



Finding Hope with Isaiah

A five-day devotional guide to help restore your hope
with key passages from Scripture



AMERICAN BIBLE SOCIETY

Your life can often feel overwhelming.

There might be everyday burdens you carry: a stressful job; strained relationships; financial worries. You could feel inundated with stories of devastation and violence in the news. You may worry about loved ones who are sick. You might struggle with emotions of anxiety, fear, and helplessness.

Where do you go when you need hope?

God Cares About Your Heart

As our Creator, God intimately understands our difficult emotions (Psalm 139) and sees even our most secret suffering (Psalm 56:8). And as our heavenly Father, he doesn't only care about the life-altering crises and heartaches we experience in a broken world. God also encourages us to come to him with every hurt or worry, no matter how small—all because he loves us (1 Peter 5:7).

No matter what you're feeling—discouragement, shame, frustration, sorrow, or fear—God cares about your heart and promises to draw near to you (Psalm 34:18).

God Wants to Restore Your Hope

In our moments of deepest suffering, it can feel like nothing anyone says or does could help. But Scripture tells us that God is powerful enough to provide a sure sense of hope, even in the darkest moments of our lives. Unlike our hope in other people, circumstances, or even ourselves, the hope we can find in Jesus is unshakeable.

Jesus is at the heart of the Bible's message of hope. Through Jesus, God offers the free gift of salvation (John 3:16) along with eternal blessings that can never fade or be taken away (1 Peter 1:3–5). Because he lived a human life, Jesus understands our daily struggles and our greatest heartbreaks. He experienced the full range of human joy, sorrow, anger, and suffering without sinning (Hebrews 4:15). As the Wounded Healer, Jesus's suffering, death, and resurrection restored our relationship with God and with each other (Isaiah 53). Now, we do not need to walk through trials and suffering alone, because Jesus promises to be with us (Matthew 28:20b).

God's Word Lights Your Way Forward

God's Word provides the strength and comfort we need when we are overwhelmed, suffering, or discouraged. In Scripture, we find evidence of our heavenly Father's care for us. We are reminded of Jesus's sacrifice for us and presence with us. And we can turn to God's promises to give us hope for the future (Jeremiah 29:11).

This five-day devotional series is designed to help you experience fresh hope in Scripture through exploring key passages in Isaiah. Each day features Bible verses from Isaiah, questions to consider as you read the passage, an encouraging meditation, and reflection questions to connect the passage to your life.

We invite you to read this resource to learn more about how God draws near to you through his Word.

About the Restoring Hope Bible

This series is adapted from special content in the [Restoring Hope Bible](#), which was published by American Bible Society's Trauma Healing Ministry. This Bible highlights more than 2,500 verses that speak about trauma and healing. It features a unique 56-page study guide for both individual reflection and group discussion. In addition, it includes helpful resources, reading plans, and experiential exercises that are designed to bring you new perspectives on the relationship between suffering and hope.

*All Scripture quotations are from the Good News Translation in Today's English Version - Second Edition
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Day 1: God's Heart

Step 1: Consider

Keep this question in mind as you begin to explore God's Word:

> > *How do these passages reflect God's heart for oppressed and hurting people?*

Step 2: Read

*A child is born to us!
A son is given to us!
And he will be our ruler.
He will be called, "Wonderful Counselor,"
"Mighty God," "Eternal Father,"
"Prince of Peace."
His royal power will continue to grow;
his kingdom will always be at peace.
He will rule as King David's successor,
basing his power on right and justice,
from now until the end of time.
The LORD Almighty is determined to do all this.*

— ISAIAH 9:6-7

*The royal line of David is like a tree that has been cut down; but just as new branches sprout from a stump, so a new king will arise from among David's descendants.
The spirit of the LORD will give him wisdom
and the knowledge and skill to rule his people.
He will know the LORD's will and honor him,
and find pleasure in obeying him.
He will not judge by appearance or hearsay;
he will judge the poor fairly
and defend the rights of the helpless.
At his command the people will be punished,
and evil persons will die.
He will rule his people with justice and integrity.*

— ISAIAH 11:1-5

*The Sovereign LORD has taught me what to say,
so that I can strengthen the weary.
Every morning he makes me eager
to hear what he is going to teach me.
The LORD has given me understanding,
and I have not rebelled
or turned away from him.
I bared my back to those who beat me.
I did not stop them when they insulted me,
when they pulled out the hairs of my beard
and spit in my face.
But their insults cannot hurt me
because the Sovereign LORD gives me help.
I brace myself to endure them.
I know that I will not be disgraced,
for God is near,
and he will prove me innocent.
Does anyone dare bring charges against me?
Let us go to court together!
Let him bring his accusation!*

— ISAIAH 50:4-8

Step 3: Review

The book of Isaiah is full of rich imagery, prophecies about the coming Messiah, and reminders of God's love during times of loss and suffering.

The prophet Isaiah, chosen by God to bring guidance to his people, frequently recounts God's faithfulness and the promise of a future redemption through Jesus. These reminders are applicable to us today. We, like the Israelites, live in a world where chaos abounds and pain feels inevitable. Where do we turn when evil seems to triumph?

God's commitment to justice, desire for peace, and care for the marginalized is demonstrated repeatedly throughout the Bible, and especially in Isaiah. One of God's names is "Prince of Peace" (Isaiah 9:6). This name recognizes his deep concern for unity and restoration. When we feel the turmoil and brokenness surrounding us in life, we are reminded that God longs to bring wholeness. In the end, we know that God has the power to accomplish his purposes and restore all things to harmony.

Isaiah 11:4–5 speaks about God clothing himself in faithfulness on behalf of the needy and poor. The cause of the suffering is as near and precious to God as the very garments that he wears. God is present with the weary, speaking words of comfort to those who are afflicted (50:4). God is attuned to our cries and the longings of our hearts. Driven by empathy, he listens to us, cares for us, and consoles us when we are exhausted and overwhelmed. God's very being is defined by peace and compassion, offering us encouragement when life feels crushing.

Step 4: Reflect on Your Story

Think about how these truths from God's Word apply to your own life:

> > *Which description of Jesus speaks to your heart today and why?*

Day 2: God's Promises

Step 1: Consider

Keep this question in mind as you begin to explore God's Word:

> > *What does God promise his children in these passages?*

Step 2: Read

The righteous will be happy, and things will go well for them. They will get to enjoy what they have worked for.

— ISAIAH 3:10

Here on Mount Zion the LORD Almighty will prepare a banquet for all the nations of the world—a banquet of the richest food and the finest wine. Here he will suddenly remove the cloud of sorrow that has been hanging over all the nations. The Sovereign LORD will destroy death forever! He will wipe away the tears from everyone's eyes and take away the disgrace his people have suffered throughout the world. The LORD himself has spoken.

When it happens, everyone will say, "He is our God! We have put our trust in him, and he has rescued us. He is the LORD! We have put our trust in him, and now we are happy and joyful because he has saved us."

— ISAIAH 25:6-9

*You, LORD, give perfect peace
to those who keep their purpose firm
and put their trust in you.*

*Trust in the LORD forever;
he will always protect us.*

— ISAIAH 26:3-4

*Those whom you have rescued
will reach Jerusalem with gladness,
singing and shouting for joy.*

*They will be happy forever,
forever free from sorrow and grief.*

— ISAIAH 51:11

Don't think that the LORD is too weak to save you or too deaf to hear your call for help!

— ISAIAH 59:1

Step 3: Review

There are many promises of happiness and fulfillment offered to us by society. Messages from advertisements and the media tell us if we just have a new car, a better home, a certain product, or more money we will be secure. It is easy to put our trust in the physical world that we can see, hear, and touch.

It's normal to want and work towards stability and safety for us and our loved ones. These desires are connected to our most basic human needs. However, the book of Isaiah warns against putting too much hope in material accumulation. Our earthly prosperity does not guarantee our souls will be content.

Instead, God promises well-being (Isaiah 3:10), provision (25:6), peace (26:3), comfort (51:12), and salvation (59:1) for those who trust in him. Though these blessings may not be fully realized on earth (and for most of the world, often are not), they are promised to us in heaven (51:11). Though suffering and loss seem to prevail, our souls can remain untouched when we seek shelter in God, our eternal Rock (26:4).

God's promises are the only solid foundation on which we can build our lives. Unlike assurances that are recommended to us from the world, God's promises provide us lasting joy, peace, and eternal security.

Step 4: Reflect on Your Story

Think about how these truths from God's Word apply to your own life:

- > > *What do you need to trust the Lord for today?*
- > > *How could God's "strong arm" and "listening ear" be important in your life right now?*

Day 3: God's Presence

Step 1: Consider

Keep this question in mind as you begin to explore God's Word:

> > *How do these passages describe the presence of God?*

Step 2: Read

*"I brought you from the ends of the earth;
I called you from its farthest corners
and said to you, 'You are my servant.'
I did not reject you, but chose you.
Do not be afraid—I am with you!
I am your God—let nothing terrify you!
I will make you strong and help you;
I will protect you and save you. [...]
I am the LORD your God;
I strengthen you and tell you,
'Do not be afraid; I will help you.'"*

— ISAIAH 41:9-10, 13

*Israel, the LORD who created you says,
"Do not be afraid—I will save you.
I have called you by name—you are mine.
When you pass through deep waters, I will be with you;
your troubles will not overwhelm you.
When you pass through fire, you will not be burned;
the hard trials that come will not hurt you.
For I am the LORD your God,
the holy God of Israel, who saves you.
I will give up Egypt to set you free;
I will give up Ethiopia and Seba. [...]
I am God and always will be.
No one can escape from my power;
no one can change what I do."*

— ISAIAH 43:1-3, 13

"I am the high and holy God, who lives forever. I live in a high and holy place, but I also live with people who are humble and repentant, so that I can restore their confidence and hope. ... I have seen how they acted, but I will heal them. I will lead them and help them, and I will comfort those who mourn. I offer peace to all, both near and far! I will heal my people."

— ISAIAH 57:15, 18-19

Step 3: Review

Life can be full of grief and pain. You may notice your body aging, not quite as agile and resilient as it once was. Maybe you recently lost someone you dearly love. Perhaps you are facing a major life change and feel tremendous fear.

Loss affects every person. Though it may impact us differently, we all have felt emotions of sadness, anger, confusion, anxiety, and dismay.

The Israelites also dealt with death, oppression, heartache, and displacement. Amid their suffering, they questioned and doubted God. Did their pain mean that God was far away? Had they been abandoned? These questions likely sound familiar to us.

The book of Isaiah reminds us that God's presence stretches to the farthest corners of the earth (Isaiah 41:9). Even when we feel overcome by fear, God is ministering to us (41:13). God accompanies us through suffering (43:2), promising us that we are never alone even when life seems dark and hopeless. God's companionship is promised to the humble (57:15), giving us divine courage.

Through times of sorrow and disappointment, we can be assured that God is walking alongside of us every step of the way.

Step 4: Reflect on Your Story

Think about how these truths from God's Word apply to your own life:

> > *How can the promise of God's presence help you when life feels overwhelming?*

Day 4: God's Salvation

Step 1: Consider

Keep this question in mind as you begin to explore God's Word:

> > *How does the Messiah experience physical, social, and spiritual pain in these passages?*

Step 2: Read

The people reply,

"Who would have believed what we now report?

Who could have seen the LORD's hand in this?

*It was the will of the LORD that his servant
grow like a plant taking root in dry ground.*

*He had no dignity or beauty
to make us take notice of him.*

*There was nothing attractive about him,
nothing that would draw us to him.*

*We despised him and rejected him;
he endured suffering and pain.*

*No one would even look at him—
we ignored him as if he were nothing.*

*"But he endured the suffering that should have been ours,
the pain that we should have borne.*

*All the while we thought that his suffering
was punishment sent by God.*

*But because of our sins he was wounded,
beaten because of the evil we did.*

*We are healed by the punishment he suffered,
made whole by the blows he received.*

*All of us were like sheep that were lost,
each of us going his own way.*

*But the LORD made the punishment fall on him,
the punishment all of us deserved.*

*"He was treated harshly, but endured it humbly;
he never said a word.*

*Like a lamb about to be slaughtered,
like a sheep about to be sheared,
he never said a word.
He was arrested and sentenced and led off to die,
and no one cared about his fate.
He was put to death for the sins of our people.
He was placed in a grave with those who are evil,
he was buried with the rich,
even though he had never committed a crime
or ever told a lie.”*

The LORD says,

*“It was my will that he should suffer;
his death was a sacrifice to bring forgiveness.
And so he will see his descendants;
he will live a long life,
and through him my purpose will succeed.
After a life of suffering, he will again have joy;
he will know that he did not suffer in vain.
My devoted servant, with whom I am pleased,
will bear the punishment of many
and for his sake I will forgive them.
And so I will give him a place of honor,
a place among the great and powerful.
He willingly gave his life
and shared the fate of evil men.
He took the place of many sinners
and prayed that they might be forgiven.”*

— ISAIAH 53

*I will tell of the LORD’s unfailing love;
I praise him for all he has done for us.
He has richly blessed the people of Israel
because of his mercy and constant love.*

The LORD said, “They are my people; they will not deceive me.” And so he saved them from all their suffering. It was not an angel, but the LORD himself who saved them. In his love and compassion he rescued them. He had always taken care of them in the past ...

— ISAIAH 63:7-9



Step 3: Review

It is easy to think that those in power are above suffering and hardship. To some, traits like humility, lowliness, and societal rejection can seem like weakness. Our world places a high importance on leaders being unbreakable, immovable, and inaccessible.

The Israelites longed for a king who would arrive in glory, dominating the nation's enemies and liberating the people. Isaiah's prophecy of the coming Messiah in chapter 53 is striking because it defies these stereotypes of a ruler.

In Jesus, we find the fulfillment of this promised Messiah. Jesus was socially rejected, disregarded, and marginalized by many people (Isaiah 53:3). He took on sin and bore the full weight of our spiritual guilt (53:5). He identified with beggars, the sick, and the outcast rather than allying with the rich and powerful. He experienced severe physical torture and affliction (53:7). He felt the human emotions of anguish, despair, and sadness. He chose the path of humility as the way to divine glory. He endured this suffering to save us and to identify with the ache of being human.

Since Jesus went through great hardships, we can trust that he empathizes with our suffering. We have access to an all-powerful God who also identifies with us, inviting us to share our physical and emotional pain with him.

Step 4: Reflect on Your Story

> > *God's Word invites you to repent of your sin and turn to a Savior who understands your suffering. How does Isaiah's prophecy of the suffering of Christ and the fact that Jesus suffers with you give perspective to the hardships you are experiencing today?*

Day 5: God's Care

Step 1: Consider

Keep these questions in mind as you begin to explore God's Word:

- >> *How is God's care for creation connected to his care for us?*
 - >> *What is God's attitude towards those who are tired and weak?*
-

Step 2: Read

To whom can the holy God be compared?

Is there anyone else like him?

Look up at the sky!

Who created the stars you see?

*The one who leads them out like an army,
he knows how many there are
and calls each one by name!*

His power is so great—

not one of them is ever missing!

Israel, why then do you complain

*that the LORD doesn't know your troubles
or care if you suffer injustice?*

Don't you know? Haven't you heard?

The LORD is the everlasting God;

he created all the world.

He never grows tired or weary.

No one understands his thoughts.

He strengthens those who are weak and tired.

Even those who are young grow weak;

young people can fall exhausted.

But those who trust in the LORD for help

will find their strength renewed.

They will rise on wings like eagles;

they will run and not get weary;

they will walk and not grow weak.

— ISAIAH 40:25-31

Step 3: Review

All humans have a need to be cared for and loved. From newborn babies to the elderly, every person has an innate desire to belong, feel seen, and be protected. When we experience suffering, it is easy to feel forgotten. If God cared for us, why would we undergo hardship, injustice, and pain?

The prophet Isaiah observed the Israelites wrestle with these same questions. Isaiah 40 is the prophet's response to the people's angst and doubts. Isaiah points to God's concern for the earth, linking it to how God sees and cares for us. The tremendous creativity, design, and intention displayed in the natural world reminds us that God cares even more deeply for his beloved children. If God calls the stars by name (Isaiah 40:26) and provides food for birds (Matthew 6:25–26), then he certainly cares about our well-being, burdens, and struggles. God's detailed care for the smallest creatures and farthest stars shows us that he is connected to every situation that occurs.

Isaiah 40 shows us that our pain and weakness matter to God (Isaiah 40:29). The weakness of people, whether young or old, does not escape his notice. His empathy and compassion compel him to offer strength and resilience to those who trust in him.

Yes, we will encounter challenges and burdens in this life. But Isaiah promises us that God understands. When we feel overwhelmed and exhausted, we can rest in an everlasting God who cares for us.

Step 4: Reflect on Your Story

Think about how these truths from God's Word apply to your own life:

> > *Have you felt that the Lord hasn't seen or understood some of your struggles? What are they? Are they really hidden from the Lord?*

Steps for Further Engagement

Now that you've completed your journey with Isaiah, we invite you to:

- **Explore:** Review the collection of [free Trauma Healing resources](#) which can be used by anyone without training. Use and share these helpful resources in your church or community.
- **Dig deeper:** Memorize a Bible passage from this reading plan that encouraged you and recite it to yourself when you are weary, overwhelmed, or experiencing suffering.
- **Participate:** Join a [Trauma Healing Group](#) to start your healing journey, or attend an [Initial Equipping Session](#) to learn how to help others through leading Healing Groups.

About the Trauma Healing Institute

The Trauma Healing Institute is a global collaboration of ministries dedicating to helping people around the world heal from the pain of trauma. Our holistic, Bible-based approach recognizes the effect that trauma has on the mind, body, and spirit and uses small, safe groups led by trained facilitators to help people heal. We train and equip people, churches, and organizations to put our simple and easy-to-understand Trauma Healing into practice in their own communities. Our main resource, a book called Healing the Wounds of Trauma, uses biblical truths to introduce hurting people to the love of God. The book and its supporting resources are currently available in more than 150 languages.

Learn more about Bible-based Trauma Healing at: www.traumahealinginstitute.org

About American Bible Society

American Bible Society helps people experience God through the Bible. We translate and distribute the Bible to unreached people around the world, help people in crisis find restoration through Scripture, and advocate for the Bible's message of hope here in America. Through the church and a global network of local Bible Societies, we carry God's Word where it is needed most. Our research and experience tell us the Bible makes us more generous, more compassionate, more loving toward our neighbors, and more hopeful about our future in Christ. That's why our mission since 1816 has been to help all people experience the life-changing message of God's Word.

Learn more and find more free Bible resources at: www.americanbible.org