added.

Step out of the patterns of the world and into the way of Jesus. God's thoughts are higher than ours, and He calms the storms that rage inside of us. Remember to read Psalm 23 and watch the video each day with the devotion.

EMOTIONAL HEALING

Day 1



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UNDERSTOOD AND HEARD

Read: 1 Samuel 1:1-28 about “Hannah’s Story” and then scan the QR Code

A delay doesn’t necessarily mean a denial. Hannah cried out to God and poured out her soul in prayer year after year. Her deep longing was to have a child, but she was barren.

There were waves of disappointment, but she continued to seek God. Her husband didn’t fully understand, her rival was mean, and the priest had false assumptions. No one brought relief. God was her refuge, strength, and an ever-present help in trouble.

The name of the Lord is a strong tower.

God listened to Hannah and provided a son named Samuel. Hannah dedicated her child to the Lord. Jesus tells us to pray and not give up. Keep asking, seeking, and knocking. Pain can fuel our prayers. Trusting God brings healing. We have hope because God is strong and loving.

Just Choose Hope

Hope Point: God’s provision is connected to persistent prayer.

Notes & Takeaway:

Why does God encourage us to be persistent in prayer?

How does Hannah inspire you?

What are some burdens in your life that can become prayers?

PRAYER

Father God, we praise You for Your love and faithfulness. Thank You for hearing our prayers and caring about us. Your kindness moves our hearts. Your provision encourages us daily. In Jesus' name we pray, amen.

Day 2



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GUARDING GRATITUDE

Read: Luke 17:11-19 about “The Ten Lepers” and then scan the QR Code

Gratitude has many spiritual, physical, relational, and emotional benefits. Gratitude, however, is not primarily about us. We thank Jesus because of who He is and what He has done. Gratitude is relational. God is worthy because all of our blessings come from Him.

Gratitude glorifies God.

When we stop giving thanks, we drift from God and take people for granted. Jesus healed ten men of leprosy, but only one returned to show his appreciation. Be intentional with thanking God.

Avoid an attitude of entitlement.

A gritty gratitude is choosing to thank God when you feel down and don't have what you want yet, before the new blessings arrive. When you draw close to God with thanksgiving, you will experience peace and renewal.

Just Choose Hope

Hope Point: Gratitude protects you from pride.

Notes & Takeaway:

When have you felt like an outsider?

How has Jesus changed your life?

How often do you thank God for blessing you?

PRAYER

Heavenly Father, Your presence is the strength of our lives. Your grace is greater than our sin. Thank you, Jesus, for saving us and leading us forward. We praise Your holy name, amen.

Day 3



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RELEASING RESENTMENT

Read: Luke 22:47-53 about “Peter’s Response” and then scan the QR Code

When you feel angry, do not sin. All of us become frustrated when we see injustice. There is a righteous anger, however, which honors God. Jesus flipped over the tables because the merchants were overcharging the people and blocking access to prayer in the temple.

You always decide how you respond when you are frustrated.

Peter chose to be violent and chopped off Malchus’ ear. Jesus healed Malchus physically, and was teaching Peter about self-control. The way of Jesus does not include resentment and bitterness. Vengeance belongs to God.

God has the final say and there will be a future judgment. Peter had good intentions, but his actions were not approved by God. Because Jesus forgives us, we forgive others. Jesus can set you free from the chains of unforgiveness and the poison of revenge.

Just Choose Hope

Hope Point: The peace of God comes from trusting God.

Notes & Takeaway:

When have you overreacted?

What are some ways you can eliminate resentment?

How does our response to difficult situations reveal our worship?

PRAYER

Merciful Father, blessed be Your name. Because You forgive us, we forgive others fully from the heart. We trust You with justice and let go of all bitterness and resentment today in Jesus' name, amen.

Day 4



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GOD'S COMFORT

Read: John 11:1-57 about "The Story of Lazarus"
and then scan the QR Code

Jesus wept. Those two words are powerful. It's the shortest statement in the Bible. Yet there is so much meaning in the simple phrase. Jesus is well-acquainted with sorrow and enters into our pain. Our Savior can relate and truly cares.

At the same time, Jesus brought hope to the people who were grieving by declaring that He is the resurrection!

When we feel overwhelmed by life and tragedy, we need God's eternal perspective.

The devil is an accuser, but the Holy Spirit is our Comforter. Nothing can separate us from the love of Christ, and no one can remove God's promises. The God of all comfort is with us.

Because of the Lord's great love, we are not consumed. God's mercy is new every day, His grace is sufficient, and great is the faithfulness of Jesus.
You are the light of the world!

Just Choose Hope

Hope Point: God sees your tears, He cares, and He has solutions.

Notes & Takeaway:

When have you experienced an intense time of grieving?

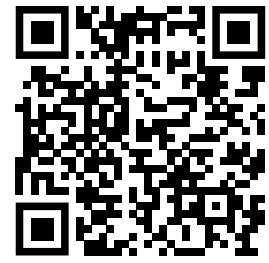
How has God brought comfort to you?

How has God brought comfort to you?

PRAYER

Father, You are the God of all comfort. Thank You for comforting us in our troubles and pain. Thank You, Jesus, for always keeping Your word. Thank You, Holy Spirit, for always being with us. We pray in Your strong name Lord, amen.

Day 5



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THROWING OFF LIMITATIONS

Read: Mark 10:46-52 about “The Belief of Bartimaeus”
and then scan the QR Code

One encounter with Jesus can change your life forever. Bartimaeus had one opportunity as Jesus passed by, and he was not going to remain silent. He cried out to the Lord, but the crowd told him to be quiet. It was a defining moment in his life.

As a beggar, he was treated as a second-rate person for years. He was never able to see faces or a beautiful sunset.

His desire for Jesus was greater than the pressure of the

His faith in God would not be denied. Jesus responded by welcoming and healing him. Our desperate and determined prayers reach heaven. Restoration comes when we reject false teaching and bad advice.

Those who try to hold you down are not as strong as God’s righteous right hand. Praise God for His Grace and mercy!

Just Choose Hope

Hope Point: Don’t give people too much power.

Notes & Takeaway:

How are you wholeheartedly seeking Jesus?

Are there people in your life who have undermined your faith and how did you respond?

How do you break free from trying to please people?

PRAYER

Holy Father, You are omnipotent, omniscient, and omnipresent. You are love, light, and a consuming fire. We choose not to fear people or give them too much power. We seek and honor You. Lord Jesus, You are first in our lives, and we give you thanks and praise today, amen.

Day 6



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NO MORE EMPTINESS

Read: John 3:1-21 about “The Conversation with Nicodemus” and then scan the QR Code

One encounter with Jesus can change your life forever. Bartimaeus had one opportunity as Jesus. There are many things in life that can't satisfy your soul.

Nicodemus was recognized as a spiritual leader, but he was running on empty. The position, the respect, the authority, the admiration, the rules, the rituals, the leadership, the applause, and the knowledge could not fill the void. Something was missing. The outside story looked great, but the inside story was hollow.

One night, Nicodemus approached Jesus because he knew there must be more.

A relationship with God is very different than religion.

We must be born again, and there is a cure for false teaching and legalistic traditions. Jesus is the answer. Sometimes you need to step out of your peer group to abide with and listen to the Good Shepherd.

Take risks and be counter-cultural, so that your soul will abound with hope.

Just Choose Hope

Hope Point: Seek Jesus instead of being religious.

Notes & Takeaway:

What questions would you like to ask Jesus?

Why doesn't religion ultimately satisfy our souls?

What does Jesus say in these verses that encourages you?

PRAYER

Gracious God, thank You for calling us out of religious traps and empty religion. We reject legalism, pride, and self-sufficiency today. Jesus, You are the same yesterday, today, and forever. To Your name be the praise and the honor. Jesus, You are our Good Shepherd, and we pray in Your name, amen. today, amen.

Day 7



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TRAVELING LIGHT

Read: John 21:1-25 about “Peter’s Restoration” and then scan the QR Code

Your darkest day is not the end of the story. As Jesus died for our sins, Peter was denying Jesus three times. Then they looked at each other. Peter had previously declared that he would never turn away from the Lord, but then he did the unimaginable.

We all have times when we know we have failed. It’s a miserable feeling, but it doesn’t define us.

Our identity and hope is in Jesus.

Peter didn’t remain in guilt and shame. Jesus offers us grace that is greater than our sin. It takes humility to receive a pardon that we don’t deserve. Jesus paid the full price for all of our sins. The mercy of God brings restoration.

Glorify the One who redeems your life. His purpose for you is stronger than your past transgressions.

Just Choose Hope

Hope Point: Jesus can eliminate our shame and overcome our failures.

Notes & Takeaway:

When have you sensed your need for God's forgiveness?

How has Jesus showered you with grace and mercy?

How has God restored you?

PRAYER

Father, thank You for the many ways that You call us to come home. Jesus, thank You for Your patience with us. Holy Spirit, thank You for guiding and empowering us daily. We surrender all to You today, Lord. We trust You with all of our hearts. We worship You in reverence and awe. In Your name we pray, Jesus, amen.



Psalm 23

A psalm of David.

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I will fear no evil,
for you are with me;
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5 You prepare a table before me
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You anoint my head with oil;
my cup overflows.

6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.

WEEK TWO

GREEN PASTURES



God has brilliantly designed our bodies

God heals us in countless ways. Jesus restores our bodies while we sleep, exercise, give thanks, pray, and worship. God also uses medicine and gives wisdom to doctors and other healthcare professionals.

There are also healings from God that the medical world can't explain. God has brilliantly designed our bodies with many internal processes of recovery, too. Jesus is the source of healing, and our bodies are the temple of the Holy Spirit.

Remember to read Psalm 23 and watch the video each day along with the devotion.

PHYSICAL HEALING

Day 8



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GOD'S WAY

Read: 2 Kings 5:1-27 about “Naaman’s Leprosy”
and then scan the QR Code

Pride blocks restoration. Naaman had leprosy which is fatal. There is a process with healing, and a series of decisions. Naaman was first directed to the man of God. He had to travel a long distance. Then Naaman was given a message from the prophet.

At each point in the journey, Naaman had reservations. He didn’t want to dip in the Jordan River seven times as directed. Why not a different river? Naaman was a military leader who usually called the shots. It doesn’t matter how many accolades and achievements we have, because we all need to walk humbly with God.

God’s ways are different than our ways.

God is the Potter, and we are the clay. Our willingness to do what God tells us is called faith. The path of restoration includes listening and trust. Those are the core of every healthy relationship. Your soul is even more important than your body. Walk with God in faith!

Just Choose Hope

Hope Point: God reveals His path to anyone who will listen.

Notes & Takeaway:

Who has given you great advice?

When has God asked you to do something that you initially didn't want to do?

How have you experienced God's physical healing?

PRAYER

God, Your thoughts and ways are higher than ours. Jesus, You are the way, the truth, and the life. There is healing and indestructible hope in Your presence. May we listen to You, Holy Spirit, and keep in step with Your promptings and timing. We live and pray for Your glory, Jesus, amen.

Day 9



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NEAR TO JESUS

Read: Mark 5:21-43 about “Healing Touch” and then scan the QR Code

No one knows how much pain we carry, except God. We would be surprised if we really knew everyone’s full story. We would probably have more compassion, understanding, and kindness.

The woman with the issue of bleeding approached Jesus because she had been suffering for so many years. She went to doctors, but her condition only worsened.

The physical infirmity looked hopeless, but the hope of Jesus is indestructible.

She knew that if she could just touch the edge of His garment, the power of God could change her life. Years of isolation, despair, and waiting concluded in a single moment. Jesus declared that He is the Messiah, and He validated that truth with miracles, signs, and wonders.

There is no better place to be than at the feet of Jesus.

Just Choose Hope

Hope Point: God mends internal and invisible pain.

Notes & Takeaway:

When have you carried pain that people didn't see or know about?

Have the doctors ever told you that there is nothing more they can do and how did that affect you?

Why are miracles a significant part of the Bible?

PRAYER

Heavenly Father, thank You for Your presence. You are our Rock. Your word revives our souls. Jesus, we abide with You. We rely on You at every step of our journey. You are the Alpha and the Omega. May we draw near and listen closely to Your voice. Thank You for Your healing and protection, Lord, amen.

Day 10



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GIVE IT TO GOD

Read: Luke 6:6-11 about “The Shriveled Hand” and then scan the QR Code

One golden thread in stories of restoration is the decision to seek Jesus and surrender. Bring to God what is broken, and offer your entire life as a living sacrifice. This is real worship.

God doesn't always heal this side of heaven.

Sometimes we know that His grace is sufficient, and we can overcome and endure. God directs our hearts to His love and perseverance. In this world we will have trouble, but be courageous because Jesus has overcome the world. We will receive new bodies in heaven that are perfect.

The man with the shriveled hand extends his problem to the Lord. Jesus is greater than man-made Sabbath restrictions.

All healing is for God's glory and our good.

Like the Hebrew boys thrown into the fiery furnace, we will serve God and trust Him with the results. Jesus saves and heals. The man with a healed hand has a testimony that we still celebrate today. When you experience restoration, make sure people know that Jesus is the hero of the story.

Just Choose Hope

Hope Point: Admit your weaknesses and offer yourself to Jesus.

Notes & Takeaway:

Has there been a meaningful time when you revealed your area of pain and disappointment to someone?

How safe do you feel with Jesus?

How does Jesus teach and heal on many levels at the same time?

PRAYER

Father, thank You that You know us completely. You see our weaknesses, struggles, and insecurities. You continue to care for us with perfect love. We release burdens today and extend our pain to You. Thank You for hearing us as we pour our hearts out to You. We love You Jesus and pray in Your matchless name, amen.

Day 11



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THE GIFT OF TIME

Read: 2 Kings 20:1-21 about “Hezekiah’s Healing”
and then scan the QR Code

Time is your most valuable resource. It’s far more valuable than your money or any other possessions. We all have an expiration date when God calls us home. We can’t live in the past.

Our lives are like a mist that quickly vanishes.

We are far more fragile and mortal than we want to admit. If God withdrew His breath, we would no longer be alive. All that to say, thank God for every new day. There are many who are not able to experience it or see another sunrise.

Hezekiah pleaded with God, and he was given fifteen more years. What a gift! But Hezekiah made some bad decisions and didn’t finish well. Don’t waste your life. None of knows how long we will be here on earth. Funerals are humbling.

The good news is that Jesus gives us both abundant and eter-

Jesus gives us the life that is truly life. May God give us a heart of wisdom that we may number our days aright and live faithfully for the Lord.

Just Choose Hope

Hope Point: Every day is a gift from God.

Notes & Takeaway:

Have you ever been or seen a loved one fighting for their life?

What stands out to you in this passage?

What would you do if God gave you fifteen more years of life?

PRAYER

Father, every day is a gift from You. We don't take our lives for granted. Give us a heart of wisdom that we may live faithfully and make the most of our opportunities. We desire Your plan and priorities. Jesus, You are the light of the world. We invest our time, talents, and treasure for Your glory, amen.

Day 12



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BOLD STEPS

Read: Mark 2:1-12 about “Four Friends and the Paralytic” and then scan the QR Code

True friends lead you to Jesus and always want the best for you. Shallow friends can't be found in difficult moments because they don't keep their word, always want something from you, are slow to serve, pull you away from God, and have lots of excuses.

There are many obstacles to healing in this story. The house is full, people are blocking access to Jesus, and there is no visible path forward.

It would take something radical – like breaking through the

They catch Jesus' attention and are welcomed by the Savior. Physical healing, the forgiveness of sins, and a day they will never forget. Love protects, trusts, and never gives up. The friends couldn't fully anticipate all the blessings that they would be given. They didn't need to know the entire story.

They knew the One who has been given all authority in heaven and on earth.

The Messiah is in the house, and nearness to Him is the top priority. Don't settle for less than God's presence. You have access to the throne of grace.

Just Choose Hope

Hope Point: Our greatest need is God's presence.

Notes & Takeaway:

What is true friendship?

How can we carry each other to Jesus?

How does Jesus reward our faith?

PRAYER

Father, Son, and Holy Spirit, we see perfect relationships and unity in You. Thank You that we are made in Your image. We want to love and serve one another as Your family. We want to live as the light of the world and drive out the darkness. Thank you for Your restoration. We praise You Jesus, amen.

Day 13



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LOOK UP

Read: Numbers 21:4-9 about “The Bronze Snake on the Pole” and then scan the QR Code

God’s solutions are often more simple than complicated. Jesus died for our sins and rose again. If anyone puts their trust in Jesus, they will have peace with God, eternal life, and be in God’s family forever. Salvation is received, not achieved.

As the people were attacked by poisonous snakes, God told Moses to put a bronze snake on a pole. God made it clear that whoever looks up at the pole will be healed. Simple acts of obedience open the door for deep restoration.

Lift your eyes to the Maker of heaven and earth.

Lift your eyes to the risen Lord. Lift your eyes to what Moses is holding up because it’s a preview of the gospel, and God is faithful. If God said it, we believe it. God has over 7,000 promises in the Bible, and He keeps all of them perfectly.

Fix your eyes on Jesus, because He is the way, the truth, and the life.

Just Choose Hope

Hope Point: God wants to heal through receiving, not striving.

Notes & Takeaway:

What are some poisonous and toxic temptations we encounter?

How are God's remedies surprising and counter-cultural?

How do you see the gospel in these verses?

PRAYER

Gracious God, thank You for Your solutions and grace. While we were yet sinners, Jesus, You died for us. We lift our eyes today to You. Our help comes from the Maker of heaven and earth. There is healing and mercy in Your name. Jesus, You are the Savior of the world, and we give You praise right now and forever, amen.

Day 14



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DELIVERED FROM DARKNESS

Read: Mark 5:1-20 about “The Demoniac” and then scan the QR Code

Jesus wins against the devil every time. The devil is a defeated foe and will be thrown into the lake of fire forever. Demons are fallen angels that try to accuse, torment, and oppress us. The Holy Spirit is greater than any evil forces.

Jesus drives out demons and teaches the disciples how to do the same. In Mark chapter 5, there is a man that has been suffering for years and is demon-possessed. A legion of demons left his body at the command of Jesus.

The devil tries to get a foothold or stronghold on us, but his power is broken in Jesus’ name.

Lift your eyes to the risen Lord. Lift your eyes to what Moses is holding up because it’s a preview of the If you want to walk in the light, repent of all sin because sin wants to master you. Resist the devil, and he will flee from you. Call on the name of the Lord in the spiritual battle.

Drive out the darkness because God empowers you. The word of God breaks the chains. Christ has set us free!

Just Choose Hope

Hope Point: God’s power is displayed in the spiritual battle.

Notes & Takeaway:

What experiences have you had with the demonic realm?

How does the Holy Spirit help us in the spiritual battle?

How are you encouraged by the healing and deliverance in this story?

PRAYER

Father God, You are above all false gods and victorious over the devil. Jesus, all authority in heaven and earth belongs to You. Holy Spirit, You are greater than the demonic realm and the patterns of the world. We put on our spiritual armor today and stand strong and united in Jesus' name, amen.



Psalm 23

A psalm of David.

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your rod and your staff,
they comfort me.

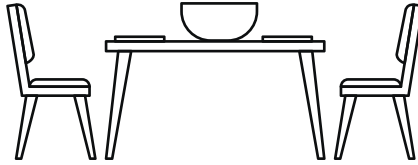
5 You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.

WEEK THREE

THE TABLE



Life is all about relationships

We have a vertical relationship with God which is connected to our horizontal relationships with other people. Jesus leads us out of resentment, selfishness, pride, bitterness, and indifference.

We need God, and we need each other in profound ways. Jesus is filled with compassion, humility, wisdom, hope, truth, and love and generously provides for us. When we abide with Jesus, we become like Jesus. God wants to transform how we view, respond to, and connect with other people.

Continue to read Psalm 23 and watch the video each day with the devotion.

RELATIONAL HEALING

Day 15



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TOGETHER AGAIN

Read: **Genesis 46:1-34** about “Jacob and Joseph Re-unite” and then scan the QR Code

Family relationships can be the most difficult and the most rewarding. We truly need God’s grace and patience. Joseph was called by God and given a special dream. His brothers were jealous. They mistreated him, and he was taken as a slave.

In Egypt, God was still with Joseph. He was falsely accused and thrown into jail. God was with Joseph in prison.

God restored him and eventually raised him up to be a leader of the nation.

God gave him wisdom and during a famine, Joseph had foresight and provision. His brothers came to Egypt looking for food. They didn’t recognize Joseph. God moved Joseph to reconcile and bless the ones who were cruel to him. God’s restoration is rich. Jacob never expected to see Joseph again. When they embraced, heaven rejoiced.

Unity glorifies God and fulfills our deep longings.

There are no limits to what God can do. What the enemy meant for evil, God turned around for good. What a great God we serve!

Just Choose Hope

Hope Point: Family unity heals the heart.

Notes & Takeaway:

When have you overcome tension in family relationships?

How has the love of God brought relational restoration and unity in your life?

How can you be intentional to bless your family?

PRAYER

Heavenly Father, thank You for making a way when there appears to be no way. You are a covenant keeper, and Your loyal love is our joy. Broken relationships can be restored in Your name, Jesus. Guide and protect our families. We pray, and cry out to You in Jesus' holy name, amen.

Day 16



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FINALLY SECURE

Read: John 4:1-42 “The Samaritan Woman at the Well” and then scan the QR Code

There is no replacement for God. The woman at the well had been married five times, but never found contentment. She assumed that if she found the right spouse, life would be wonderful. No man could meet her deepest needs.

She carried shame and so many broken relationships. Jesus found her. She had a reputation in her city. Jesus broke cultural norms to have a conversation with her and offer her Living Water.

The Savior brings security. The woman had relationships, routines, and religion, but no restoration.

Real acceptance can only come from the real Messiah.

God is love. She finally found the One who healed her broken heart. She was overjoyed as she ran through town proclaiming that Jesus is the Son of God. Many people in the city came to Jesus and believed.

The woman who could not experience peace was introducing everyone to the Prince of Peace. She received and became an instrument of healing and hope. The hope of Jesus is available in abundance

Just Choose Hope

Hope Point: Jesus can make anyone feel valued and satisfied.

Notes & Takeaway:

Why does Jesus break cultural norms?

How is the love of Jesus sacrificial and radical?

How has God called you to be a bridge and give hope outside of your comfort zone?

PRAYER

Gracious God, You renew us with Your compassion and kindness. Jesus, thank You for Living Water that satisfies our thirsty souls. Failure doesn't define us, because we are made new in You Lord. Our identity is secure, and we are in Your wonderful family forever. Thank You Jesus, amen!

Day 17



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FORGIVENESS AND HEALING

Read: Numbers 12:1-16 about “The Forgiveness of Moses” and then scan the QR Code

The most inspiring moments in Moses’ life include the way he responded to a family crisis. His siblings Miriam and Aaron were envious and undermined him. They rejected his leadership and wanted his role. God rebuked and judged them. Miriam was afflicted with leprosy. Moses forgave them and prayed for healing.

Jesus tells us to forgive and pray for those who sin against us.

That’s what Moses did. This kind of love and grace does not make sense to the world. The hope of God is powerful. The health of the family landed on the shoulders of the leader who dropped to his knees. Servant leadership is evident in Jesus, and we see it in Moses’ life too.

The spiritual maturity of Moses blessed his family.

You are going to need the presence and perseverance of Jesus to guard the unity of those you love. The sacrifices are worth it. May the people who know you the best be most grateful for you.

Just Choose Hope

Hope Point: Love is demonstrated through grace and prayer.

Notes & Takeaway:

How does Jesus empower and command us to forgive fully?

How can you be an instrument of healing?

Has God ever restored a strained relationship in your life?

PRAYER

God, we praise You for who You are and what You have done. Your mighty right hand upholds us. Your wisdom and insights guide us. Your promises are an anchor for our souls. May we forgive and love as You have forgiven and love us, Jesus. We choose hope today and walk in Your grace, amen.

Day 18



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BEYOND THE WORK

Read: Luke 7:1-10 about “The Healing of the Centurion’s Servant” and then scan the QR Code

Knowing God changes the way you view people. Work relationships can merely be transactional. There are services, products and money that are exchanged. There are deadlines, job descriptions and quotas. God calls us to experience so much more.

We build community where we live, work, learn, and play.

We receive and give the hope of Jesus daily. Your job provides so much more than a paycheck. How you work and treat people around you is your worship. The centurion could have overlooked the servant.

He could have assumed the worst. He could have given up. But instead, he went the extra mile. He called on Jesus.

People always remember how you made them feel.

The servant will never forget his supervisor who loved selflessly, nor the Savior who restored and healed him when no one else could. This story reminds us what it truly looks like to love our neighbors.

Just Choose Hope

Hope Point: Value people more than possessions.

Notes & Takeaway:

How have employers, supervisors, or other leaders inspired you?

What is community and how do we build it?

How would you describe the healing power of God?

PRAYER

Father God, open our eyes we pray to the needs and opportunities around us. Forgive us God when we forsake You and deny Your truth and power. Forgive us for neglecting the people whom You have placed in our lives. We intercede for family, friends, leaders, and co-workers today in Jesus' mighty name, amen.

Day 19



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REDEEMING RELATIONSHIPS

Read: Hosea 1:1-11 and 3:1-5 about “Hosea’s Redeeming Love” and then scan the QR Code

God calls us to do some very unusual things. Hosea married Gomer, an unfaithful wife. The pain of adultery is beyond words. The sense of rejection and abandonment runs so deep.

God’s call to Hosea was to go find his wife and welcome her home. He went to the marketplace and had to purchase her out of slavery. Can you imagine what that day must have been like for both of them?

The word redeem means to buy back. Jesus created us, but we rebelled. He left heaven and purchased us with His sinless and precious blood on the cross. He paid the price for our sins and removed the penalty of sin and separation from God.

Without Jesus, we would be in hell forever.

We can’t save ourselves.

Gomer was a picture of Israel at the time as they were unfaithful to God and chose to love idols. Hosea was a picture of the costly redemption that God offers. You are called to redeem the times and restore broken relationships for everyone!

Just Choose Hope

Hope Point: God is radically merciful.

Notes & Takeaway:

What is most shocking to you about this story about Hosea and Gomer?

Why do you think this book is in the Bible?

What is redemption and how is Jesus our Redeemer?

PRAYER

Gracious God, You are the source of our hope. We trust Your word and timing. Your commitment to us for eternity inspires us to love faithfully. If Your calling doesn't make sense to us initially, we still want to do whatever You are telling us to do. May our lives, decisions, and responses be in alignment with You today, Lord, amen.

Day 20



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FOR MY FAMILY

Read: Luke 8:40-56 about “The Parenting of Jairus” and then scan the QR Code

Your family needs you. Lead them to God in many different situations. Jairus would never have anything more difficult than when his daughter died. He was heartbroken watching her health decline and pain increase as she was fighting for her life.

He felt so helpless but he was not hopeless.

He ran to Jesus. One family member who calls on the Lord and persistently pursues Jesus is very powerful. You have a ministry of intercession which leads to restoration. You are a priest, ambassador of Jesus, and minister. It starts at home. Serve your family with all of your heart.

Jairus is not a dad who is absent, distracted, lazy, or selfish. He is very connected relationally, emotionally, and spiritually. Parenting is a call to sacrifice and bring the very best for your children.

Train your children how to know and walk with God.

Jesus raises up Jairus’ daughter because He is the resurrection. The hope of Jesus is indestructible. May our lives be filled with stories of how the love of God filled our hearts and saturated our homes.

Just Choose Hope

Hope Point: Step up and speak up for your family.

Notes & Takeaway:

How does parenting humble people?

How can parents create a healthy spiritual environment at home?

What is your prayer for your kids or kids you know and love?

PRAYER

Father, Your strength is perfect in our weakness. Jesus, we abide with You at all times, including the darkest moments. Help us to serve our families well. We guard unity. We honor You with our words. We bow down before You, Jesus. Be at the center of all of our relationships. Thank You Jesus for changing and healing us, amen.

Day 21



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THE RETURN

Read: Revelation 22:1-21 about “Come, Lord Jesus!” and then scan the QR Code

Heaven is our home. There are foretastes on earth and glimpses of what is yet to come, but we are not of this world. We are made for another place, a heavenly city. We long to be with God and see Jesus face to face.

We want to be with loved ones who are already there.

We look forward to resurrected bodies with no more sickness, cancer, addictions, war, poverty, temptation, sin, and death. Aging reminds us the best is yet to come. We cry out for Jesus to return.

God is patient because every day more people are saved and the population of heaven is growing. So, Jesus has not returned yet. It will be at just the right time. The kingdom of God is unstoppable. We have many life hacks, best practices, wise insights, and technological solutions to improve the quality of our lives.

What we ultimately need, though, is Jesus and for Him to make all things new.

There is everlasting healing that is emotional, physical, relational, and spiritual in Christ. God will keep all of His promises, and we can celebrate our destiny now. The infinite hope of Jesus is ours forever.

Just Choose Hope

Hope Point: All of our trials remind us of our real home.

Notes & Takeaway:

In what ways are you looking forward to heaven and ultimate healing?

Which one of God's eternal promises stands out to you?

What do you imagine it will be like to see Jesus, face to face?

PRAYER

Almighty God, we praise You for Your unrivaled greatness, glorious grace, infinite hope, and unlimited power. We look forward to new bodies, a new heaven and earth, and perfection. We know all of Your promises are guaranteed. Our real home is with You. We long for Your return, Jesus. You will reign forever as King of kings and Lord of lords. We praise You with our lives Lord, amen!

Conclusion



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YOUR NEXT STEPS

Read: Psalm 23 and then scan the QR Code for the conclusion

21 DAYS OF HEALING

Take time to reflect on what God has done in your life during the last three weeks. If it's helpful, review your devotional notes and write it down.

Think about how God has provided emotional, physical, and relational restoration.

Jesus is the One who heals us and satisfies our souls with Living Water. Give thanks to God for all breakthroughs and hope shifts. God renews our minds, heals our hearts, guides our steps, and revives us in the deepest ways.

Share your experiences with friends and family.

You can invite others to take this 21-day journey with God. If you have enjoyed this series, explore 28 Days of Hope, 12 Weeks of Unity, 84 Days of Soaring, and our Hope Academy training which empowers you to make a greater impact where you live, work, learn, and play.

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**JUST
CHOOSE** 
HOPE

Weekly Life Group Discussion Questions

WEEK ONE

Opening Questions:

- 1) What are you personally praying for as we begin this series?
- 2) What is your prayer for our church this year?
- 3) What are your thoughts on fasting?

Text Questions:

- 1) **Psalm 23:1-6** Why are we choosing to read this passage every day during the 21 days of healing?
- 2) **1 Samuel 1:15-17** How does Hannah handle disappointment?
- 3) **Matthew 26:50-53** What is Jesus teaching Peter about resentment?
- 4) **John 11:25-28** How can you still receive when you grieve?
- 5) **Mark 10:46-48** What is courageous and inspiring in this passage?
- 6) **2 Corinthians 1:3-4** What kind of emotional restoration do you need?
- 7) **John 10:10-14** What does it mean that Jesus is our Good Shepherd?

Closing Prayer:

Pray together about what God will do during these 21 days of intentional prayer and healing.

WEEK TWO

Opening Questions:

- 1) What are you learning and experiencing through the daily devotions and videos?
- 2) What helps you to continue fasting when you feel like stopping?
- 3) How would you teach someone to draw near and receive more restoration from God during the day?

Text Questions:

- 1) **Psalm 139:13-18** How has God designed your body with many restorative systems and purposes?
- 2) **1 Timothy 4:8** What is the value of both physical and spiritual training?
- 3) **1 Corinthians 6:19** How can you be a good steward of your body?
- 4) **Luke 6:6-11** What is Jesus' teaching through this healing?
- 5) **Mark 5:25-34** How is this passage inspiring?
- 6) **Luke 17:11-19** How can we live with more gratitude for Jesus and be intentional with our attitude?
- 7) **2 Kings 20:1-6** How do you face illness and your mortality?

Closing Prayer:

Pray together for physical restoration and healing.

WEEK THREE

Opening Questions:

- 1) What are you learning and experiencing through the daily devotions and videos?
- 2) How has God restored you in different ways?
- 3) How would you share your faith with someone who needs restoration now?

Text Questions:

- 1) **Ephesians 4:29-32** How can we strengthen our relationships?
- 2) **Mark 2:1-6** What needs do you see where you live, work, learn and play?
- 3) **Mark 2:7-12** How are real friendships connected to knowing Jesus?
- 4) **Numbers 12:1-9** Why was God angry?
- 5) **Numbers 12:10-15** How does Moses become part of the solution?
- 6) **Luke 8:49-56** How are you learning to listen to and trust Jesus in difficult times?
- 7) **Luke 7:1-10** How can you serve people with compassion like the centurion?

Closing Prayer:

Pray together for relational healing.



