



Henri Nouwen in his book, *Prayer and Hope*, writes:

**“Who prays with hope might ask for anything...**

**Like nice weather and advancement.**

**This concreteness is a sign of authenticity...**

**Concrete requests are merely ...**

**ways of saying that we must trust**

**in the fullness of God’s goodness...**

**Whenever we pray with hope,**

**we put our lives in the hands of God.”**

Give yourself to the Lord; trust in him, and he will help you. (Ps 37:5)

Have a hope-filled and lovely weekend! The Women’s Table



<https://thewomenstable.org>