

Renewing Your Life With Christ (RYL)

Series 3 Session 4 – Hope During Prolonged Difficulty

These simple exercises are designed to help strengthen the inner foundation discussed in Session 4. They are meant to be realistic, practical, and integrated into ordinary daily life.

Exercise 1 - The One-Day-at-a-Time Practice

Purpose - To help shift attention away from overwhelming timelines and back toward the present day.

Steps:

1. Write down one difficulty or challenge that has been weighing on you.
2. Answer the question - “What is one faithful step I can take today towards it?”
3. Keep your answer simple and realistic. Focus only on that step for the day.
4. At the end of the day, reflect on the following question - *What changed when I focused on today rather than the entire journey ahead?*

Exercise 2 - The Hope Journal

Purpose - To notice signs of God’s presence that are often overlooked during difficulty.

Steps:

1. For seven consecutive days, set aside five minutes each evening.
2. Write down:
 - One challenge you faced that day.
 - One thing that helped you endure it.
 - One thing for which you are grateful.
3. At the end of the week, read all seven entries together.
4. Look for patterns of grace, support, strength, or growth.

Exercise 3 - The Companion Walk

Purpose: To deepen awareness that Christ accompanies us through difficult seasons rather than merely waiting at the end of them.

Steps:

1. Take a 15-minute walk in a quiet place.
2. As you walk, imagine Christ beside you as a compassionate companion.
3. Share honestly with Him whatever is weighing on your heart.
4. Before ending the walk, sit quietly for one minute and ask - “What do You want me to remember today?”
5. Write down any thought, word, Scripture passage, or insight that comes to mind.