

**YogaXoga LLC**  
**Christ-Centered Affirmation: Hope**

**Releasing all tightness and tension. Releasing all control.**  
**Releasing all thoughts, plans and worries and taking refuge in the Lord.**  
**Allowing ourselves to place our hope in the Lord.**  
**Taking this hour to let go and be still and know that He is God. Tuning out the**  
**world's frequency and tuning into God's voice, His presence. With each inhale,**  
**breathing in the goodness of God and with each exhale, letting our physical**  
**and emotional clutter fade away....**

**Ps 25:4-6**

**Show me your ways, O LORD, teach me your paths; guide me in your truth and**  
**teach me, for you are God my Savior, and my hope is in you all day long.**  
**Remember, O LORD, your great mercy and love, for they are from of old.**

**Ps 31:24**

**Be strong and take heart, all you who hope in the LORD.**

**Jer 29:11-14**

**For I know the plans I have for you," declares the LORD, "plans to prosper you**  
**and not to harm you, plans to give you hope and a future. Then you will call**  
**upon me and come and pray to me, and I will listen to you. You will seek me**  
**and find me when you seek me with all your heart. I will be found by you,"**  
**declares the LORD.**

**Rom 5:2-5**

**And we rejoice in the hope of the glory of God. Not only so, but we also rejoice**  
**in our sufferings, because we know that suffering produces perseverance;**  
**perseverance, character; and character, hope. And hope does not disappoint**  
**us, because God has poured out his love into our hearts by the Holy Spirit,**  
**whom he has given us.**

**Rom 12:12**

**Be joyful in hope, patient in affliction, faithful in prayer.**

**Heb 10:23-24**

**Let us hold unswervingly to the hope we profess, for he who promised is**  
**faithful. And let us consider how we may spur one another on toward love and**  
**good deeds.**

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**Rom 15:13**

**May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.**

**Allow your physical tensions and mental clutter to fade away – creating a space for you to be still and hear God’s voice. As we begin a new year, focusing on the hope that we have in God – letting that hope renew us and restore us. Taking the next few moments to pray, or be still & listen for God’s voice, and taking comfort in the hope we have in Him ...**