Sunday Pause

NEW MERCIES FOR TODAY

"This I call to mind, and therefore I have hope:
The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning; great is your faithfulness."

- Lamentations 3:21-23

Some days, hope begins by remembering. Take a few quiet minutes to notice God's faithfulness, receive today's mercy, and bring the week ahead into His care.

Pause & Reflect

1. What do I need to call to mind when hope feels far away?

2. Where have I seen God's faithfulness in this season?

3. What mercy, however small, can I notice today?

4. What worry or disappointment can I place in God's hands?

5. What truth do I want to carry with me into this new week?

My Prayer Today

Lord, when my thoughts settle on what is hard, help me call Your faithfulness to mind. Thank You that Your steadfast love never ceases and Your mercies meet me again today. Help me enter this week with hope - not because I know what is ahead, but because I know You are faithful. Amen.

This week I will remember:

God's mercy is new for me today. I can begin this week with hope.