



Happy Resurrection Day!

Easter's joy brings us to the end of our 40-day News Cleanse. Thank you so much for turning down the news with us! We pray that the Lord used the quiet to grow your peace.

We're convinced that a key ingredient for cultivating that peace is prayer. If you'd like to continue getting weekly prayers from The Pour Over to help you respond to hard headlines with faith,

[subscribe to Praying the News here.](#)

PONDER | PRAY | PRACTICE

How does God want to grow you as you consume the news?

When it comes to talking about current events, Christians have a bad reputation.

Now, a bad reputation alone is nothing to fret about—Jesus told us to expect it. The issue is that our reputation for being judgmental and angry is generally well-founded. In an effort to condemn evil, we often fail to pair the *hard words* of Jesus with the *radical love* of Jesus. Believers are often not gentle, patient, or kind when we talk about the news with our neighbors.

But God's story writes us in a different role, with a different reputation:

*"Now may the God of hope fill you with all joy and peace as you believe so that you may **overflow** with hope by the power of the Holy Spirit."*

[Romans 15:13 \(CSB\)](#)

When the apostle Paul celebrates the Romans' salvation and offers his letter's closing blessings, he does not pray that the God of knowledge would fill them with the right information. He does not

pray that the God of judgment would guide their gavels, or that the God of truth would light them aflame with zeal for what's right. Paul prays that the hope of the gospel would spill all over Rome.

"Overflow" (or "abound" in some translations) is the same verb used to describe Jesus's oversupplying when he feeds the 5,000 in the Gospels. Paul's prayer is that believers would have a *surplus* of hope—a generous helping that creates leftovers, a cup so full that it spills over and seeps out.

The headlines are hard, and there is no promise that they'll get better anytime soon. What we *are* promised is that God's victory is already won. Death is dead, sin isn't reigning over us anymore, and Jesus is coming back to make everything new. The Spirit who raised Jesus is the same Spirit who lives in us who believe.

That same Spirit is the One who is eager to grow His fruit of love, joy, and peace when headlines threaten to grow anger and anxiety. He empowers us to choose humility when headlines tell us we're right. He teaches us to love our opponents when the headlines tell us to hate them. He compels us to serve our neighbors when the headlines leave us feeling helpless. And He fills us with a surplus of hope that spills over into our communities when the headlines cultivate despair.

His victory and His work in us is *good news* that oversupplies courage to face today's news and endurance to live for His glory until He returns. The abundance of our hope feeds a starving and desperate world. May our Coming King fill us to overflowing for His glory.



Yours in Christ,
Steph Juliot
Writer | The Pour Over

QUESTIONS FOR REFLECTION

Are there areas of life where you feel stuck in despair? What hope and encouragement does the resurrection of Jesus provide?

Which current events have you noticed your neighbors despairing over? What good news does the story of God offer them in the face of bad news?

How has God grown you through the News Cleanse? Please [let us know here](#) (if you haven't already completed the feedback survey)!

Faithful Father,

You have made good promises to Your people from the very beginning—
promises of salvation, victory over sin and death, and life with You—
and You have kept every one.

Jesus, Hope of the World,

You are God's greatest promise.

You came, You died, You rose, You reign,
and You are coming again to make all things right and new.

You were victorious, You are victorious,
and You will be victorious.

This good news is my confidence,
both in times of joy and in times of suffering.

Spirit of Life,

You are the evidence of my hope.

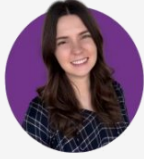
When headlines stir up anger and anxiety,
bring to bear Your good fruit of love, joy, and peace in my heart.

When headlines tempt me to pride and judgment,
empower me to choose humility.

When headlines loom large and insurmountable,
open my eyes to my neighbors,
whose needs I can meet with love.

And when headlines drag me and my brothers and sisters into despair,
draw our gaze back to Him who is our hope,
and fill Your Church with hope until it overflows.

Let our reputation be one that radiates Your glory, Father, no matter what comes.
Amen.



Grace and peace,
Bailey Parndley
Writer | The Pour Over

PONDER | PRAY | PRACTICE

Here are two steps you can take to radiate hope among your news-weary neighbors:

- Next time you talk with someone about the headlines, resist the desire to share good opinions and instead share good news. Listen for what specifically is troubling them, and offer hope from Scripture.
- Share a nonpartisan, brief, Christ-first news resource with others who are struggling under the weight of heavy headlines. We can think of one we'd suggest... Copy/paste the message below, or click the button to send a text.

Hi friend! I've been reevaluating how I consume the news, and The Pour Over has helped me stay informed while focused on Christ. TPO nonpartisanly summarizes the biggest headlines three times a week, pairing nonpartisan coverage with biblical reminders. Check it out and sign up for free [here!](#)

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