

## Ep. 352 | Releasing Burdens: Embracing Hope for a Lighter Life

Have you ever felt frustrated as you waited for God to answer a prayer or change a situation in your life? Do feelings of uncertainty, loneliness, and doubt leave you feeling burdened? In these moments, it's easy to feel lost and believe that hopelessness is your destiny. But know this: heaviness does not have to define your future. In this empowering episode of the Resilient Hope Summer Series, Christine Caine dives into how God is intimately aware of your circumstances and ready to lead you through even the toughest challenges. Discover the wisdom tailored to your situation and uncover the surprising path that leads to limitless hope.

| WHAT "WEIGHTS" IN YOUR LIFE ARE KEEPING YOU FROM   |
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| WAITING WELL OR TRUSTING FULLY IN GOD'S TIMING?  |
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| ARE YOU OPERATING OUT OF DESPERATION FOR MORE OF GOD, OR OUT OF SELF-RELIANCE AND BURNOUT? |
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| WHAT WOULD IT LOOK LIKE FOR YOU TO ADOPT A POSTURE OF RECEPTIVITY INSTEAD OF PERFORMANCE?  |
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SCRIPTURES REFERENCED IN THIS EPISODE:

ISAIAH 40:28-31 • EXODUS • PSALM 119 • 2 CORINTHIANS 5:17 • 1 PETER 2:9