

## HOPEs, DREAMS, and GOALS for a New Year

### Day 1- The Lord is God

READ: [Isaiah 40:1-31](#)

REFLECT: In Isaiah 40, the prophet is looking ahead to hard days when the Israelites will be living in exile in Babylon, and he is sharing God's words of comfort. When times get harder than they are even today, be assured that the Creator of the world, the everlasting God, remains in control! Start a new journal page and write "God" at the top of the page. Write down everything that this chapter reveals about Him.

PRAY: Bow your head over the page and pray, "God, You are...." as you read through your notes. Confess where you struggle to believe that He is who He says He is. Use Isaiah 40:29-31 to ask Him for what you need.

PRACTICE: In your journal, create 3 sections for HOPEs, DREAMS, and GOALS. Don't write anything else today, just invite God to help you hope, dream, and set goals...

### Day 2- HOPEs

REFLECT: Open your journal and set your timer for 3 minutes. Write down some of the highs and lows you experienced in the last year and the emotions and adjectives that accompanied them.

READ: [Isaiah 40:1-31](#)

REFLECT: On day 1, you did the work of discovering the character of God in this chapter. Today, read the chapter again and hold the past year in your mind as you read. This chapter is meant to bring comfort, assurance, and hope to God's people. In what ways do God's words bring you comfort right now?

A biblical definition of hope is waiting with anticipation. What are you hoping for in the new year? What does it look like to wait on God with anticipation?

PRACTICE: Open your journal to your HOPE, DREAMS, and GOALS page, and begin filling in your hopes for the new year.

PAUSE TO PRAY: Use Isaiah 40:28-31 to surrender your hopes to the Lord.

*Do you not know?*

*Have you not heard?*

*The Lord is the everlasting God,  
the Creator of the ends of the earth.*

*He will not grow tired or weary,  
and his understanding no one can fathom.*

*He gives strength to the weary  
and increases the power of the weak.*

*Even youths grow tired and weary,  
and young men stumble and fall;  
but those who hope in the Lord  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.*

### Day 3- Praise God!

READ: [Isaiah 43:1-25](#)

REFLECT: Some days, you need to be reminded of the magnitude of who God is, and Isaiah 43 reveals so much about Him! Read the whole chapter quickly, then a second time more slowly. Keep your journal at hand and start a new page, "God you are..."

When you finish, sit back and review the list you made. What have you learned about God today? What hope have you found? What assurance is in those words? What peace?

PRAY: Choose a prayer posture that reflects humility in the face of such an awesome God. Bow your head and stretch out your hands or lay face down on the floor. Use the words of Isaiah to praise God for who He is. Rejoice in the wonder of His love for you- He has a purpose for you, He made a way to save you, and He has forgiven you. Glory to God!

### Day 4- DREAMS

READ: [Isaiah 43:1-25](#)

REFLECT: In Isaiah 43:16-17, God refers to the exodus from Egypt, but in verses 18-19, He tells His people not to focus on the past but to look ahead. The Israelites thought that all of God's mighty deeds on their behalf were past tense. Not true! Not only would the Lord bring them back from their exile, but He would fulfill all His promises, and one day, a Savior would come...

Reflect on your own life- where can you see God's hand in your past? Where can you see Him in your present? Do you believe that He will do a new thing in your future?

PRACTICE: Return to your journal and spend some time filling in your DREAMS- what big prayers will you pray this year as you look for God to do new things?

PAUSE TO PRAY: Use the language of Isaiah 43 to praise God and to pray a big prayer for a big dream.

### Day 5- GOALS

READ: [John 10:1-18](#)

REFLECT: Jesus makes two claims about His identity in John 10- "*I am the door for the sheep... I am the Good Shepherd.*" Nestled within this teaching is verse 10. Read it out loud.

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

Who is the thief? How has he tried to steal and kill and destroy your life? In contrast, what does Jesus offer you? What might it look like to live a Jesus-filled, abundant life in the new year, come what may?

PRACTICE: In your journal, start a new page by writing "Abundant Life"; below that, write down some thoughts about what abundance feels like and looks like. How will you, a child of God, seek and receive His abundance? What will you start doing? What will you stop doing? Will you start a new habit, rid yourself of a distraction, engage in a Christian community, or take a step to serve someone? Prayerfully set a couple of goals for yourself, considering the small steps needed to reach those goals.

PAUSE TO PRAY: Praise the Lord for what you have learned about Him this week. Confess how you have looked for abundant life in other people and things. Thank Jesus for His continued work in your life. Surrender the new year to Him and ask Him to increase your faith as you choose to trust Him with your hopes, dreams, and goals.

**FIND YOUR CHAIR!** Start the year by taking your faith from weekly to daily. Find a time, a good chair, and spend time with God every day. Find resources and more at [whoisgrace.com/READ](http://whoisgrace.com/READ).