



HOPE  
CONNECT

# BOUNDLESS HOPE

7-Day Devotional for  
Overwhelmed Moms & Dads

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# PREFACE

At a casual lunch one day, a friend asked “how are your kids doing?” I mentioned a mix of positive and negative incidents, such as school suspensions, defiance, and challenges in connecting. The challenges of parenting are more intense with children who have experienced trauma.

Regardless of how intense or benign the trauma may be, one thing is clear as parents and caregivers—we must be consistently filled so we can consistently pour out.

***That’s where Boundless Hope steps in to help you.***

For one week, allow yourself to be daily reminded that our Heavenly Father has genuine hope waiting for us in His word and that... ***this hope will not disappoint.***

May this divine connection with our Heavenly Father overflow with blessings that surpass your wildest dreams, empowering you to shower His love and hope upon the precious children entrusted to your loving care.

**Mat John, MSW**

**4KIDS Chief Operating Officer**

# INTRO

***Situational hope is elusive especially if you’re a parent of a child with trauma.*** Whether you’re single, married, or in a blended family, fostering or have adopted your child, hope can be difficult to see at times.

Many times, hope is confused with mere wishful thinking. For example, we could say, “I hope this person comes through for me.” Or we might think to ourselves, “I’m not sure, but I really hope I can get the appointment for my child.” There’s not much confidence in those statements.

Conversely, biblical hope is free of doubt. It’s full of confidence that the Lord will deliver on His promises, despite what we see with our eyes. Our Heavenly Father is the ultimate source of our hope. Allow yourself to absorb and internalize this profound reality. Let it seep into your heart, soul, and mind.

The real, lasting hope found in the Bible stands in stark contrast to the hope that the world presents.

As we anchor ourselves to His faithful character displayed in His Word, we experience perseverance, guidance, and reassurance. More than enough to see through even the darkest valleys of our lives filled with anxious thoughts, doubt, disillusionment, setbacks, failure, shame, and lost connection with your children.

Over the next 7 days, enjoy a journey of discovery amidst the most demanding situations involving you and your child. Engage with the power of the Hope of God’s Word. Each of the verses found here form the foundation of HopeConnect™ - a free resource for parents of children overcoming trauma.

***Experience how God’s Boundless Hope empowers you to create healing connections with your children.***





# DAY 1 HOPE IN THE DARKNESS

*"I rise before dawn and cry for help; I have put my hope in your word."  
~ Psalms 119:147 (NIV)*

Like the psalmist, we too may rise early, our hearts heavy with concern and our minds racing with anxious thoughts. In these moments, we are reminded in God's Word that even in the darkest hours, hope is never lost. We can cry out for help, knowing that our pleas are not only heard by our loving Heavenly Father who understands the pain and the struggles of our kids, but in Isaiah 65:24 (NLT) He assures us they are being answered.

The psalmist's words remind us of the power of God's hope and the strength we can draw from Him. Just as the sun inevitably rises each morning, bringing light to dispel the darkness, so too can His hope and healing dawn in the lives of our traumatized children.

As we navigate this challenging journey, let us hold fast to real and lasting hope found only by grounding ourselves in the promises of God's word. This way we can be the steady, comforting presence our children need as they work through their trauma.

And let us remember that, like the psalmist, we are not alone in our early morning vigils and heartfelt prayers. As we pray, the peace of God guards our hearts and minds in Christ. During a somber night, our faith rises, permeating the atmosphere with boundless hope. As moms and dads, as well as those entrusted with the care of children who have faced traumatic events, we often find ourselves in this pre-dawn state of desperately seeking hope and healing for our children.

**Know that each new day brings opportunities for healing and growth. As we rise to meet each challenge, may our unwavering hope in and love for God be the light that guides our children towards a brighter future in Christ.**

# DAY 2 HOPE FOR THE FUTURE

*"For I know the plans I have for you" says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."  
~ Jeremiah 29:11 (NLT)*

Amid caring for our children who have experienced trauma, it's easy to feel overwhelmed by the present challenges and uncertain about the future. Yet, in this beautiful verse from Jeremiah, we find a powerful reminder of God's unwavering love and His perfect plan for each of us—including our precious children.

We often find ourselves desiring the capacity to erase the pain that our children have had to bear. We long to see them whole, joyful, and thriving. In those moments when progress seems slow and seemingly insurmountable challenges occur, let us draw strength from this promise: God, who knows the end from the beginning, has plans for our children—plans for good, not for harm.

It is a comforting reminder that, even in the darkest valleys of trauma recovery, real and lasting hope is not lost. God's plans extend beyond the present struggles, reaching toward a future filled with promise. As we guide our children through their healing journey, we can trust that each step, no matter how small, is part of His greater plan.

Take this profound truth to heart: our Almighty Heavenly Father, who brought the universe into existence, is closely engaged in your child's life and healing process. He sees their pain, knows their potential, and is working all things together for their good.

**So, dear parent and caregiver, when the path seems unclear, or the burden feels heavy, remember there is hope. There is a future. And it is bright with the promises of God. Your faithful care and love, aligned with God's perfect plan, are paving the way for your child's healing and restoration.**



# **DAY 3** HOPE FOR YOUR SOUL



*"This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary." ~ Hebrews 6:19 (NLT)*

Navigating the tumultuous waters of trauma recovery with a child can feel overwhelming. The emotional storms and unpredictable waves can leave parents and caregivers feeling adrift. Yet, Hebrews 6:19 offers a profound promise: hope is our anchor, firm and secure.

This hope is not a fleeting wish or temporary respite. God's hope is a steadfast assurance grounded in His unwavering love and promises. As you journey alongside your child, let this hope be your anchor. It holds you steady when the winds of doubt and fear threaten to capsize your resolve.

From a practical standpoint, this means trusting that healing is possible, even when progress seems slow. It means believing in the resilience and potential within your child, nurtured through your love and God's grace. When setbacks occur, remember God's hope keeps you anchored, preventing you from being engulfed by the depths of despair.

You have the privilege of being a living example of this hope. Your faith and perseverance teach your child that they are not defined by their trauma, but by their capacity to heal and grow. Encourage them to see hope as their anchor too, a constant amid life's uncertainties.

**Hand in hand, you can face each day with courage, knowing that God's hope is not just a comforting thought but a powerful force that secures your souls. With this hope, you and your child are anchored in a future brimming with healing, love, and endless possibilities. Allow His divine hope to serve as a compass, steering you and your child through the storms of trauma towards a future abundant with tranquility and boundless hope.**

# **DAY 4** HOPE THAT DOES NOT DISSAPPOINT

*"And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love." ~ Romans 5:5 (NLT)*

In the challenging journey of helping your child overcome trauma, hope can sometimes feel like a fragile thing. We may wonder if our efforts are making a difference or if healing is truly possible. But Romans 5:5 reminds us that the hope we hold onto is not wishful thinking—it's a powerful force rooted in God's love.

Today's verse affirms that our hope in God will never disappoint us or cause us embarrassment. It's not a false promise or an empty dream. On the contrary, it's a confident expectation based on the unchanging character of God and His boundless love for us and our children.

In our role as parents and caregivers, we can find solace in the fact that we are not alone in tackling this challenge. God's love has been generously poured into our hearts through the Holy Spirit. His indwelling grace gives us the strength, patience, and perseverance we need to support our children through their healing process.

When progress seems slow or setbacks occur, remember that God's love is constantly at work, even when we can't see it. His love is the foundation of our hope, and it will not let us down.

Take heart in this assurance today: Your hope in God's healing power for your child is not in vain. Every act of love, every word of encouragement, every moment of loving patience, is infused with divine purpose. As you continue to hope in His Word, trust that God is working in ways beyond what you can see or imagine.

**Your unshakable hope, anchored in God's boundless love, stands as a remarkable declaration to your child of a future bursting with promise.**



# DAYS HOPE-FILLED CONFIDENCE

*"Now faith is confidence in what we hope for and assurance about what we do not see." ~ Hebrews 11:1 (NIV)*

At times, we may find ourselves in a place where hope seems distant and healing for our child feels unseen. It's in these moments that Hebrews 11:1 speaks to us with profound relevance and power.

Faith, as described here, is not just a vague belief but a confident assurance in things we cannot yet see. When we look at our children, we may see the visible scars of their trauma, but faith allows us to see beyond - to the healing and restoration that God is working in their lives, even when it's not yet apparent.

Our faith in Christ gives us the strength to persevere when progress seems slow. It provides His hope and courage to keep believing in a brighter future for our children, even on the darkest days. It's the resolute conviction that every small step forward, every moment of breakthrough, no matter how tiny, is evidence of God's faithful work in their lives.

Dear parent and caregiver, remember that your unwavering faith is a powerful testimony to your child. When you continue to hope and believe in their healing and potential, you're demonstrating a love that echoes God's unconditional love for them.

As you navigate this challenging journey, let your faith in Christ be the lens through which you view your child and their future. Trust in the unseen work of His healing that is taking place. Your confidence in what you hope for - your child's complete restoration and flourishing - is not in vain.

**Abandon yourself to this faith. It is the foundation upon which miracles are built and lives are transformed. Your unwavering belief in God's promises and your child's potential is helping to shape a future filled with real and lasting hope.**

# DAYS GOD'S HOPE OVERFLOW

*"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit." ~ Romans 15:13 (NLT)*

Let's be truly candid: it's easy to feel overwhelmed, drained, and at times, hopeless. Yet, in this beautiful verse from Romans, we find a wellspring of encouragement and strength.

God is described here as the "God of hope" - not just a God who offers hope, but the very source and embodiment of hope itself. As you support your child through the tumultuous process of recovering from trauma, always remember that you are connected to this infinite source of hope.

This compelling verse speaks of being filled with joy and peace. Amidst challenging times and unpredictable outcomes, achieving this state of being may appear unattainable. But take note that this filling comes "as you trust in him." Your trust in God's goodness and His plan for your child's healing opens the door for His joy and peace to flood your heart.

Moreover, this hope is not just a trickle, but an overflow. Visualize a cup so filled with hope that it overflows, permeating and transforming everything it encounters. God's intention is to provide you with an overflowing hope that not only supports you but also radiates toward your child. The immense amount of this overflowing hope is not derived from your personal strength or optimism but is instead fueled "by the power of the Holy Spirit." Give yourself completely to the guidance of God's Spirit and let His hope flood and pour out of you.

**Throughout the ups and downs of your ongoing parenting journey, may God's divine hope continuously renew and uplift you. May it strengthen your endurance, uplift your mindset, and encourage your child's restoration. Bear in mind that the Hope of God's Word is a boundless reservoir of vital elements that are indispensable for the healing of your own soul and your child's quest for recovery from traumatic experiences.**



# DAY 7 HOLDING ONTO HOPE

"So now wrap your heart tightly around the hope that lives within us, knowing that God always keeps his promises!" ~ Hebrews 10:23 (TPT)

Parenting can be a beautiful journey, but it often comes with moments of exhaustion and anguish. Amid these challenges, God's Word offers a comforting reminder, encouraging us to anchor our hearts in the unwavering hope found in God's promises.

When life feels overwhelming, it's easy to lose sight of hope. Yet God invites us to cling tightly to the hope within us, rooted in His faithful promises. His Word is filled with assurances of His love, provision, and guidance. As parents, we can find strength in these promises, knowing that God is with us in every trial and triumph.

Challenge yourself to seek actively God's promises in His Word. Reflect on scriptures that speak to your current struggles and meditate on them. Allow these truths to permeate your heart, soul, and mind, transforming your perspective and renewing your strength.

Remember, God's promises are not just words; they are steadfast and true. By holding onto hope, you model resilience and faith for your children. You teach them the power of trusting in a God who never fails.

**Take a moment each day to wrap your heart around His hope. Pray for the courage to trust in God's promises and the wisdom to guide your family with love and grace. Embrace the peace that comes from knowing God always keeps His promises.**

# NEXT STEPS

By integrating these practices into your life, you can hold tightly to the experience of real and lasting hope, trusting in God's unwavering promises to guide and sustain you. Here are some steps to help you embrace this hope:

## 1. PRAYER AND REFLECTION:

Unclutter your heart through prayer to receive God's joy and peace (Philippians 4:6,7). Begin by seeking God's presence through prayer. Prayer invites divine peace into our lives, helping to calm overwhelmed hearts.

## 2. ACCEPTANCE AND PATIENCE:

It's okay to feel overwhelmed. Nevertheless, trust that God is greater than your circumstances and will guide you through.

## 3. SCRIPTURE MEDITATION:

Engage with God's Word daily. His promises provide strength, assurance, and hope. Use this time to reflect on God's promises, allowing them to soothe your spirit. Think on biblical passages that affirm God's faithfulness, allowing them to renew your mind.

Here are a few to help get you started:

📖 "...The Lord is trustworthy in all he promises and faithful in all he does."  
~ Psalms 145:13 (NLT)

📖 "God is our refuge and strength, an ever-present help in trouble."  
~ Psalms 46:1 (NIV)

📖 "Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall." ~ Psalms 55:22

When feeling overwhelmed, wrapping your heart tightly around hope can seem daunting, yet it's essential for finding peace.



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## WHY HOPECONNECT™

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- Everyday Moments™ activities with little to no prep-time
- Fun-filled, trauma-informed parenting content developed by licensed therapists and social workers
- Mobile-optimized platform, available at no-cost



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