



POUR OUT
— TO THE —
GOD OF HOPE

A 7-Day Devotional and Prayer Plan

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INTRODUCTION

I sat at the airport gate, holding my bowed head in my hands as I listened to the conversations swirling around me. Wherever I am, I make it my practice to listen and then lift up what I hear in prayer. But today's cussing and yelling, complaining and arguing filled my ears faster than I could pour it out in prayer. A couple argued nearby, saying hurtful things that they'd never be able to erase even if they eventually apologized. A young girl loudly disclosed on her cell phone what she'd done the previous night, activities so crass one mother covered the ears of her child. In one sad sigh, I said, "Lord, it sounds like we are losing our minds." Then it was as if God answered in my spirit, *No, it's worse. They are losing heart.*

This was the moment I began praying about how we could pour hope into the hearts of people through the National Day of Prayer. I realized I was living in a world of human hearts running on empty and needing the God of hope to come fill them. In Luke 18:1, Jesus taught His disciples that "they ought always to pray and not lose heart." The heart is where our hope resides. As you begin this seven-day journey with us, I am praying that you will be filled as well. The key to making room for joy, peace, and abounding hope is to pour out whatever is in our hearts to make room for God to fill it.

Romans 15:13, the 2025 National Day of Prayer theme verse, lays out our journey, a powerful path where each phrase provides a step towards abounding hope. I encourage you to read and reread this verse, letting every word soak into your heart:

May the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit. (Romans 15:13 NASB)

Does this verse feel impossible? Or maybe you thought, *Sure, maybe for some people, but not for my circumstances.* Do you long for an emptiness inside of you to be filled and healed? Perhaps life has been humming along pretty well, but your prayer life could use growth, especially leading up to and beyond the National Day of Prayer. For these reasons and many more, it's our pleasure to go on the seven-day journey with you to "Pour Out to the God of Hope."

We invite you to take what you read in the Scripture passage and devotional for each day, reflect on it and the questions provided, and respond in prayer:

- Pour out praise and open your heart to God's presence.
- Pour out repentance from sin and embrace His forgiveness and righteousness.

- Pour out thankfulness for things He's done and be filled with memories of His faithfulness.
- Pour out pain from anxiousness, fear, rejection, and anger and exchange them for courage, assurance, acceptance and love.
- Pour out your needs, the desires of our hearts, and watch for God to reveal His plan, provision, and purpose for you.

Remember we're pouring out and submitting this space in our lives for His work in us and through us. This is definitely not a "fake it until we make it" moment, nor is it a "name it and claim it" movement. In contrast to the common "I hope so" desire for something to happen or be true, a biblical definition of *hope* is joyful, confident expectation. Our hope is that you'll pray to the God of hope and *believe* all that He reveals to us in Scripture to walk in truth as His Spirit fills our lives with fruitfulness and abounding hope.

Thank you for joining us on this journey, and please remember that we're praying for you each day as you read and pray. We also invite you to make plans to attend one of our National Day of Prayer gatherings near your home or work on May 1st. You can find out more on our website at Nationaldayofprayer.org.

Heavenly Father, we step into this journey with You, and we pour out praise to You as our healer and hope. We pour out repentance for when we have not fully "believed." We pour out gratitude for Your faithfulness, and we pour out our needs for ourselves, our neighbors, and our nation, confessing our need for You in every moment of our lives. Thank You for this journey. In the matchless name of Jesus we pray, amen!

Kathy Branzell

President | The National Day of Prayer

ROMANS 15:13

May the God of hope fill you with all joy and peace in believing.

DAY 1

SUSTAINED BY HOPE

A bird with broken wings. An empty, barren field. These images from Langston Hughes' famous poem "Dreams" describe the emptiness of a life without dreams, which Hughes urges readers to "hold fast" to. Hughes' words weren't a casual reminder that dreams are nice to have. His poem emerged from his experiences of the tremendous barriers Black Americans like him were facing in the 1920s—a time when lynchings were at an all-time high. Clinging tightly to dreams, to hope—despite everything trying to destroy it, was urgent. Hope was essential for survival and resilience.

In the gospel story, too, hope isn't just a nice feeling—it's a gift of God that seems impossible against the background of the tremendous evil and suffering in the world. But the hope found through Jesus' resurrection is real, and it changes everything.

Paul's letter to the Romans emphasizes God's hope in sustaining believers (4:18; 5:2-5; 8:18-25; 12:12). In chapter 15, Paul even writes that all of Scripture was written so "that through endurance and through the encouragement of the Scriptures we might have hope" (v. 4).

Hope in Christ is an essential, life-sustaining source of "endurance and encouragement" (v. 5). It makes it possible to live in a Christlike way that's honoring to God (vv. 6-7).

When all feels barren, His hope can bring new life, joy, and peace (v. 13).

MONICA LA ROSE

**Where do you struggle to have hope?
How can believers point each other to hope?**

*Gracious God, please help us to
overflow with Your hope.*

ROMANS 15:13

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

JESUS, PLEASE COME IN

“I just wanted to ask if you’d like pizza,” Jim said, startled. The tense, unblinking eyes of his roommate Ron seemed to scan the apartment for danger as he opened his bedroom door a crack. “Oh, thanks!” Ron said. “Just a sec.” His door closed, and the lock clicked.

Ron always locked his door. Growing up in a troubled family, he’d felt afraid if the door was unlocked, for an abusive family member might enter. Later, as a believer in Jesus, Ron realized he was treating God with the same distrust. “I’m afraid bad things will happen if I leave the ‘door’ of my life unlocked,” he explained. “If I make myself vulnerable by trusting God, I might expose myself to harm.”

Yet unlocking the door to our life is what trusting—or believing God—is about. Our trust invites God to work in us and fill us with joy—“so that by the power of the Holy Spirit” we may “abound in hope” (Romans 15:13). This was the prayer of the apostle Paul for the believers in Rome—that they’d be filled with God’s joy, peace, and hope as they trusted Him. We can pray this for ourselves too. Such prayer reminds us that trusting God doesn’t mean we’re exposing ourselves to harm but that we’re opening our life to His perfect wisdom and help.

May we leave the door of our life unlocked, trusting that God gives us ultimately good things, including joy.

KAREN HUANG

**How does God’s promise to fill you with joy encourage you to trust Him?
How does His joy strengthen your hope in Him?**

My God, thank You for Your joy that never runs out. In You will I hope.

ROMANS 15:4

Whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

GOD'S VICTORY STORY

My *One Year Bible* was a Christmas gift I didn't open for a year. It sat on a bookshelf, still bound in cellophane wrapper, until life's frustrations stirred an unmet hunger in me. Taking the Bible off the shelf, I unwrapped it and began reading. My prayer as I did so? To rediscover God's presence and His quiet blessings.

But God wasn't so quiet as I encountered the wisdom of Scripture. *Use common sense! Be content! Don't talk too much, for it fosters sin.* And then this direct message: "Pray without ceasing" (1 Thessalonians 5:17).

The Bible meets us where we are. That's what Paul stressed to gentile believers in Jesus, who were scorned as outsiders in Rome. Quoting Scripture, Paul said of Jesus, "The reproaches of those who reproached you fell on me" (Romans 15:3; see Psalm 69:9). To these believers facing putdowns and trials, Paul added, "Whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope" (v. 4).

Joining Scripture with prayer can lift us from distress to God's strengthening joy. Prayers led by Scripture are directed by God's precepts and emboldened by His power.

As I studied my new Bible, I rejoiced to discover the Scriptures are one grand, connected story—God calling His fallen people back to Himself to "abound in hope" by "the power of the Holy Spirit" (v. 13). And what a story: God's plan for our victory in Him.

PATRICIA RAYBON

**How does Bible reading show you God's story?
How does it bless you?**

*As I study Scripture today, dear God,
please guide me to see my path in Your unified story.*

JOHN 3:16

God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

DAY 4

BELIEVING

Throughout my fourteen-year battle with a brain tumor, I was challenged to think about what I really believe. Believing is where faith begins and grows as you put it into practice every day, in every situation and season of life. That long season of suffering put my faith to the test as I looked to God and read my Bible for comfort, direction, and reassurance. John 3:16 was so familiar, yet did I really believe “God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life”? I learned not to think about eternal life as beginning when I died but to fully believe that abundant, eternal life starts on earth and continues in heaven.

The most important day of my life was the day I prayed and told Jesus I believed in Him and thanked Him for taking the punishment of my sin for me on the cross. Christ declared, “No one comes to the Father except through me” (John 14:6). I believed this, so I asked Jesus to be my Lord and Savior, to guide and redeem my life on that day and forever.

Every day, even in the worst days, I can be filled with joy and peace as I believe all that Scripture reveals about God’s character, love, and promises. Fear, worry, and stress don’t rule our lives; God does. Believing invites God to fill and sustain us in every season from now through eternity. That’s what the apostle Paul’s prayer of blessing asks toward the end of his letter to fellow believers in Jesus living in Rome: “May the God of hope fill you with all joy and peace in believing” (Romans 15:13 NASB). Believe and be filled!

KATHY BRANZELL

What are some of your favorite Scriptures that shape and strengthen your life? As you identify doubts or disbelief in your life, which verses or passages help you wrestle with these doubts?

Dear God, my heart is Yours. Thank You for my life. Please let me know the hope of Your calling, the riches of the glory, and the surpassing greatness of Your power toward believers in Jesus as I live out Your wisdom and will according to Scripture.

What father among you, if his son asks for a fish, will instead of a fish give him a serpent . . . ?

THE POWER OF THE SPIRIT

Millions love Oswald Chambers because of his devotional *My Utmost for His Highest*. Many, however, don't realize that as a believer he endured a dry spell for four years when he didn't sense God's presence. But then some of Jesus' words "got hold" of him: "how much more will the heavenly Father give the Holy Spirit to those who ask him!" (Luke 11:13). He wrestled internally, then asked God for a fresh infilling of the Holy Spirit.

Afterwards Oswald sensed no visions of angels or heaven: "I had nothing. I was as dry and empty as ever, no power or realization of God." But two days later when he spoke at a meeting, forty people committed to follow Christ, and Oswald realized that God had answered his request. He understood that whereas previously he sought spiritual power for his own glory, now he received power through the Holy Spirit (see Acts 1:8). Now he yearned for God, not for personal influence, and his heart "filled to overflowing with the love of God."

Jesus promised this gift of the Holy Spirit after He taught His friends how to pray (Luke 11:2-4). He invited them to share all of their needs and concerns with His loving Father, because even they wouldn't give their sons a snake if asked for a fish (v. 11).

When anyone believes in Jesus, God gives the Holy Spirit to indwell them. Yet as with Oswald, believers can experience perplexing bouts of spiritual dryness, sometimes lasting months or even years. But when God's overflowing love and assurance seem elusive, Jesus invites us to keep praying—asking, seeking, and knocking (vv. 9-10). We can invite God's anointing afresh, and we can trust that when we ask, our heavenly Father will keep on giving us the power and guidance of the Holy Spirit needed for all of life (v. 13).

AMY BOUCHER PYE

**How has the power of the Holy Spirit changed you?
Over which areas of your life might you seek God's
transforming love and grace?**

*Loving Jesus, thank You for promising the gift of the Holy Spirit.
Please help me to seek You during all the moments of my day.*

ISAIAH 11:9

The earth shall be full of the knowledge of the LORD as the waters cover the sea.

DAY 6

THE GOD OF HOPE

The threat of arrest constantly stalked the members of the little house church, yet they continued to meet illegally. Their crime? Loving Jesus in a country hostile to Him.

Gradually, it dawned on the police that the only broken law was the one banning the church from worshipping Christ. “We know you’re good people,” the police told them, “but we have to show that we know you’re not following the law.” Still, the members continued to meet, and they did so in hope and joy.

When the apostle Paul wrote to a church whose Jewish members were recently ordered to leave Rome, he emphasized hope: “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope” (Romans 15:13). Quoting the prophet Isaiah, Paul said, “The root of Jesse will come . . . ; in him will the Gentiles hope” (v. 12; see Isaiah 11:1). This “root of Jesse” is Jesus the Messiah, who descended from King David’s father, Jesse. Isaiah anticipated a day when Messiah, “with righteousness . . . shall judge the poor, and decide with equity for the meek of the earth” (Isaiah 11:4). Peace will reign (vv. 5-9), and “the earth shall be full of the knowledge of the LORD as the waters cover the sea” (v. 9).

Such great news infuses our prayers with abundant hope in every circumstance. The root of Jesse will return to restore His creation.

TIM GUSTAFSON

What distracts you from praying? How might anticipating the return of Jesus change your prayers and increase your hope and joy?

Thank You, Father, for the abundance of hope we have in You.

TODAY'S SCRIPTURE | **ISAIAH 11:1-9**



- ¹ There shall come forth a shoot from the stump of Jesse,
and a branch from his roots shall bear fruit.
- ² And the Spirit of the LORD shall rest upon him,
the Spirit of wisdom and understanding,
the Spirit of counsel and might,
the Spirit of knowledge and the fear of the LORD.
- ³ And his delight shall be in the fear of the LORD.
He shall not judge by what his eyes see,
or decide disputes by what his ears hear,
- ⁴ but with righteousness he shall judge the poor,
and decide with equity for the meek of the earth;
and he shall strike the earth with the rod of his mouth,
and with the breath of his lips he shall kill the wicked.
- ⁵ Righteousness shall be the belt of his waist,
and faithfulness the belt of his loins.
- ⁶ The wolf shall dwell with the lamb,
and the leopard shall lie down with the young goat,
and the calf and the lion and the fattened calf together;
and a little child shall lead them.
- ⁷ The cow and the bear shall graze;
their young shall lie down together;
and the lion shall eat straw like the ox.
- ⁸ The nursing child shall play over the hole of the cobra,
and the weaned child shall put his hand on the adder's den.
- ⁹ They shall not hurt or destroy
in all my holy mountain; for the earth shall be full of the knowledge of the LORD
as the waters cover the sea.

ROMANS 15:5

May . . . God . . . grant you to live in such harmony with one another.

DAY 7

HARMONY, HOPE, AND PRAYER

In September 2024, over five thousand people from more than two hundred countries and territories gathered in Seoul Korea for the Fourth Lausanne Congress on World Evangelization. Among the rich highlights of the gathering were the times of faith-charged, hands-raised, tear-filled corporate worship. The multiethnic, international gathering mirrored the around-the-throne worship scene in Revelation 7:9-10, especially under their banner: “Let the Church Declare and Display Christ Together.”

Harmony in worship is a beautiful thing. When believers in Jesus live in harmony, it’s even better. In Romans 15:5-6, the apostle Paul encouraged both: “May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ.” People with different backgrounds and perspectives, especially those who did or didn’t participate in Jewish diets and days (see chapter 14), had been welcomed by God into the church because of their faith in Jesus. Yet in Rome, the recent reintroduction of both Jew and gentile in the church had grown divisive. Thus, despite the tension, Paul encouraged them to welcome each other (15:7).


Whether at an international gathering, a local church engagement, or wherever believers in Jesus have assembled—praying together to the God of hope is foundational for declaring and displaying Christ together. At such gatherings racial, ethnic, and cultural backgrounds differ, but because of our shared faith we can pray and trust God together, “for the same Lord is Lord of all, bestowing his riches on all who call on him” (Romans 10:12).

ARTHUR JACKSON

How do you feel knowing that your background is not a barrier for God? How might you be emboldened in prayer knowing that you’re welcomed by Him?

*Dear Jesus, thank You for bringing me into Your family.
May Your joy, peace, and hope abound in me and all
who call upon Your name.*

TODAY'S SCRIPTURE | **ROMANS 15:5-13**

 ⁵ May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, ⁶ that together you may with one voice glorify the God and Father of our Lord Jesus Christ. ⁷ Therefore welcome one another as Christ has welcomed you, for the glory of God.

⁸ For I tell you that Christ became a servant to the circumcised to show God's truthfulness, in order to confirm the promises given to the patriarchs, ⁹ and in order that the Gentiles might glorify God for his mercy. As it is written,

“Therefore I will praise you among the Gentiles,
and sing to your name.”

¹⁰ And again it is said,

“Rejoice, O Gentiles, with his people.”

¹¹ And again,

“Praise the Lord, all you Gentiles,
and let all the peoples extol him.”

¹² And again Isaiah says,

“The root of Jesse will come,
even he who arises to rule the Gentiles;
in him will the Gentiles hope.”

¹³ May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

CONCLUSION

I straightened my back at the airport gate, then opened my eyes and ears to as many people as I could even after getting on the plane. I know I live in a world of human hearts running on empty that need the God of hope to come fill them. I poured out prayer for every person I could see and hear. I prayed my heart out, and God filled me to overflowing with joy and peace. I also believed that a lot of changes were happening in a lot of lives that day as I prayed for those people at that gate and invited God to touch their lives. Instead of adopting their anger, angst, and anxieties and letting them multiply in me, I got to pour them out and watch them wash away in prayer.

As I was chatting with the flight attendants toward the end of our long flight, they commented on what a calm and kind flight this had been, how it had been drastically different than most of their flights lately. I couldn't hide my joyful smile, and I poured out thanks to God again. You could never convince me that an angry, full plane just calmed down and was filled with kindness and patience on its own, and I'm grateful for the privilege I had to pray for everyone who had been on board. I'm also praying for you as you finish this devotional journey.

Our hearts are a place where blood is meant to flow through, where blockage is dangerous, and yet we tend to hold and try to control so many things in our hearts that are meant to be poured out and handed over to God. His living water is supposed to flow through us, and living water by definition is water that's moving, that has an entrance and an exit point. That's exactly what we're supposed to do in prayer throughout our lives. Many things enter our lives every day, and we're called, even commanded, to come humbly to God and pour out in prayer (1 Peter 5:7). Thank you for joining us to "Pour Out to the God of Hope."

In Matthew 11:28 Jesus calls to us, "Come to me, all who labor and are heavy laden, and I will give you rest." The term *heavy laden* refers literally to a heavy burden or load being carried that's in danger of tipping over; figuratively, it refers here to the legalistic burden and guilt involved in attempting to meet the onerous requirements of the religious leaders' interpretation of the Mosaic law and add-ons imposed on the people. Jesus offered to relieve people oppressed by such religious legalism. We pray that you've been able this week to offload some things you've been holding on to or that have been holding on to you. Shame, guilt, pride, fear, insecurity, disappointment, loss, doubt, rejection, finances, family, work, school, church, neighborhood, and nation Whatever you've stored up that's weighing you down, I pray that you're learning to pour it out every day, and that you're filled with joy, peace, and abounding hope.

Thank you to our friends and spiritual siblings at Our Daily Bread Ministries for inviting the National Day of Prayer Task Force to partner in this devotional plan leading up to the National Day of Prayer on May 1st. This is the oneness that our heavenly Father calls us to as we serve Him together as a part of God’s “forever family” of fellow believers in Jesus. God tells us that “two are better than one” (Ecclesiastes 4:9), and we encourage all of you to find at least one person to pray with frequently to continue to grow your prayer life. We’d like to continue partnering with you in prayer as well. You can find prayer resources and the location of a National Day of Prayer gathering near you on our website at Nationaldayofprayer.org as well as your next devotional at odbm.org.

God of hope, You’re our true and eternal hope, our salvation and our source of security and strength. I pour out prayers for each person who came heavyhearted, hurting, or hopeless and needing to be filled with all that You’ve prepared, promised, and purposed for their lives. Thank You for filling us with the joy and peace of believing in Your Son, that we can abound in hope through the power of the Holy Spirit. In the wonderful name of Jesus, our anchor of hope, we pray, amen!

Kathy Branzell

President | The National Day of Prayer



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