

A low-angle shot of a person's legs from the knees down, standing on a dry, dusty ground. The person is wearing dark leggings and white sneakers. The background is a vast desert landscape with low mountains under a bright, hazy orange sky at sunset or sunrise. The air is filled with a golden glow and some dust or light particles are visible. The word "Hope" is written in large white letters across the middle of the image, and the name "Jaco Janse van Rensburg" is written in smaller white letters at the bottom.

Hope

Jaco Janse van Rensburg

A person's legs are visible from the knees down, standing in a desert landscape. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows cast on the ground. The person is wearing dark shorts or pants. The background shows a vast, open desert with some distant hills under a hazy sky.

You can survive for 3 Weeks without food (if you have water and shelter)

You can survive for 3 Days without water (if sheltered from a harsh environment)

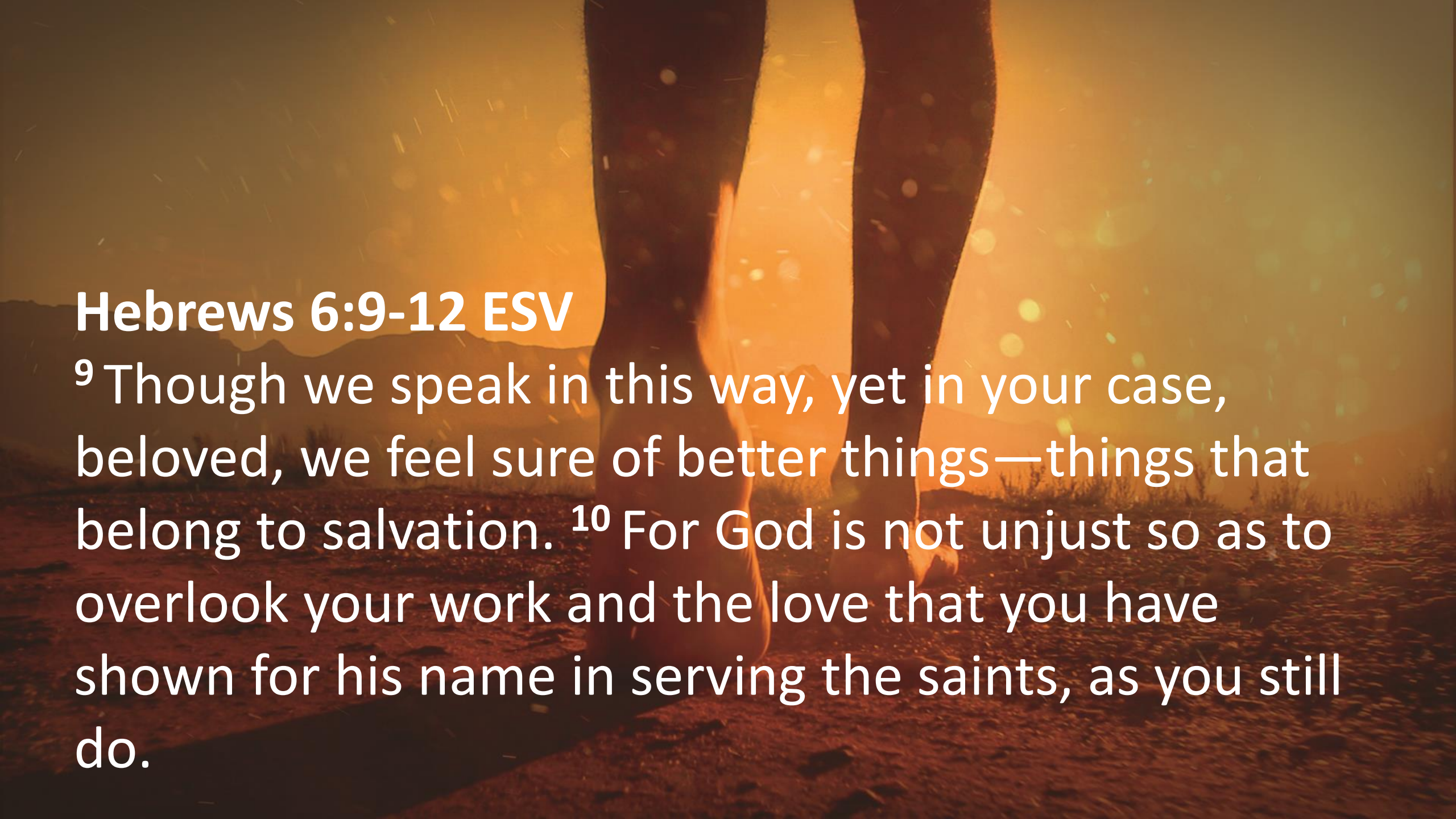
You can survive for 3 Hours without shelter in a harsh environment (unless in icy water)

You can survive for 3 Minutes without air (oxygen) or in icy water

You can survive for 3 Seconds without hope.

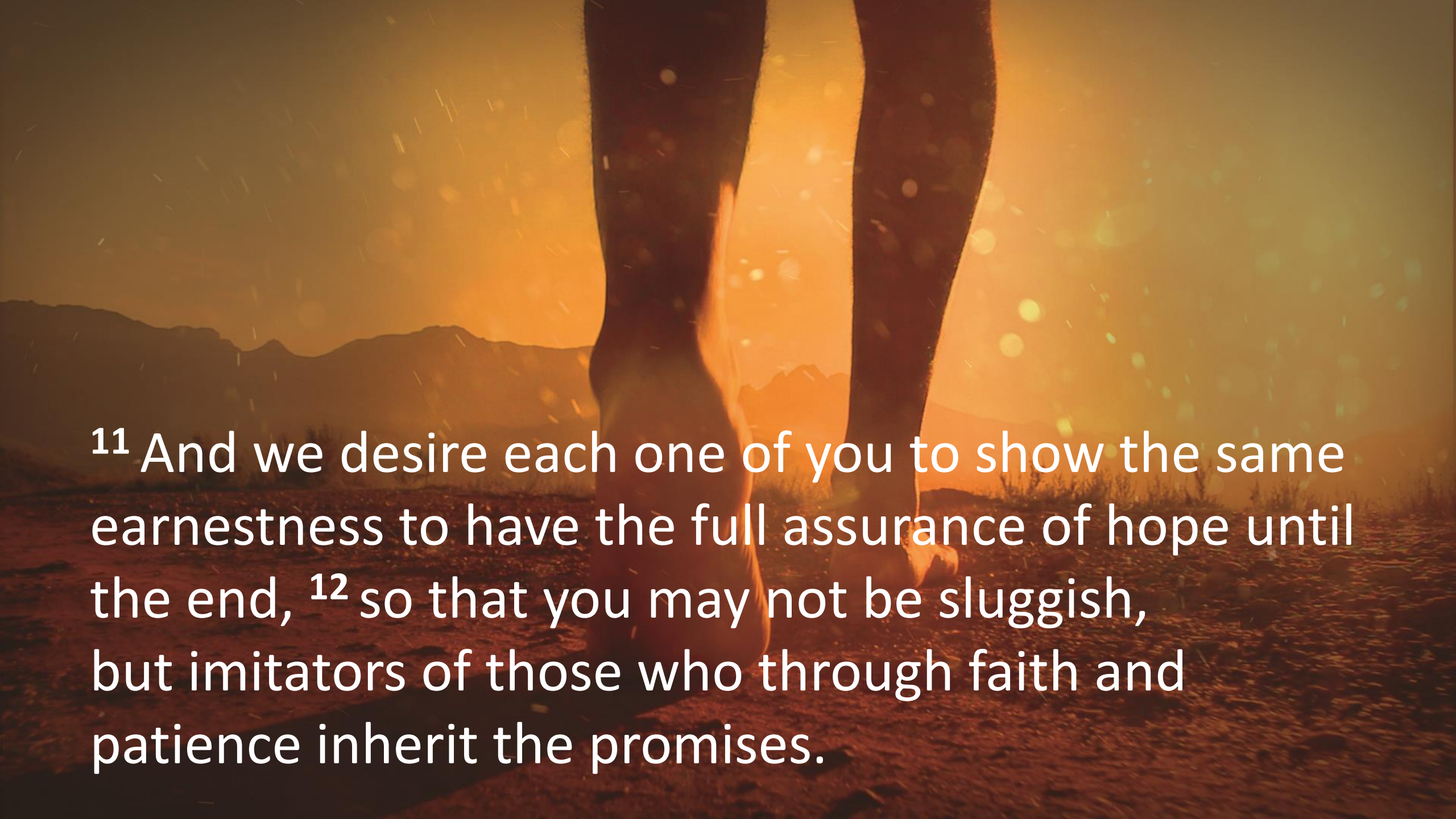
A low-angle shot of a person's legs running in a desert landscape during sunset. The legs are in motion, and the background shows a vast, arid plain with distant mountains under a warm, orange sky. The overall mood is one of hope and perseverance.

**Hope is the confident expectation that
something good is going to happen.**

A person's legs are shown from the knees down, walking on a dirt path. The scene is set at sunset or sunrise, with a warm, golden-orange glow. The person is wearing dark shorts and light-colored socks. The background shows a hazy landscape with distant hills and some sparse vegetation. The overall mood is peaceful and contemplative.

Hebrews 6:9-12 ESV

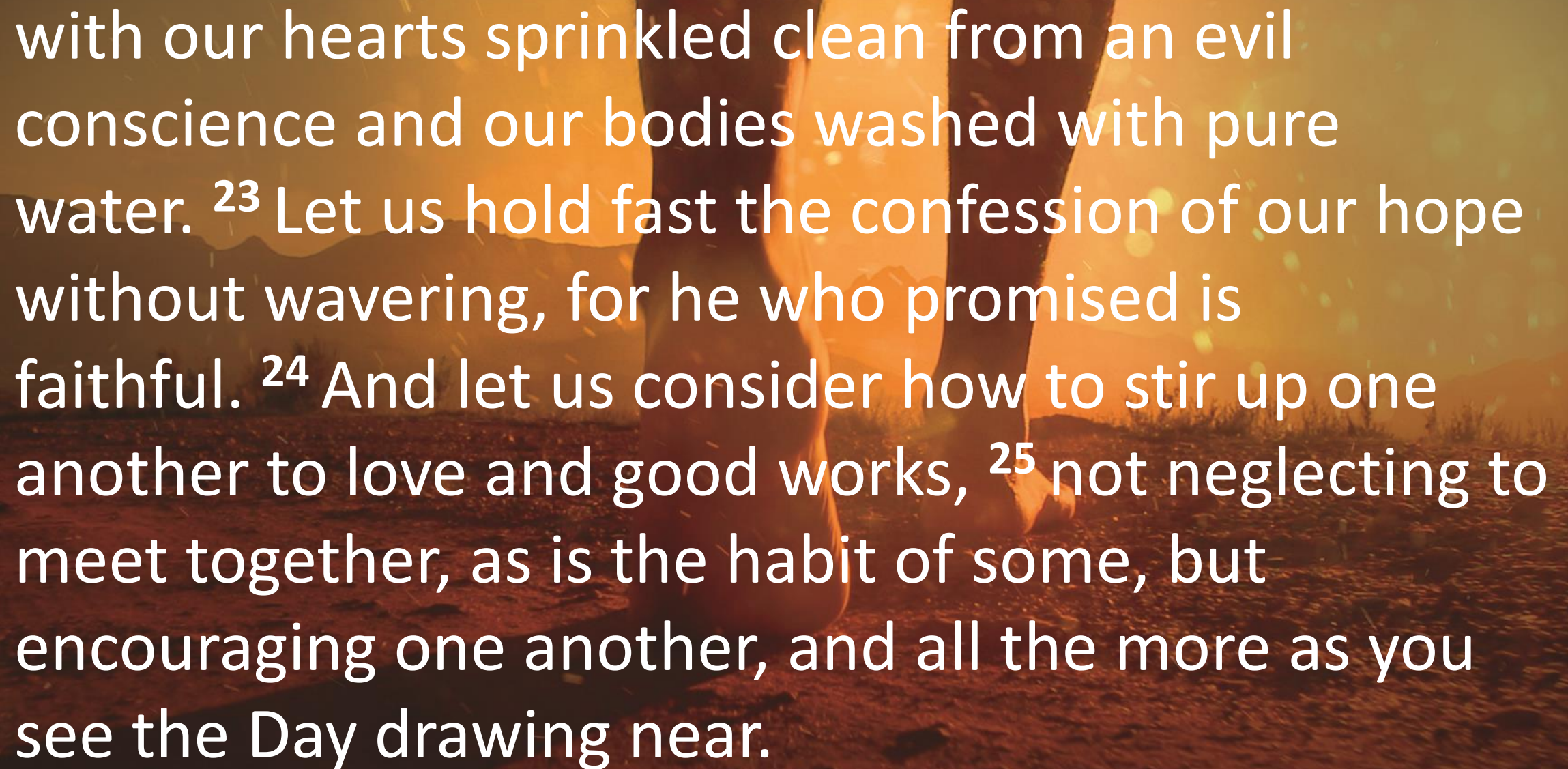
⁹ Though we speak in this way, yet in your case, beloved, we feel sure of better things—things that belong to salvation. ¹⁰ For God is not unjust so as to overlook your work and the love that you have shown for his name in serving the saints, as you still do.

A person's legs are shown from the knees down, walking across a desert landscape. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows cast on the ground. In the background, there are silhouettes of mountains and sparse desert vegetation. The overall mood is contemplative and hopeful.

¹¹ And we desire each one of you to show the same earnestness to have the full assurance of hope until the end, ¹² so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises.

Hebrews 10:19-25 ESV

¹⁹ Therefore, brothers,^[a] since we have confidence to enter the holy places by the blood of Jesus, ²⁰ by the new and living way that he opened for us through the curtain, that is, through his flesh, ²¹ and since we have a great priest over the house of God, ²² let us draw near with a true heart in full assurance of faith,

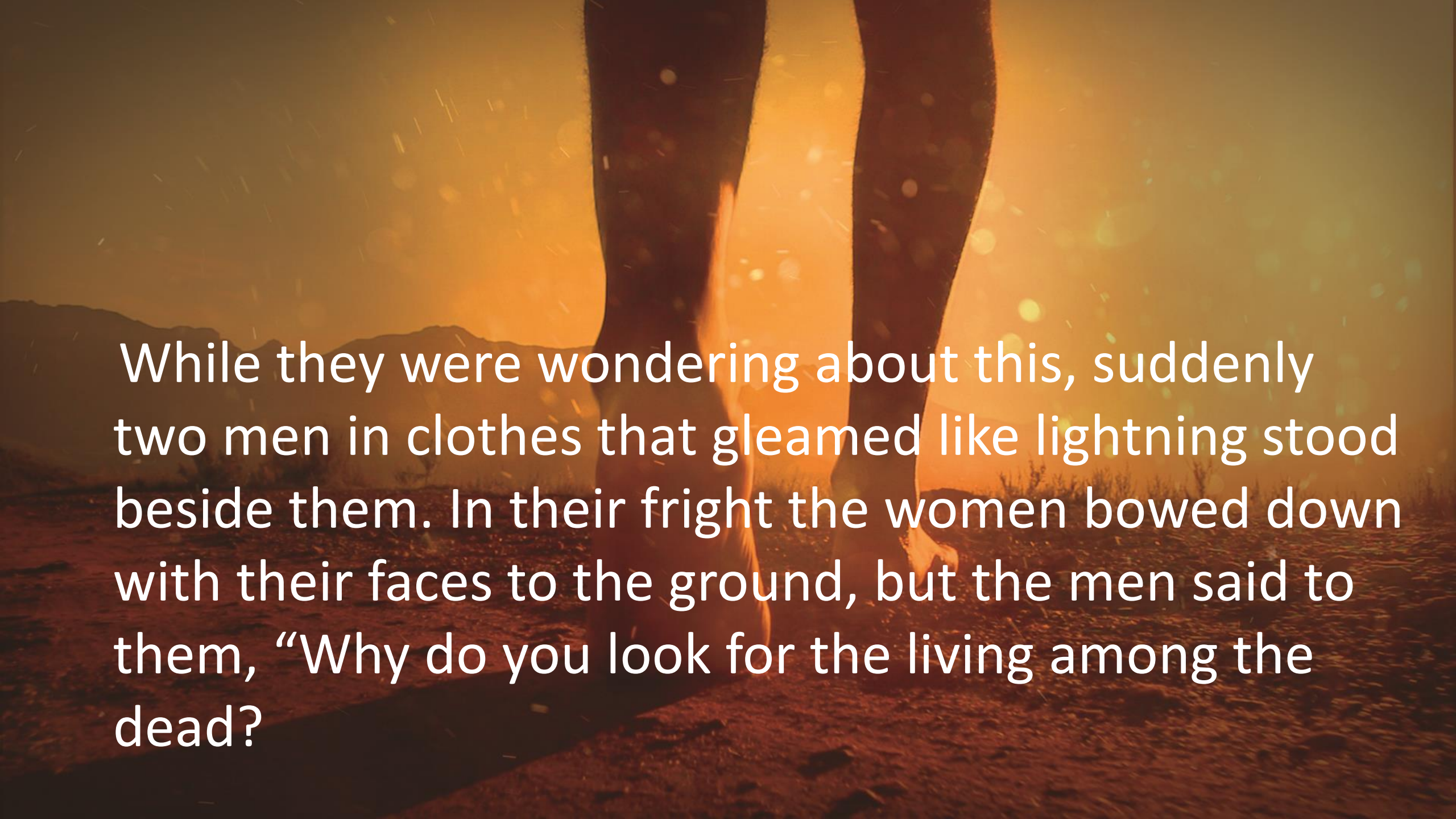
A person's legs are shown from the knees down, walking on a dirt path. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows and a hazy background. The text is overlaid on the left side of the image in a white, sans-serif font.

with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. ²³ Let us hold fast the confession of our hope without wavering, for he who promised is faithful. ²⁴ And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

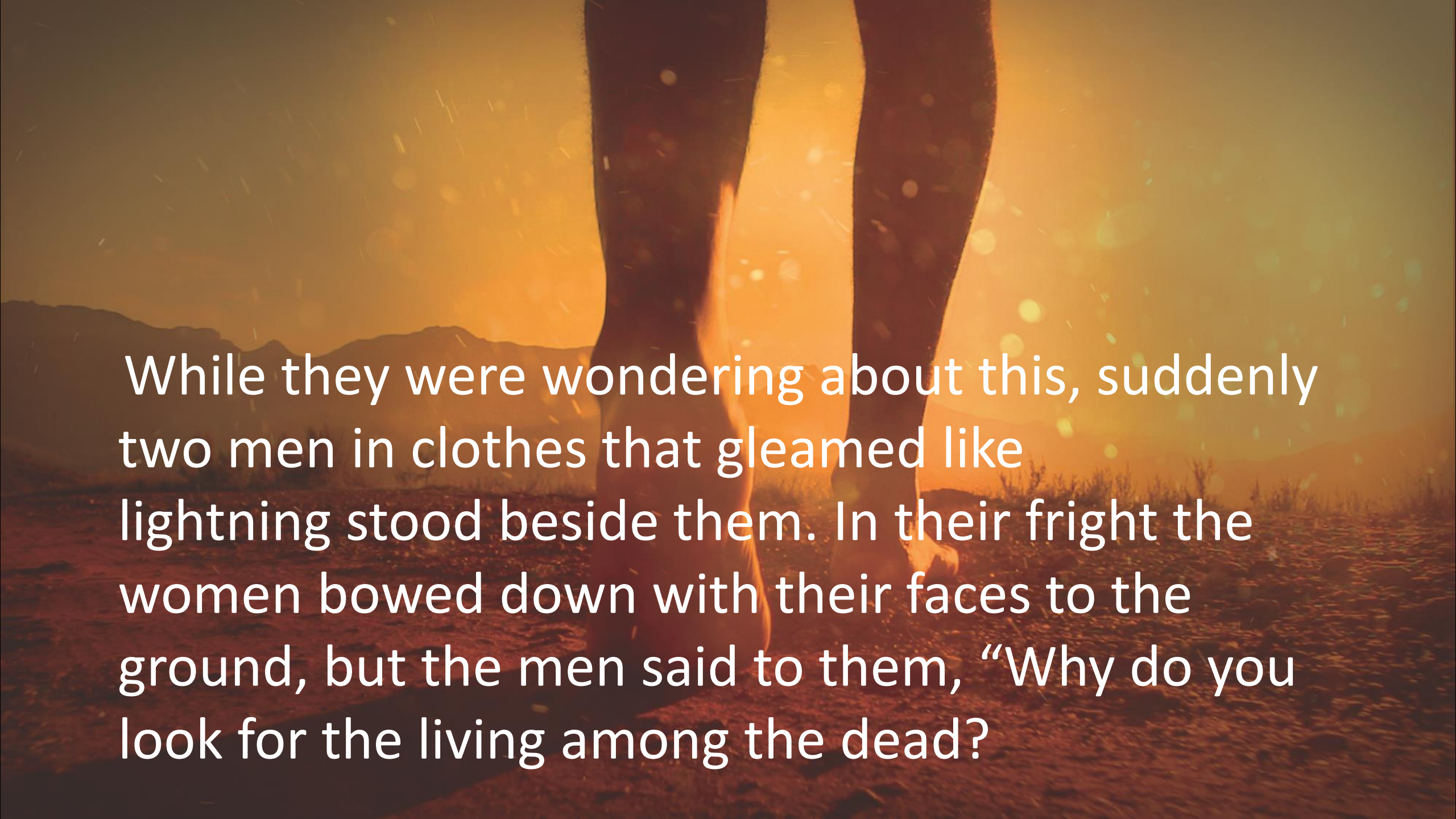
A person's legs in white pants and sandals walking on a path at sunset. The background is a warm, golden-orange sky with silhouettes of mountains and trees. The person is walking away from the camera, and their shadow is cast on the ground.

Luke 24

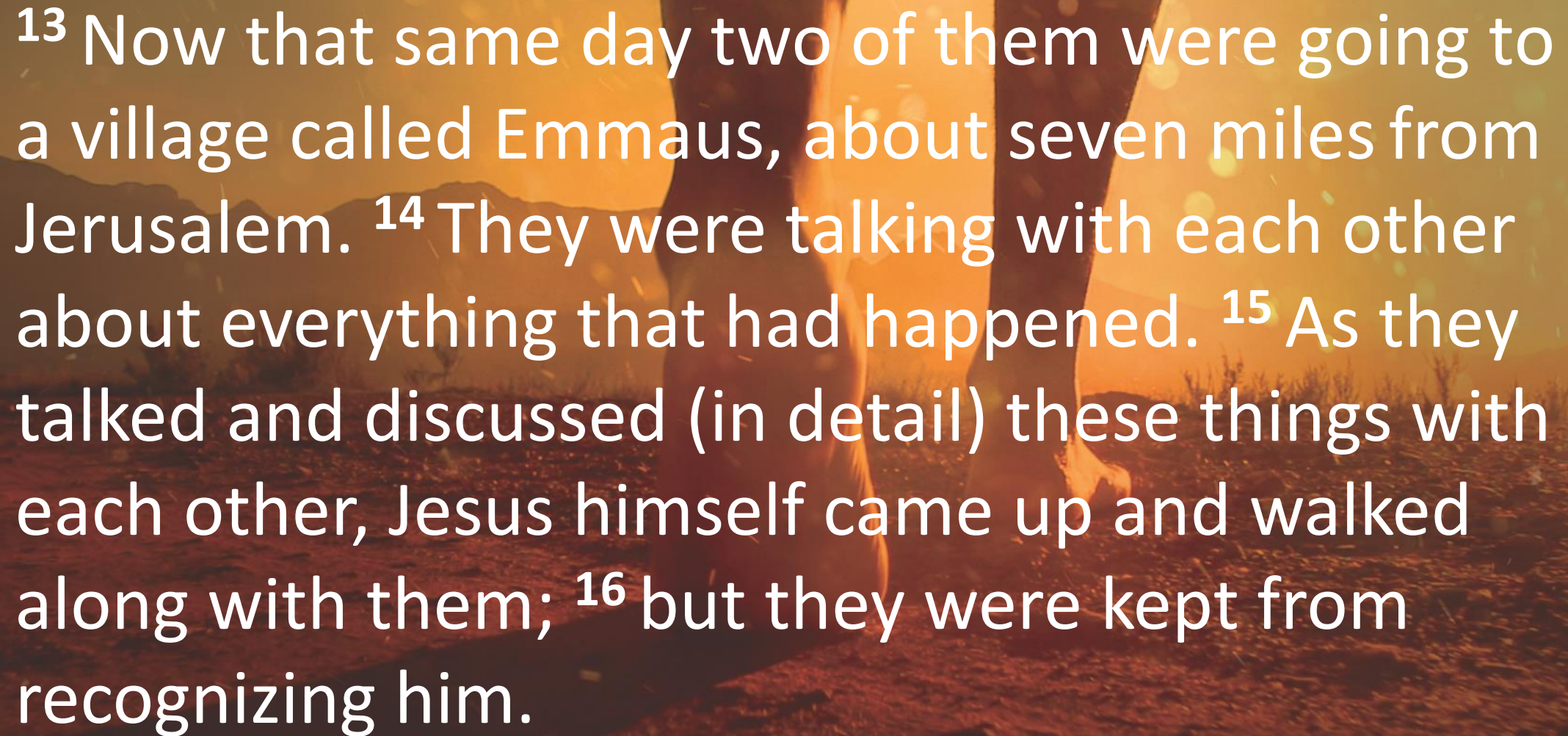
On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus.

A person's legs are shown from the knees down, wearing a dark, form-fitting outfit that reflects the golden light of the sunset. The person is standing on a dark, sandy desert floor. In the background, there are silhouettes of desert hills and sparse vegetation under a bright orange and yellow sky. The overall atmosphere is mysterious and dramatic.

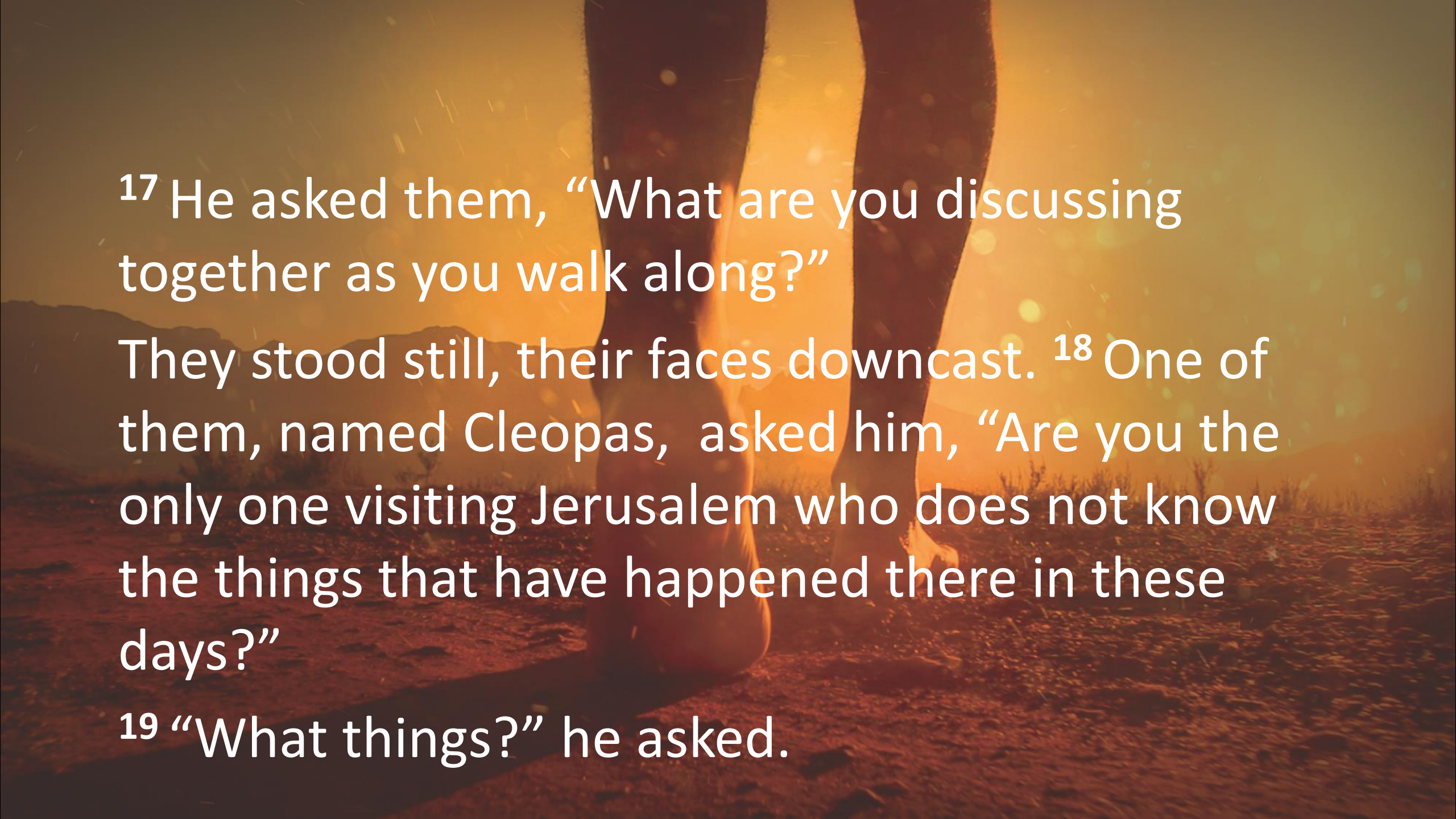
While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead?

A person's legs are visible from the knees down, standing in a desert landscape. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows and a hazy sky. The person is wearing dark shorts. The ground is sandy and sparsely vegetated. In the background, there are low, rolling hills or mountains under the bright sky.

While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead?

A person is walking away from the camera on a dirt path. The image is taken from a low angle, focusing on the person's legs and feet as they walk. The background is a warm, golden sunset or sunrise over a hilly landscape. The text is overlaid on the image in white, sans-serif font.

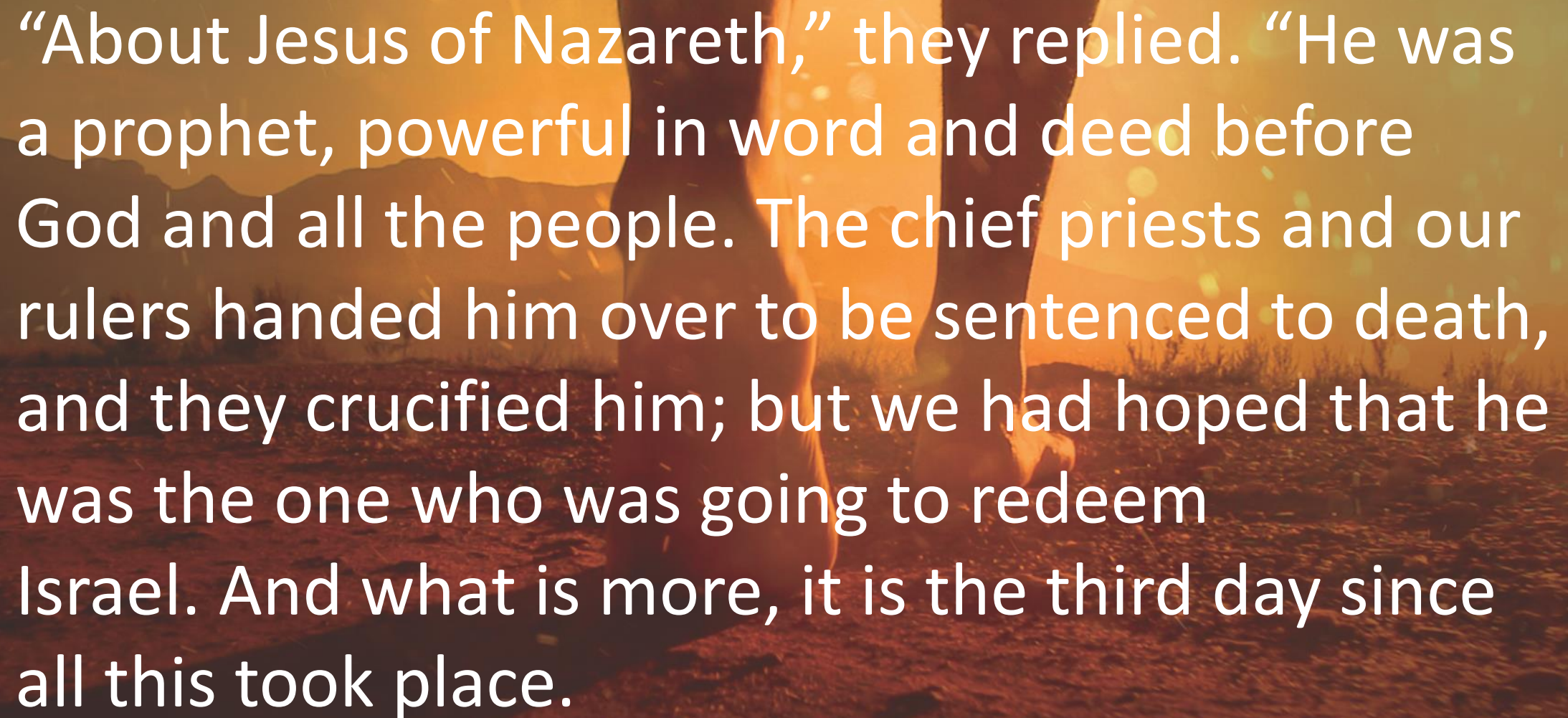
¹³ Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. ¹⁴ They were talking with each other about everything that had happened. ¹⁵ As they talked and discussed (in detail) these things with each other, Jesus himself came up and walked along with them; ¹⁶ but they were kept from recognizing him.

A close-up, low-angle shot of a person's legs walking on a dirt path. The person is wearing dark pants and light-colored shoes. The background is a warm, golden sunset or sunrise over a hilly landscape. The text is overlaid on the image in white.

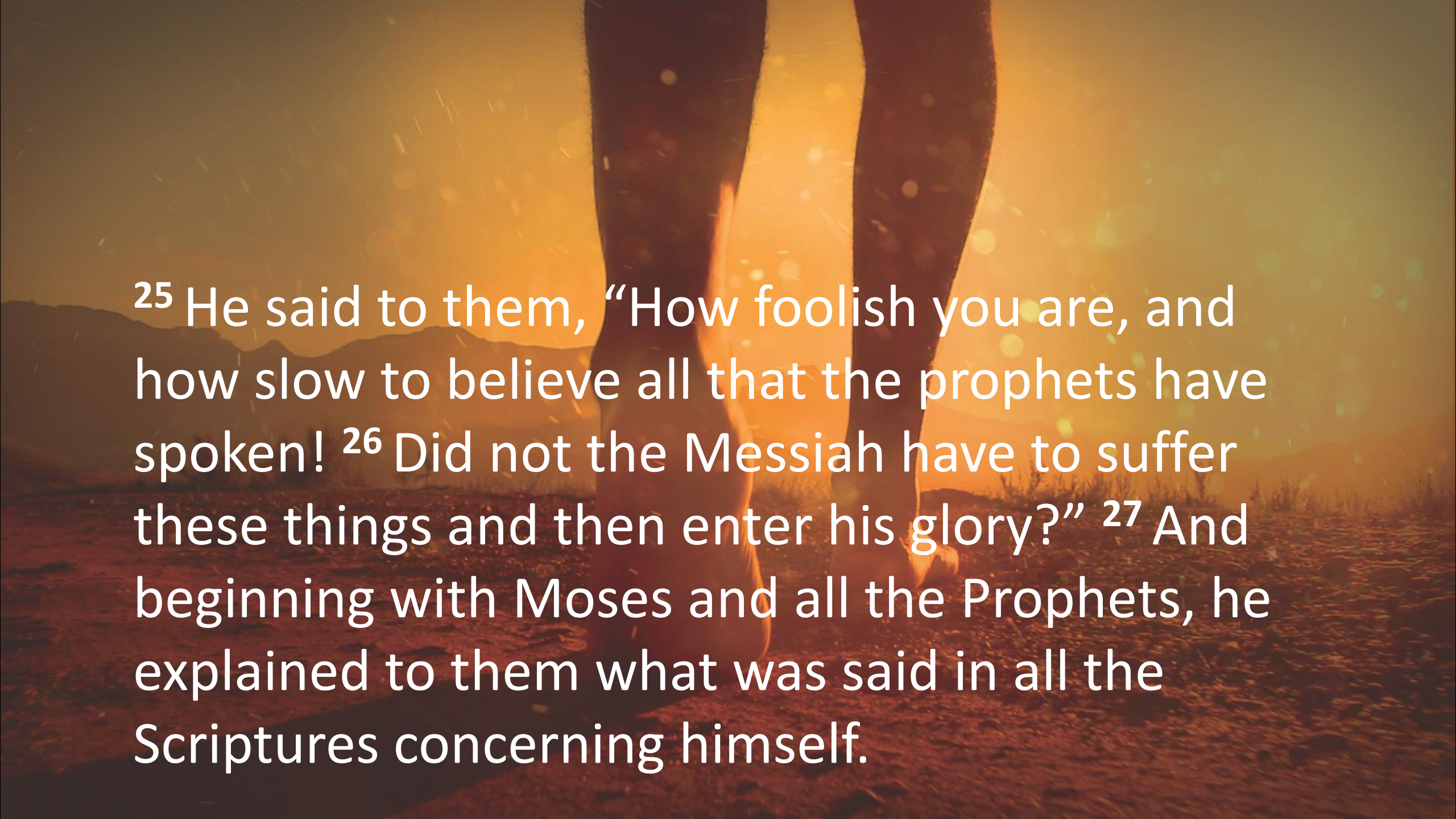
¹⁷ He asked them, “What are you discussing together as you walk along?”

They stood still, their faces downcast. ¹⁸ One of them, named Cleopas, asked him, “Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?”

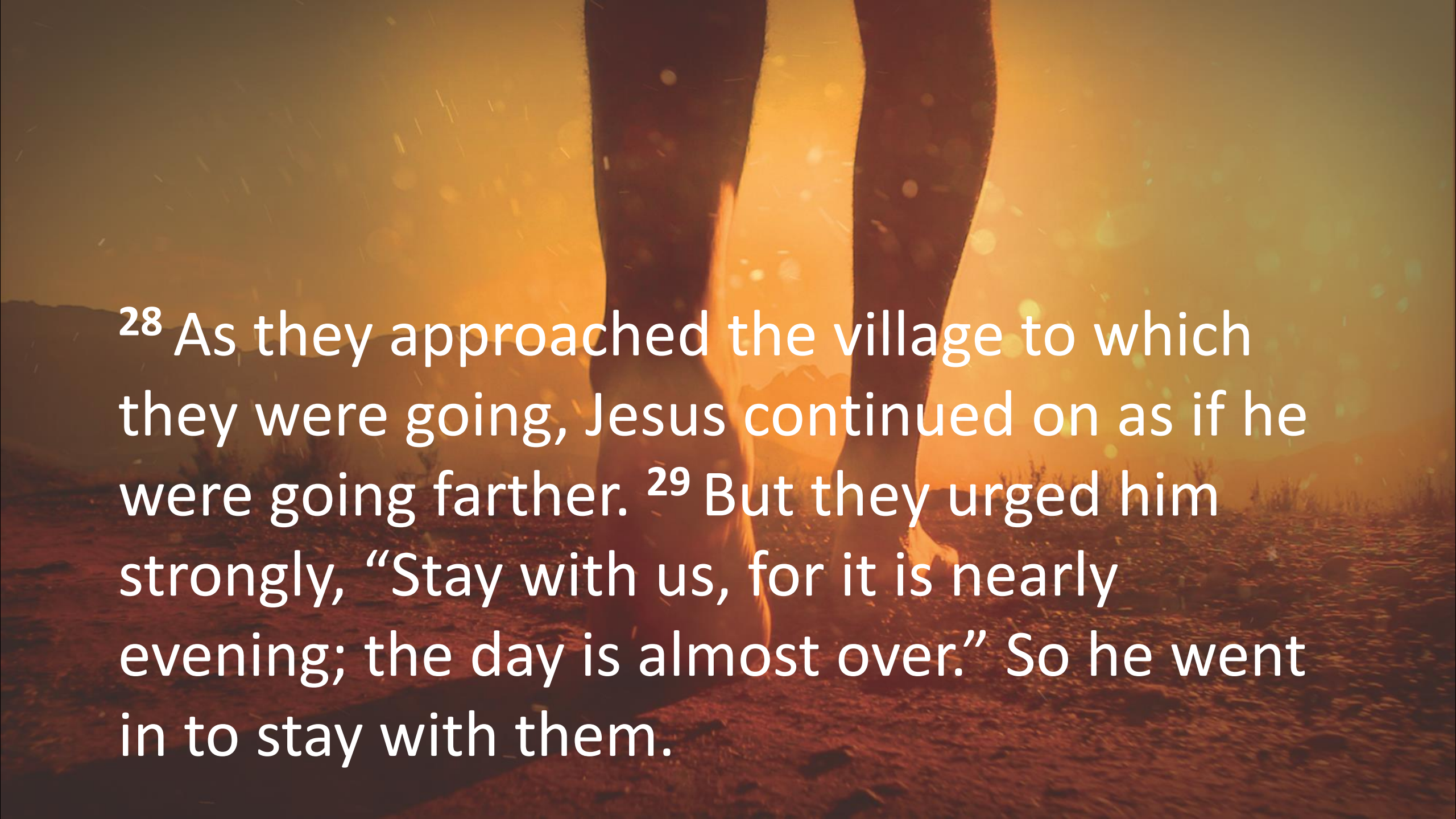
¹⁹ “What things?” he asked.

A person's legs are shown from the knees down, walking on a dirt path. The scene is set at sunset or sunrise, with a warm, golden-orange glow. The person is wearing dark pants and light-colored shoes. The background shows a hazy landscape with distant hills or mountains under a bright sky. The text is overlaid on the left side of the image.

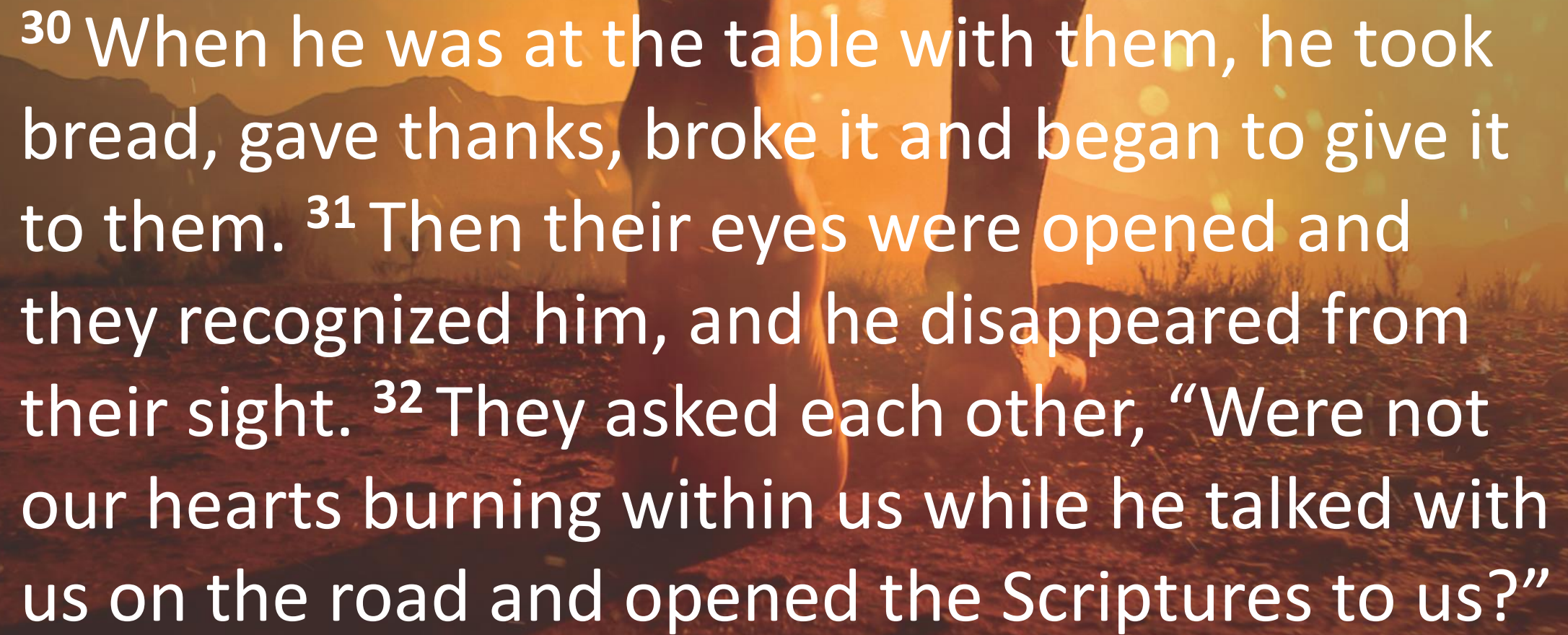
“About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place.

A person is walking away from the camera on a dirt path. The scene is bathed in the warm, golden light of a sunset or sunrise. The person's legs and feet are visible, and they are wearing dark clothing. In the background, there are silhouettes of mountains and some sparse vegetation. The overall atmosphere is peaceful and contemplative.

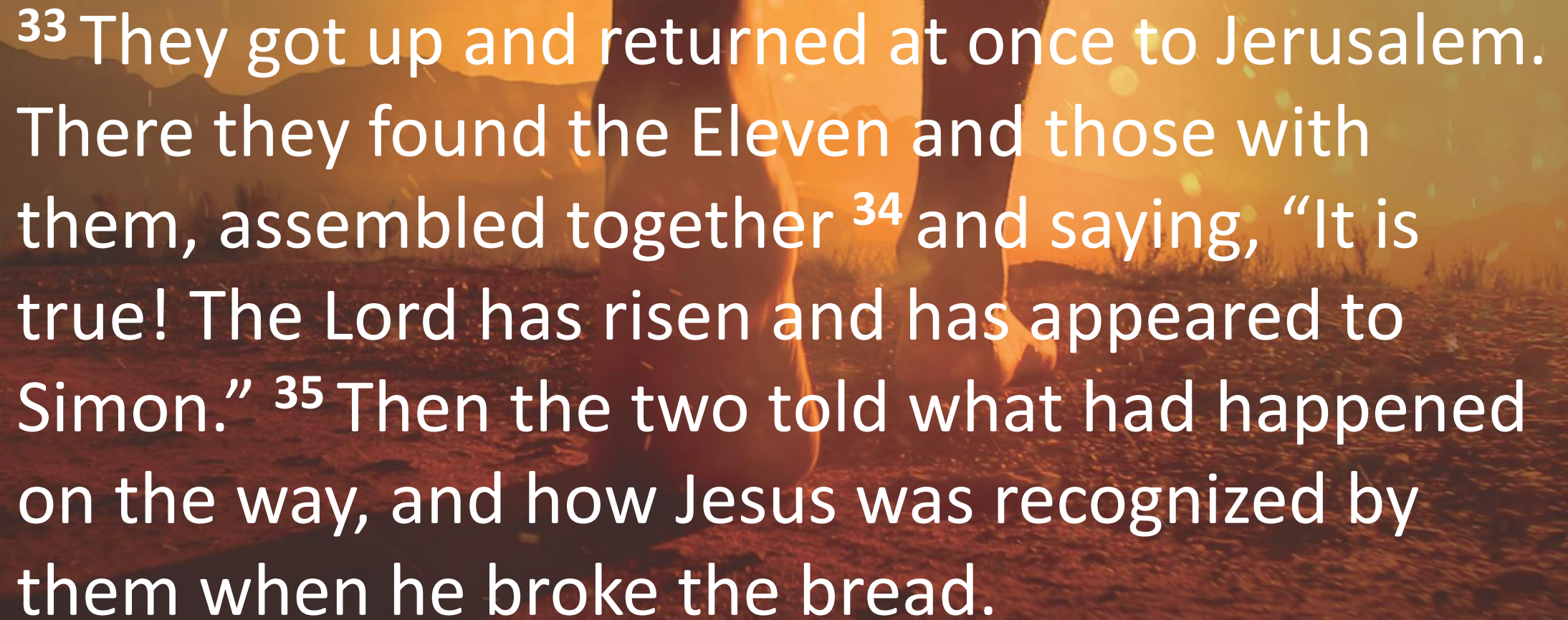
²⁵ He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶ Did not the Messiah have to suffer these things and then enter his glory?” ²⁷ And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

A close-up, low-angle shot of a person's legs walking on a dirt path. The person is wearing dark pants and light-colored shoes. The background is a warm, golden sunset or sunrise over a hilly landscape. The text is overlaid on the lower half of the image.

²⁸ As they approached the village to which they were going, Jesus continued on as if he were going farther. ²⁹ But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.

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³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹ Then their eyes were opened and they recognized him, and he disappeared from their sight. ³² They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

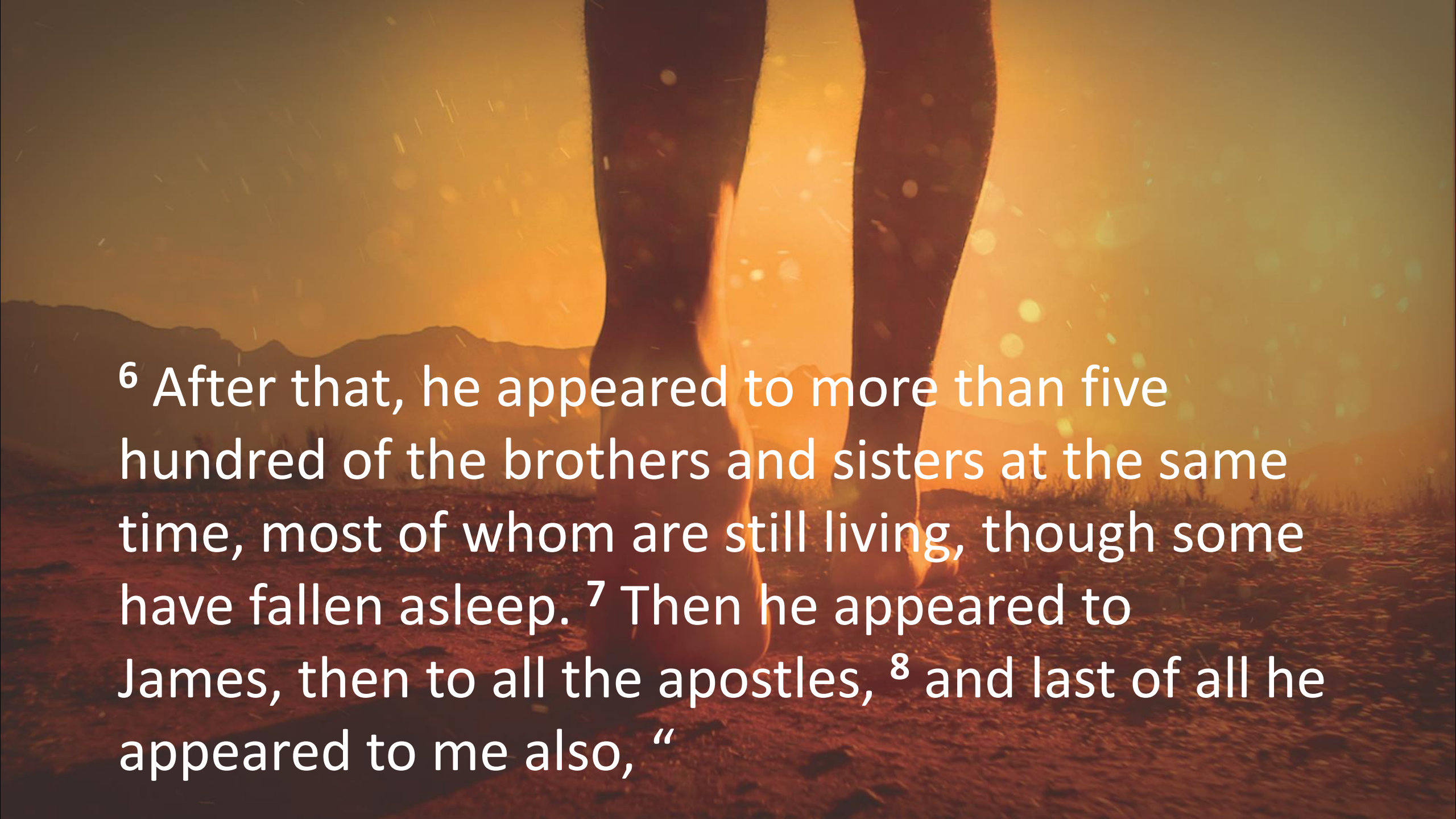
A person's legs are shown from the knees down, walking on a dirt path. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows and a hazy background. The text is overlaid on the lower half of the image.

³³ They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together ³⁴ and saying, “It is true! The Lord has risen and has appeared to Simon.” ³⁵ Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

A person's legs in shorts are shown from the knees down, walking on a dirt path. The background is a warm, golden sunset or sunrise over a landscape with mountains. The text is overlaid on the left side of the image.

1 Cor 15: 3-8

³ For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, ⁴ that he was buried, that he was raised on the third day according to the Scriptures, ⁵ and that he appeared to Cephas, and then to the Twelve.

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⁶ After that, he appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep. ⁷ Then he appeared to James, then to all the apostles, ⁸ and last of all he appeared to me also, “

A person's legs are visible from the knees down, standing in a field. The background features a warm, golden sunset or sunrise over a range of mountains. The sky is filled with soft, glowing light and some lens flare effects. The overall mood is contemplative and serene.

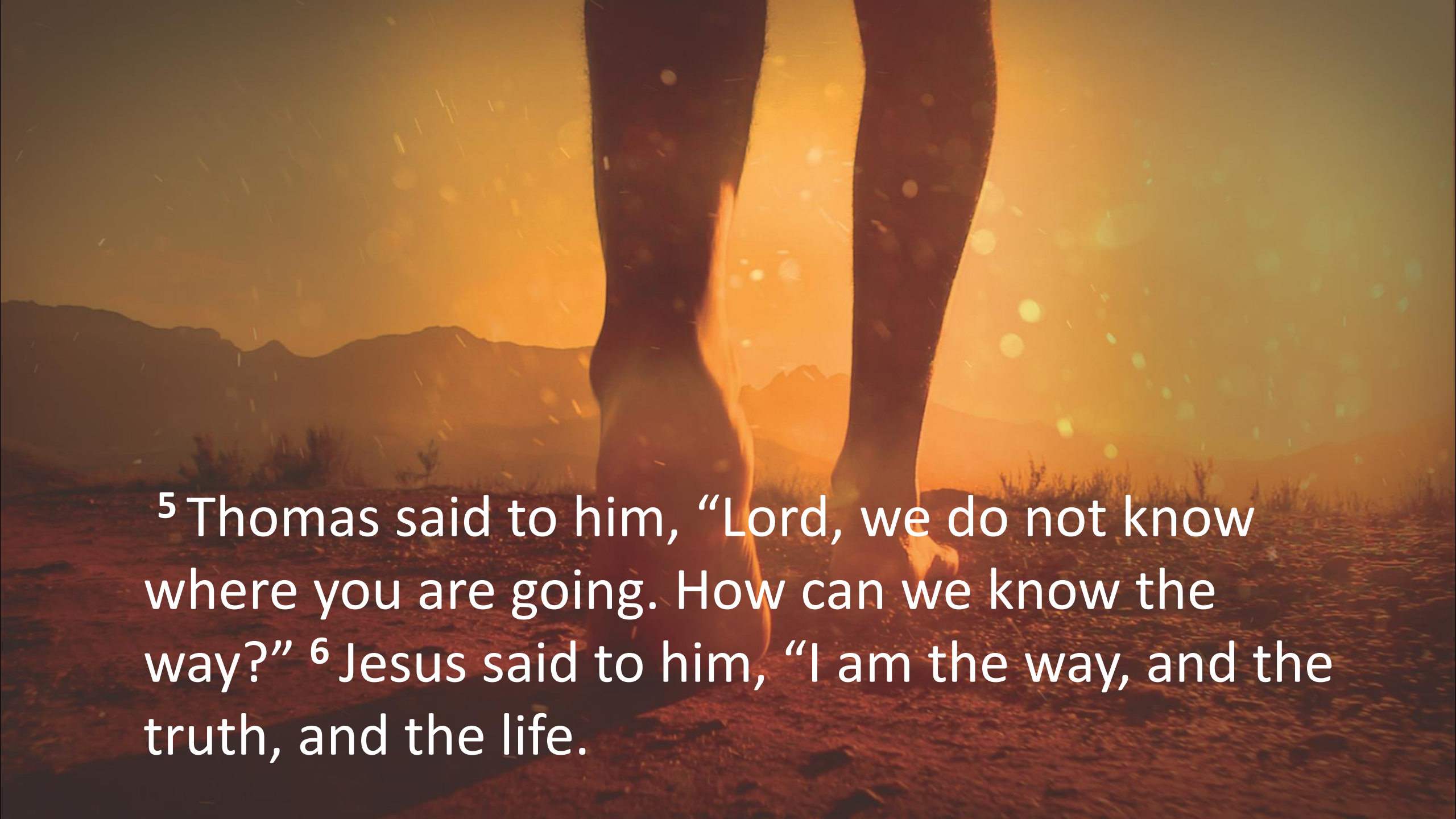
1 Cor 15:19-20

If only for this life we have hope in Christ,
we are of all people most to be pitied. But
Christ has indeed been raised from the dead..

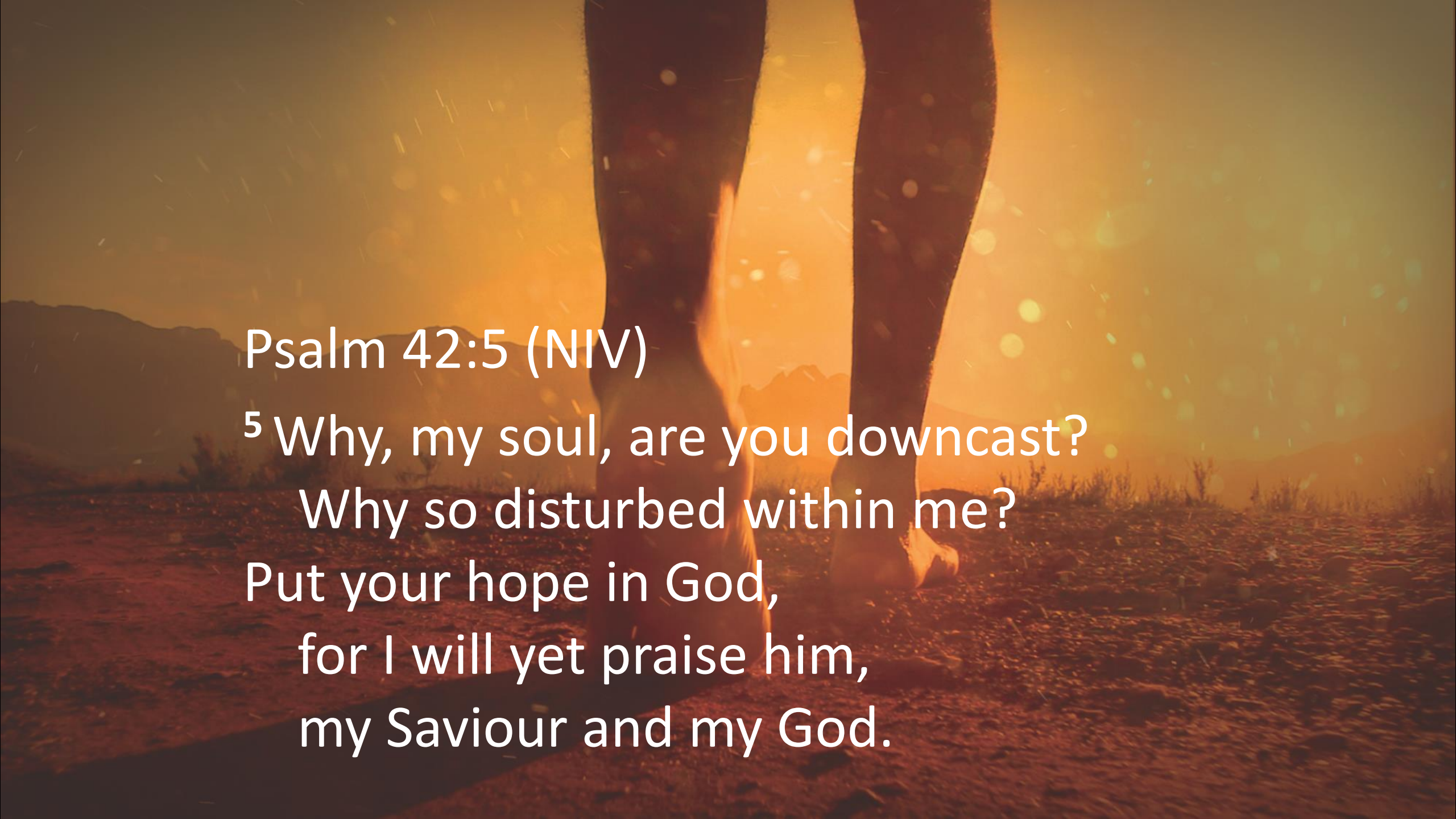
A person's legs are shown from the knees down, standing in a desert landscape. The scene is bathed in the warm, golden light of a sunset or sunrise. In the background, there are silhouettes of mountains and some sparse desert vegetation. The ground is dark and textured. The overall mood is serene and contemplative.

John 14: 1

“Let not your hearts be troubled. Believe in God; believe also in me.”

A person's legs are shown from the knees down, walking across a desert landscape. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows cast on the ground. The background features silhouetted mountains and sparse desert vegetation. The overall mood is contemplative and serene.

⁵ Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” ⁶ Jesus said to him, “I am the way, and the truth, and the life.

A low-angle shot of a person's legs walking away from the camera on a dirt path. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows and a hazy, orange sky. The person is wearing dark pants and light-colored shoes.

Psalm 42:5 (NIV)

⁵ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Saviour and my God.