



CHRONIC JOY® DEVOTIONAL

INFUSIONS OF HOPE

By Kara Plett

The metronome-like drip from the IV bag is slowly entering my body. I have been receiving weekly infusions, hoping they will help with some of my fatigue. The slow, steady drip cannot be rushed; all you can do is sit for several hours and receive it.

Sometimes, it's hard to be hopeful that these infusions will change anything. Perhaps, like me, you've tried many things to feel better, but it seems rare that something works. So far, I have not felt a difference—but I have watched the drip each week, praying that my body will be infused with new vitality.

I have also been doing some thinking...

Lately, I have felt distant from God. I've been reading the Bible, praying, and enjoying some Christian authors, but I am craving intimacy with Him—intimacy I have experienced before.

I think I need a different kind of infusion today—one that is not about my efforts or what I'm doing but simply pouring in from Him. Maybe He wants me to sit with Him and receive His infusion of hope without me trying so hard. He knows what I need.

So today, as I sit for my infusion, I ask God for His infusion, too. I offer Him my weaknesses, needs, doubts, and fears; I want to allow Him to infuse me with the slow, steady drip of His hope, peace, and joy.

The best way for me to connect deeply with God is often through music, so I pull out my earbuds, scan the music collection on my phone, and press play. For three hours, God leads me from song to song. Some songs, like old friends, take me back to His faithfulness in the past. Other songs remind me of His character and what that means for my life, while still others strike me anew with their powerful lyrics.

He infuses me with these precious drips:

- His grace – deeper and wider than I can see.
- He stands before and behind me.
- He is working in my waiting.
- He is compassionate and kind.
- What the enemy means for evil, He can use for good.
- How amazing heaven will be where I will sing with 1,000 generations!
- He is everything to me—so much more than just a story.
- He has been so good all through my life. His goodness is running after me.
- He knows about my hoping, waiting, laughing, weeping, hurting, and healing.
- I can be still and know He is God. This is where I find rest.
- He is my cornerstone and sure foundation.
- He is so pleased with me, just as I am.
- His name is strong and mighty. I may feel empty but I know He will satisfy.
- My great God is willing to be small enough to hear me.

What an infusion from God specifically for me!

He wants to fill us with His joy and peace, which is available to us at all times and in any circumstance.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

So, whether the medical infusions make a difference (though I'm still praying they do), I am reminded that God is right there, ready to infuse me with the strength and hope I need each day when I look to Him.

Do you need an infusion of hope today? I encourage you to sit with the Lord and allow Him to fill you. If music seems a good place to start, listen to *Sovereign Over Us* by Michael W. Smith and see where God leads.

PRAYER

Father, I so often find myself striving to be close to You. Help me remember that there is a place for study, reading, and focused prayer, but there is also a time to sit with You and be filled with Your hope and peace. As I sit, help me trust that You will meet me and infuse me with Your goodness today. In Jesus' name, amen.

QUESTIONS FOR REFLECTION

- Is there an area in your life that needs an infusion from God today?
- How do you see yourself striving to be filled?
- What are some songs God has used to bless you? Listen to one now.