

Judaism

Texts of Hope from the Hebrew Bible

Samuel 22:29

You are my lamp O Lord; the Lord turns my darkness into light.

Psalm 34: 18-19:

The Lord is near to the brokenhearted,
and saves the crushed in spirit.
Many are the afflictions of the righteous,
but the Lord rescues them from them all.

Psalm 42:5:

Why are you downcast, O my soul?
Why so disturbed within me?
Put your hope in God, for I will yet praise the Lord,
my help and my God.

Psalm 88:1-2

Yahweh, my God, I call for help all day; I cry out to you all night. May my prayer come to you. Hear my cries for help, for my soul is troubled.

Psalm 119:116a:

Sustain me according to your promise, and I will live....

Psalm 139:1-12:

O Lord, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.
You search out my path and my lying down,
and are acquainted with all my ways . . .
Where can I go from your spirit?
Or where can I flee from your presence?
If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
If I take the wings of the morning
and settle at the farthest limits of the sea,
even there your hand shall lead me,
and your right hand shall hold me fast.
If I say, 'Surely the darkness shall cover me,
and the light around me become night',
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.

Psalm 145:14:

The Lord upholds all those who fall
and lifts up all who are bowed down.

Proverbs 23:18:

Surely, there is a future, and your hope will not be cut off.

Isaiah 35:10

And the ransomed of the Lord will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.

Isaiah 40:28-31:

God gives power to the faint,
and strengthens the powerless.
Even youths will faint and be weary,
and the young will fall exhausted;
but those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

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