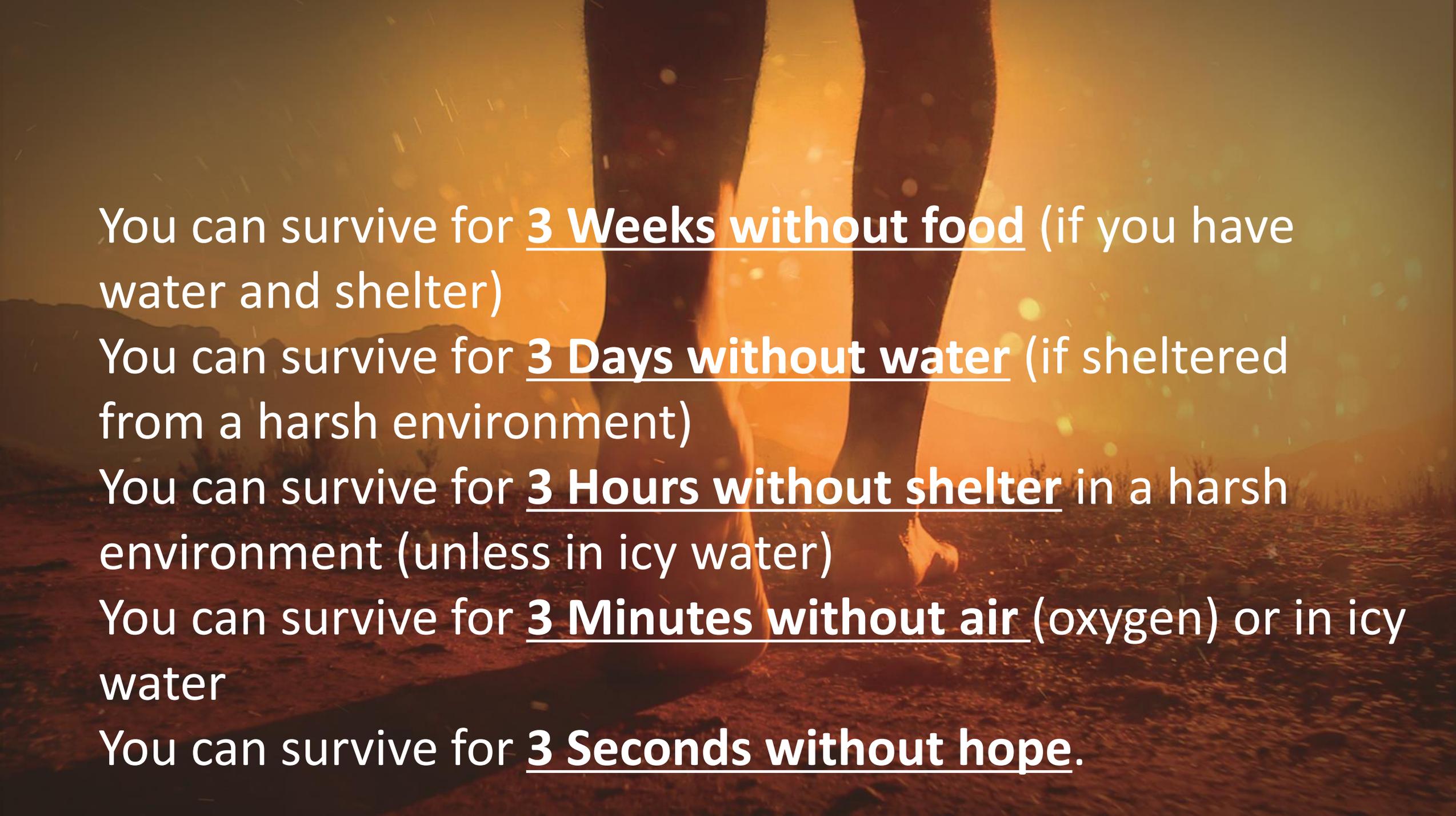


A low-angle shot of a person's legs in a desert landscape at sunset. The person is wearing dark leggings and light-colored sneakers. The ground is sandy and sparsely vegetated. In the background, there are silhouetted mountains under a bright, golden sky. The overall mood is warm and hopeful. The word "Hope" is overlaid in large white text, and the name "Jaco Janse van Rensburg" is overlaid in smaller white text below it.

Hope

Jaco Janse van Rensburg

A person's legs are visible in the foreground, wearing dark pants and light-colored shoes. The background is a vast, open landscape under a warm, orange-hued sky, suggesting a sunset or sunrise in a desert or arid environment. The ground is dark and textured, possibly dirt or sand. The overall mood is contemplative and emphasizes the harshness of the environment.

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)

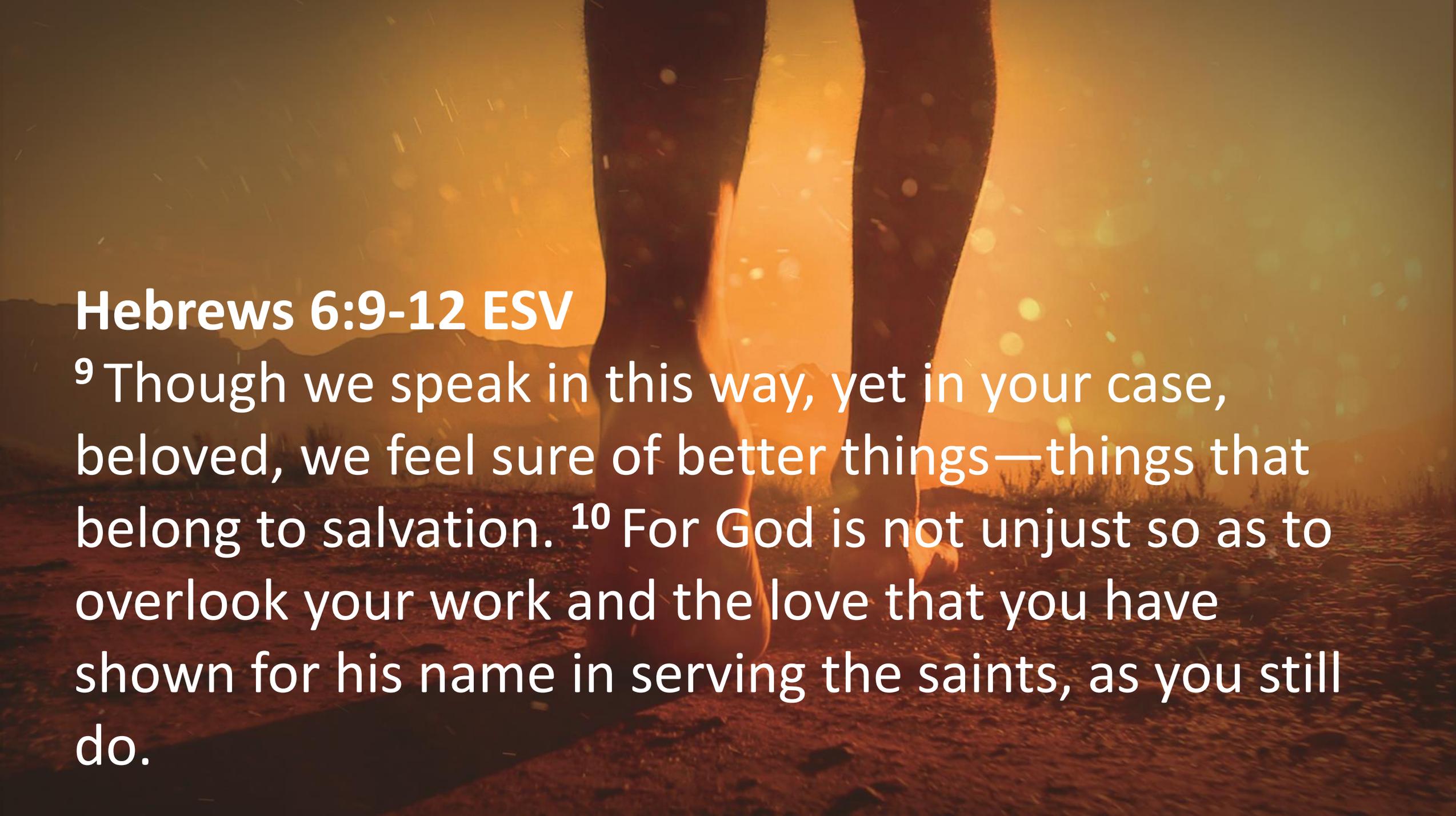
You can survive for 3 Hours without shelter in a harsh environment (unless in icy water)

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

You can survive for 3 Seconds without hope.

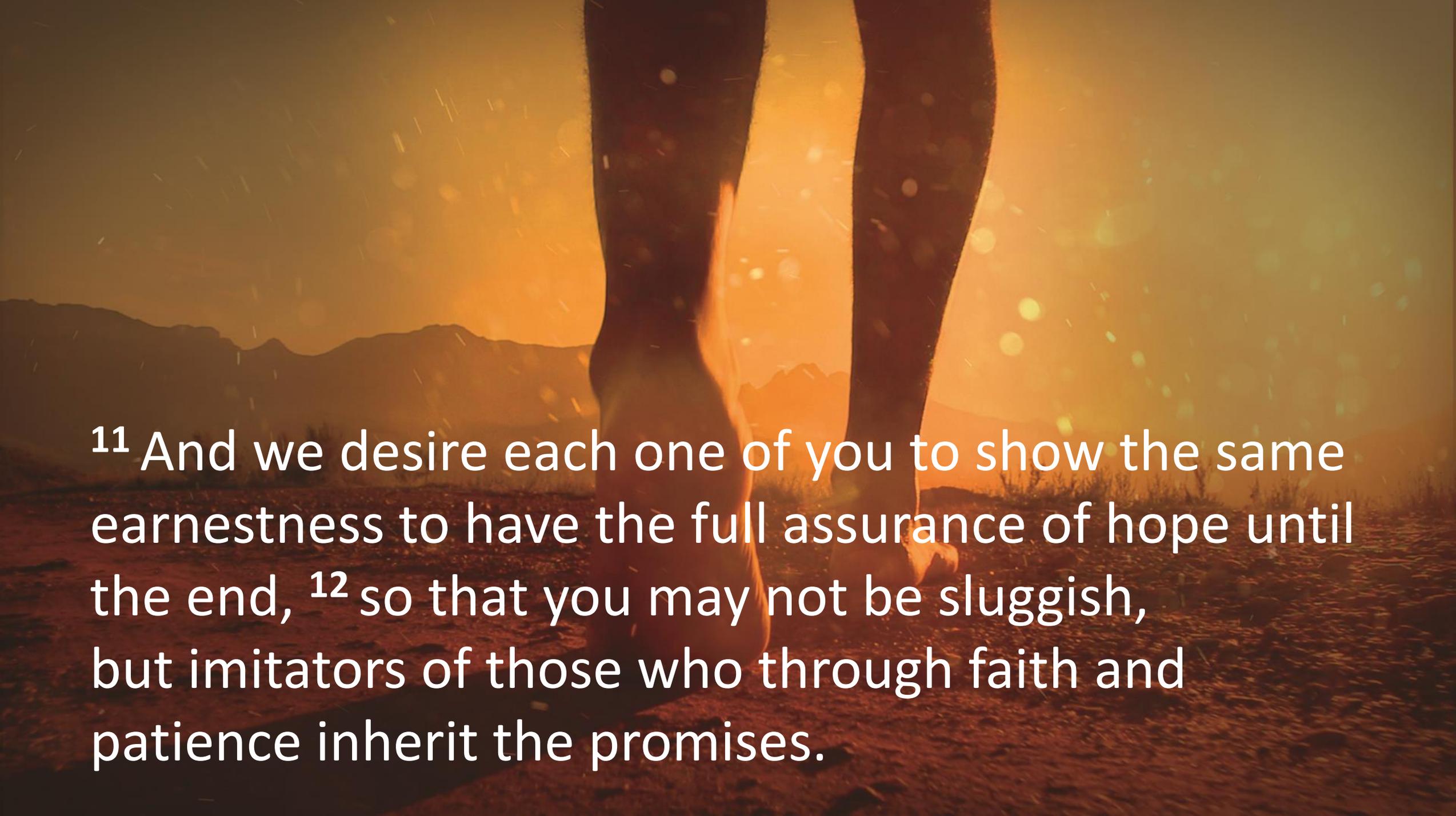
A person's legs, wearing black leggings, are the central focus, standing on a sandy desert floor. The background features a vast, hazy landscape with rolling hills and mountains under a warm, golden sunset sky. The scene is filled with soft, glowing light and some lens flare effects, creating a serene and hopeful atmosphere.

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

A person's legs in black leggings and white sneakers walking on a path at sunset. The background is a warm, golden-orange glow from the setting sun, with some light flares and a dark horizon line. The person is walking away from the camera on a dirt path.

Hebrews 6:9-12 ESV

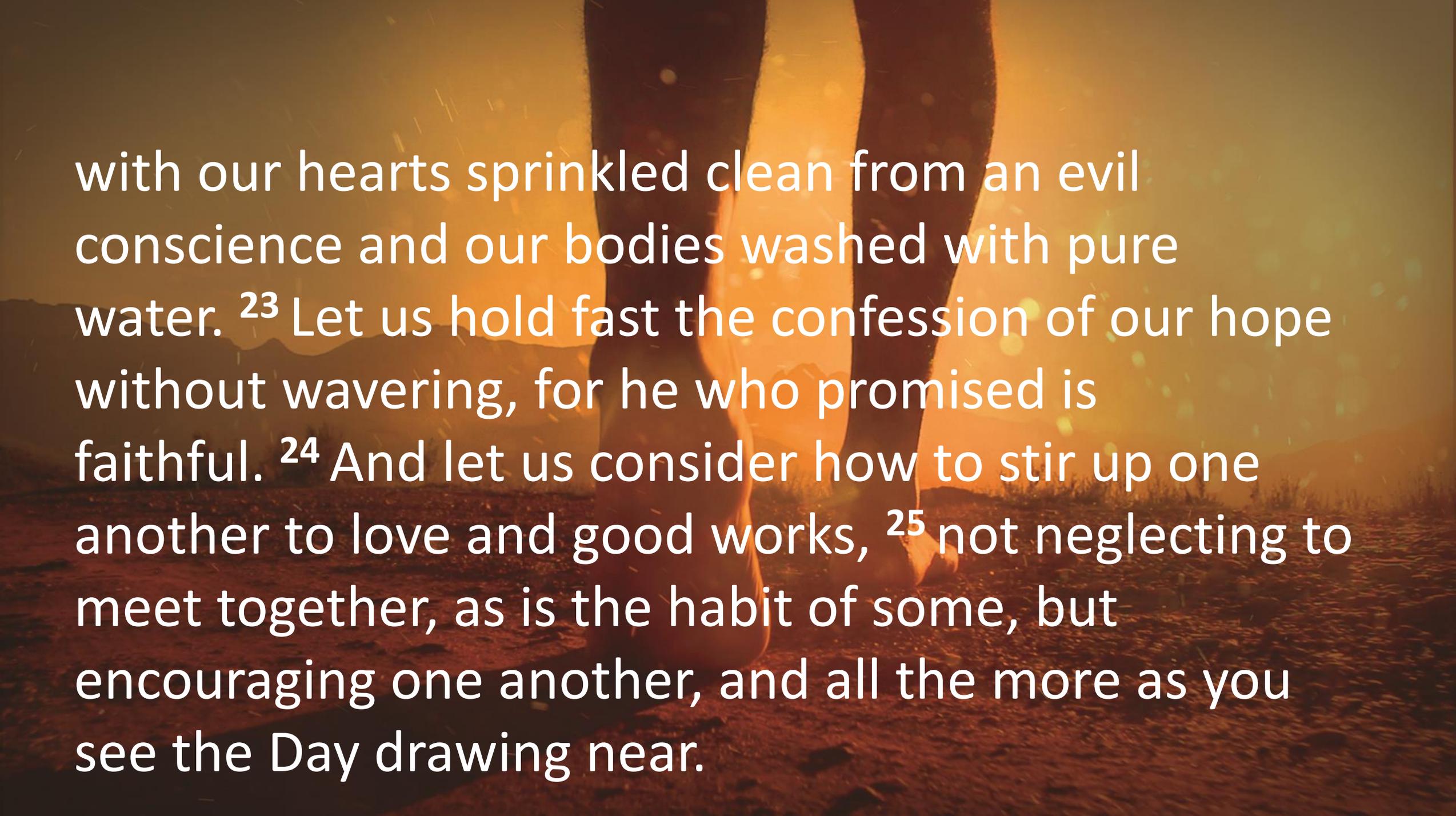
⁹ Though we speak in this way, yet in your case, beloved, we feel sure of better things—things that belong to salvation. ¹⁰ For God is not unjust so as to overlook your work and the love that you have shown for his name in serving the saints, as you still do.

A person's legs in shorts are shown from a low angle, walking on a path. The background is a warm, golden sunset over a landscape with mountains. The text is overlaid on the lower half of the image.

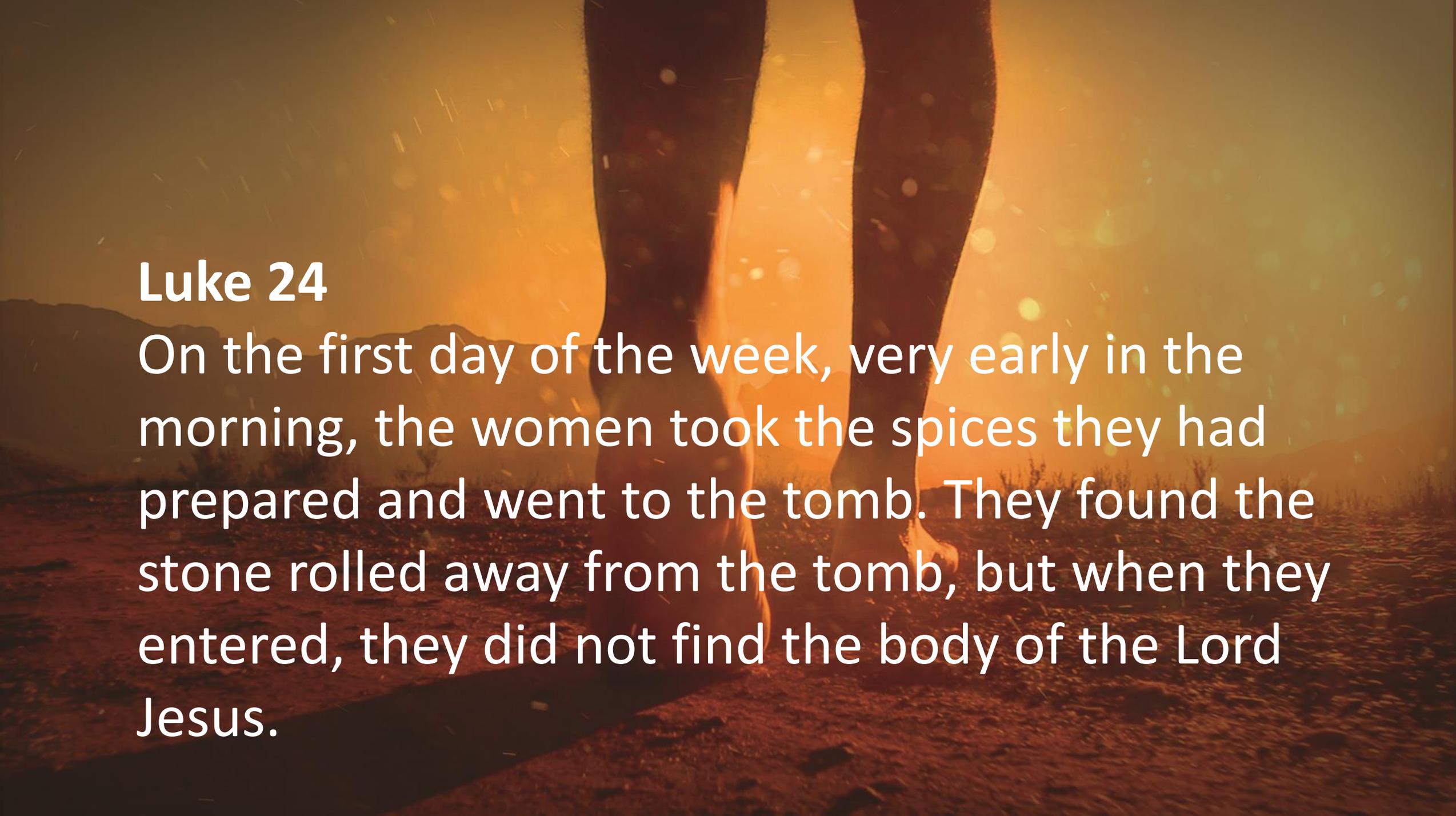
¹¹ And we desire each one of you to show the same earnestness to have the full assurance of hope until the end, ¹² so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises.

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,

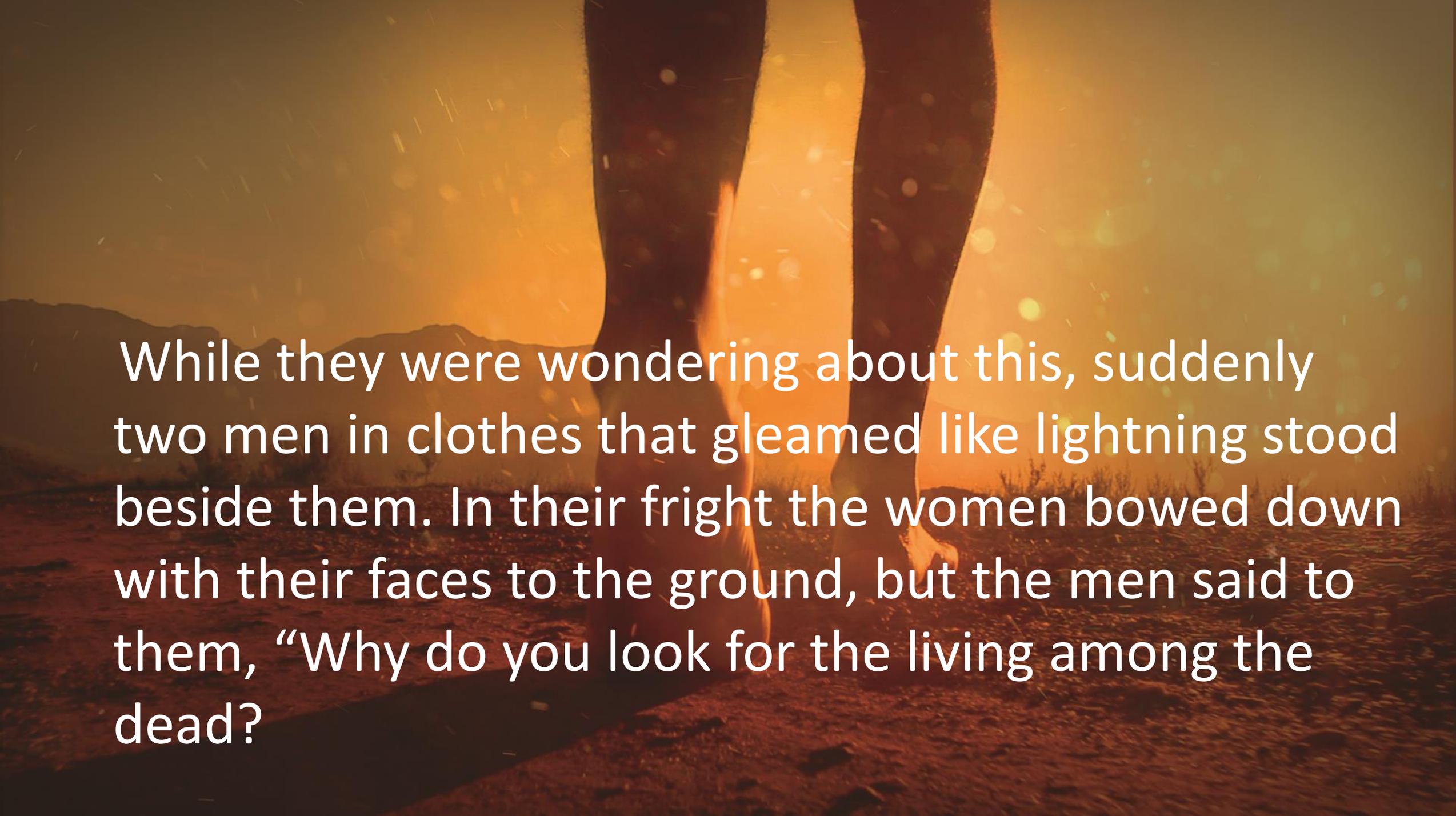
A person's legs in shorts and sneakers walking on a path at sunset. The background is a warm, golden-orange glow from the setting sun, with a dark silhouette of a person's legs in the foreground. The text is overlaid in white, sans-serif font.

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.

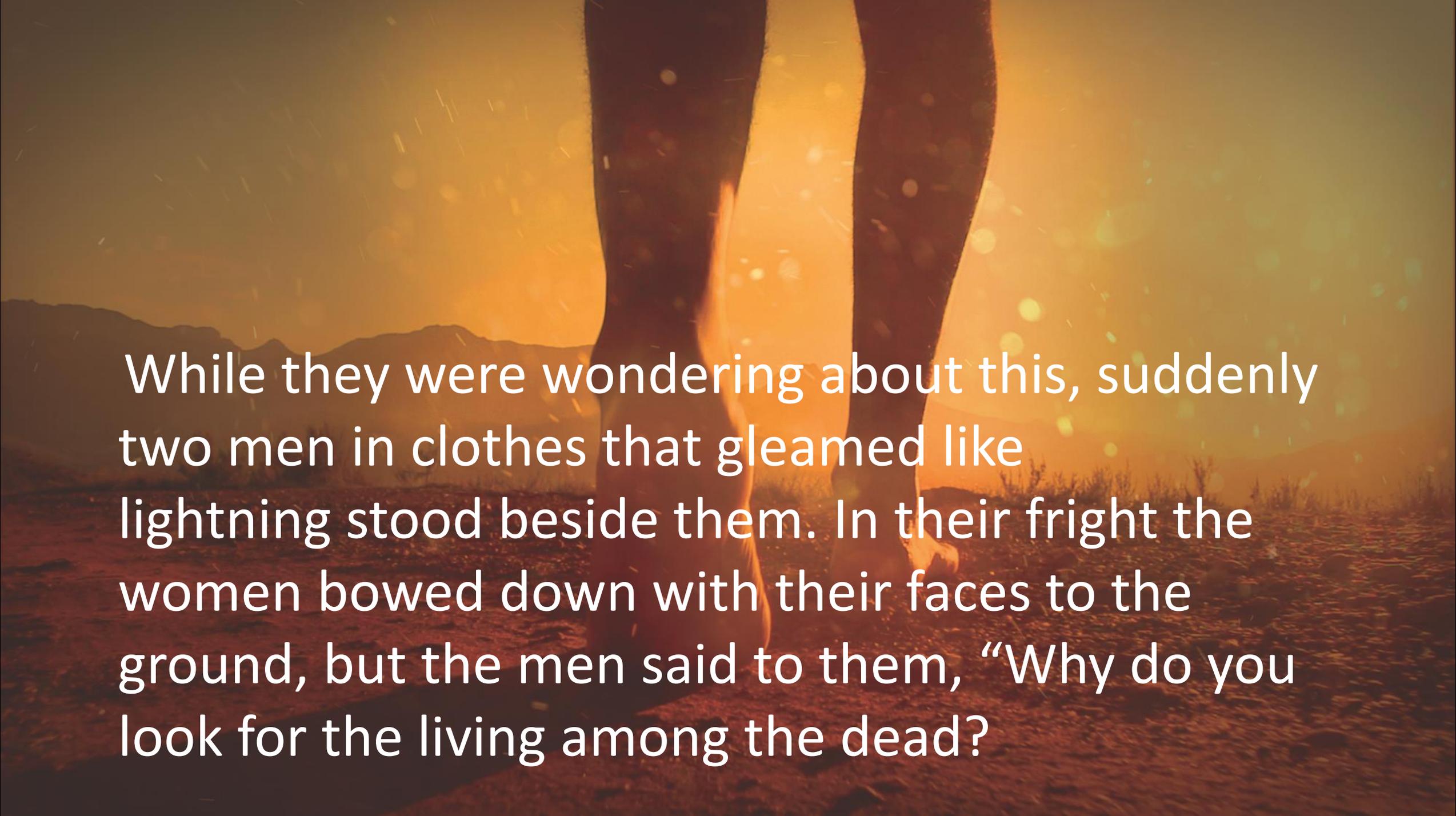
A person's legs are shown from the knees down, wearing dark pants and light-colored shoes. They are standing in a desert landscape at sunset or sunrise, with a warm orange glow and some dust or sand in the air. The background shows a dark horizon with some distant hills.

Luke 24

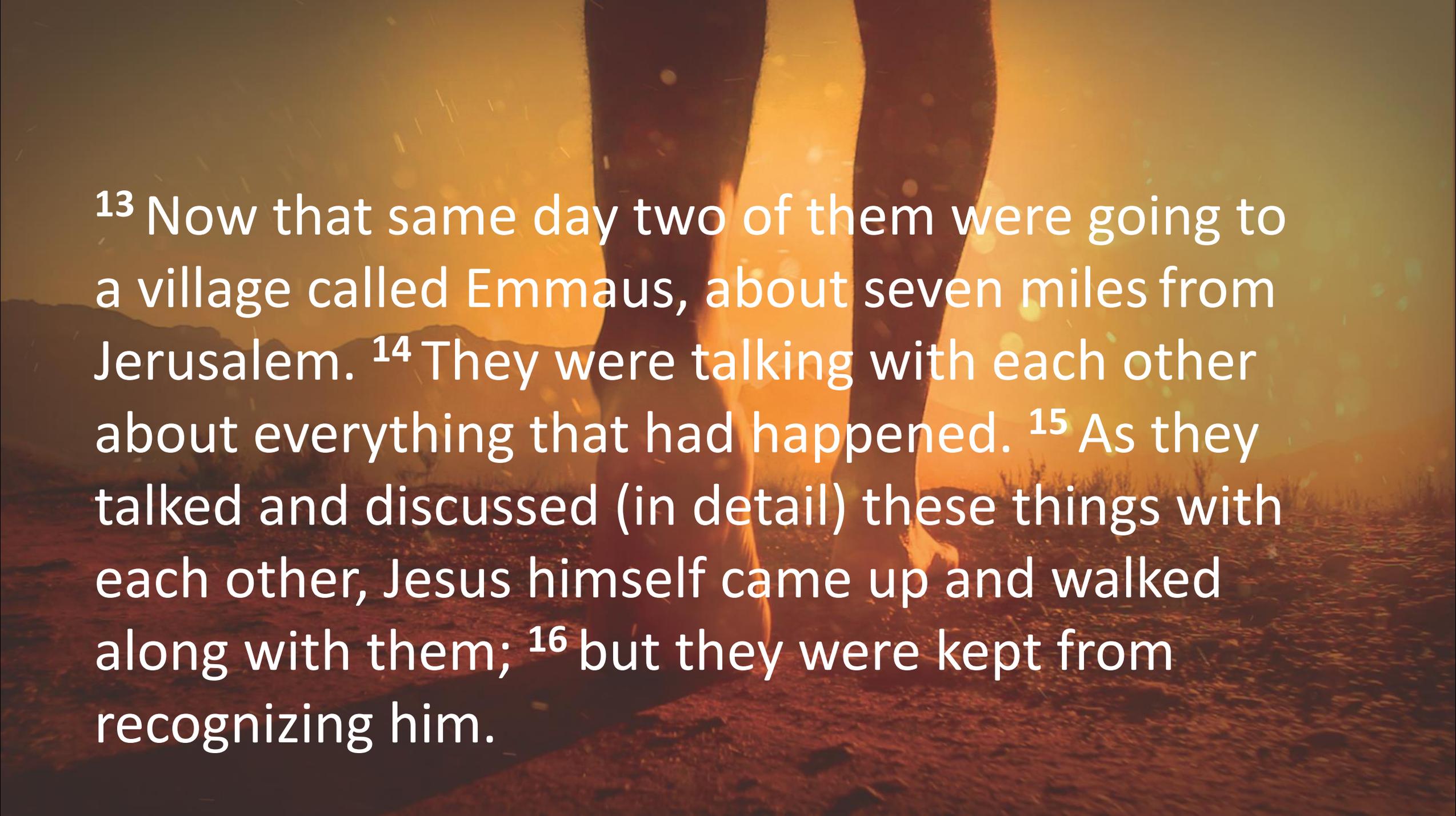
On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus.

A person's legs are shown from the knees down, wearing a dark, shimmering, possibly metallic or sequined outfit. They are walking on a dirt path in a desert landscape during sunset or sunrise. The sky is a warm, golden-orange color, and the ground is dark and textured. The overall mood is mysterious and dramatic.

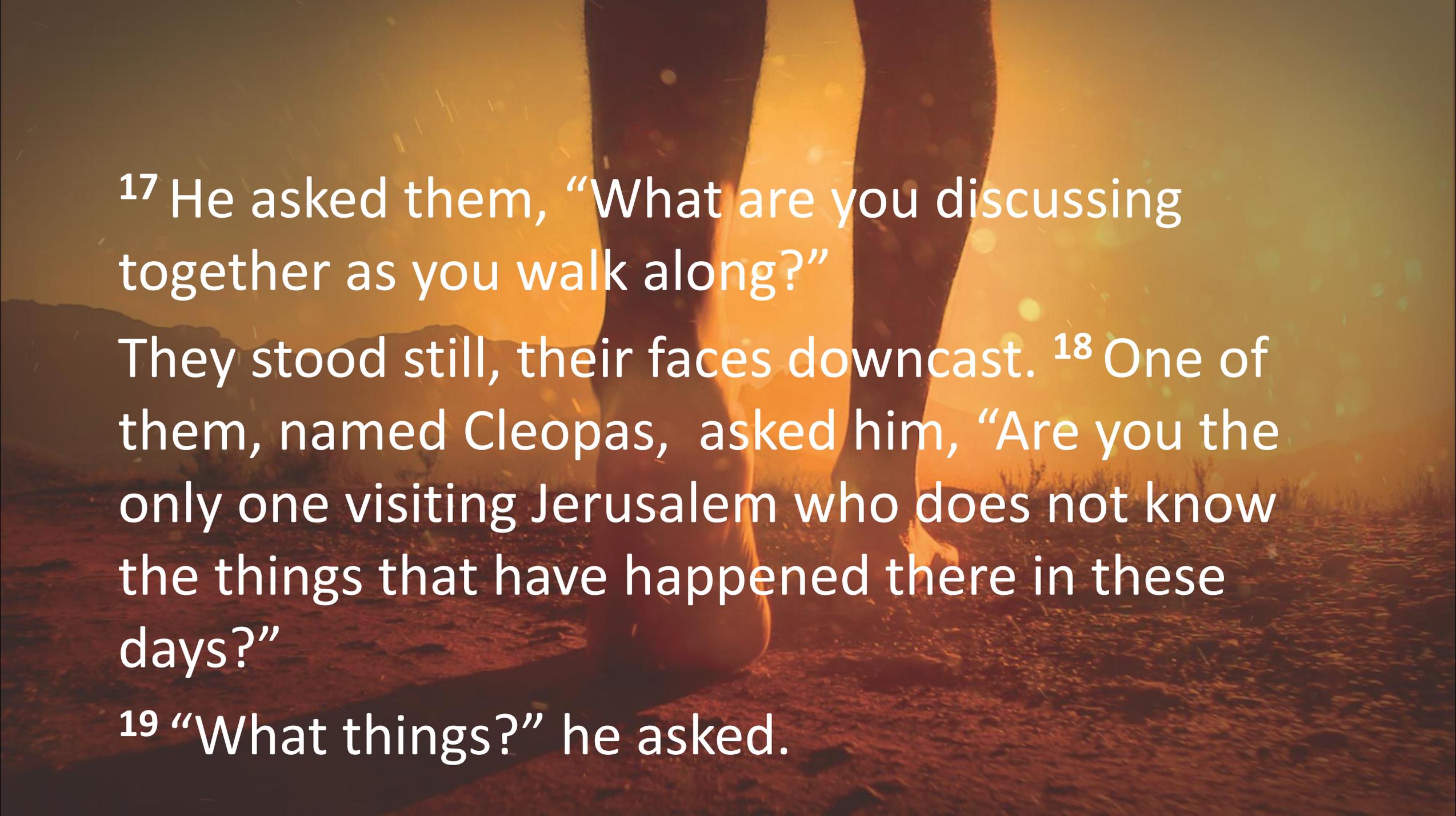
While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead?”

A person's legs are shown from the knees down, standing in a desert landscape at sunset. The person is wearing dark leggings and light-colored shorts. The background features a warm, golden-orange sky with silhouettes of mountains and sparse desert vegetation. The overall mood is serene and contemplative.

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 shown from the knees down, walking on a dirt path. The scene is set at sunset or sunrise, with a warm, golden light illuminating the path and the person's legs. The background shows a hazy landscape with distant hills or mountains under a soft, orange sky. The overall mood is peaceful and contemplative.

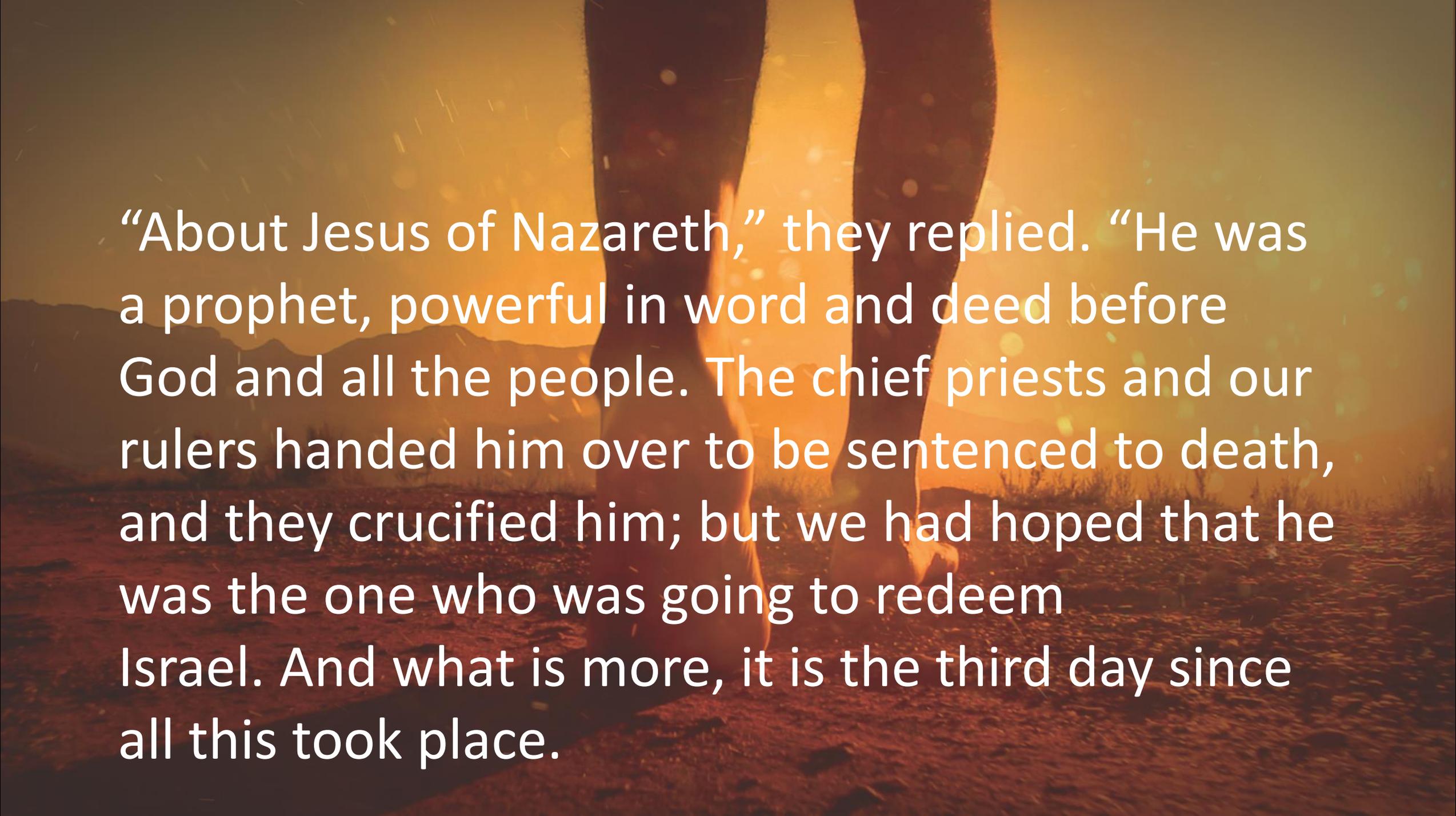
¹³ Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. ¹⁴ They were talking with each other about everything that had happened. ¹⁵ As they talked and discussed (in detail) these things with each other, Jesus himself came up and walked along with them;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

A 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 light illuminating the legs and the path. The background shows a hazy landscape with hills and some sparse vegetation. The overall mood is contemplative and serene.

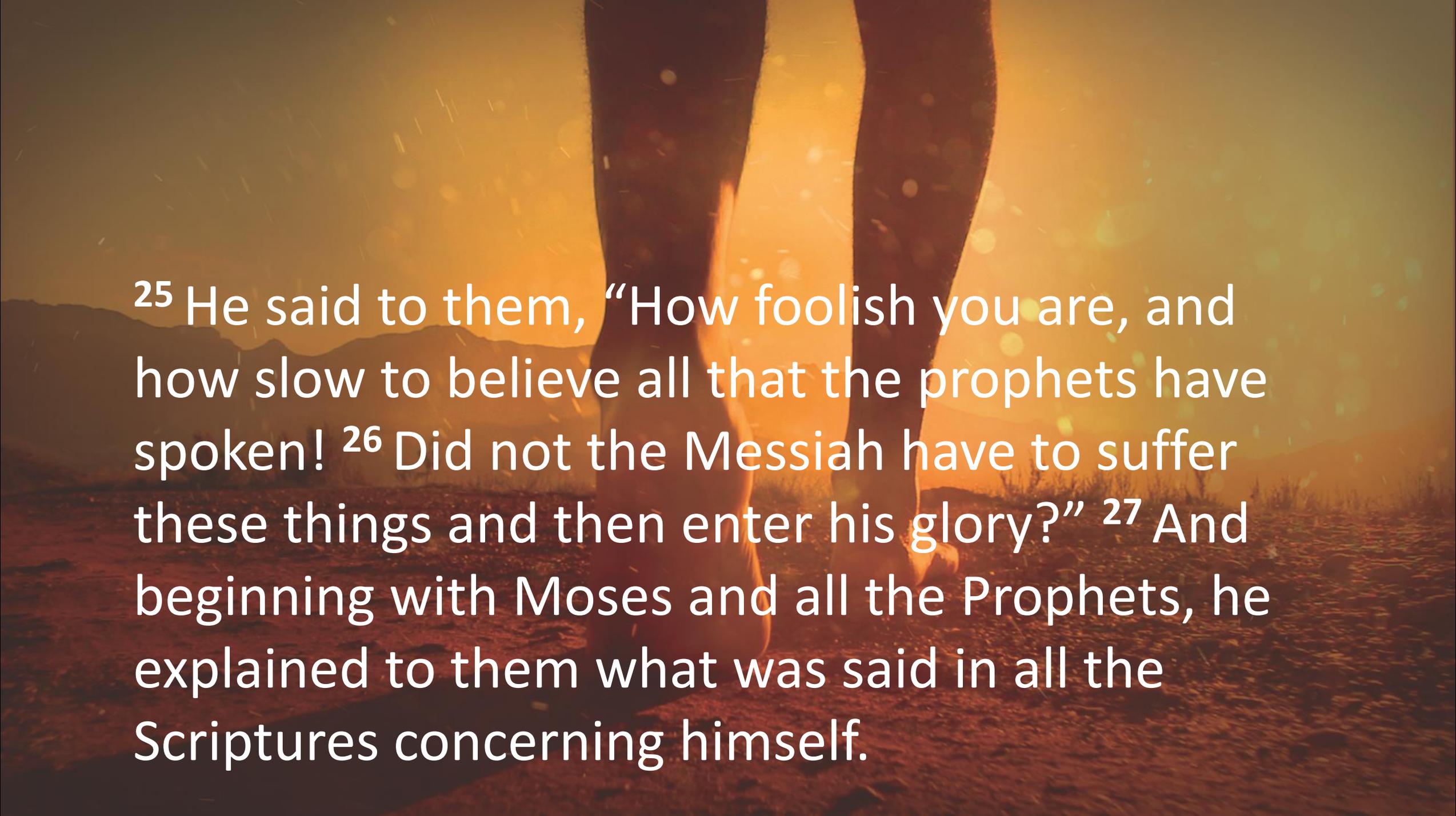
¹⁷ He asked them, “What are you discussing together as you walk along?”

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?”

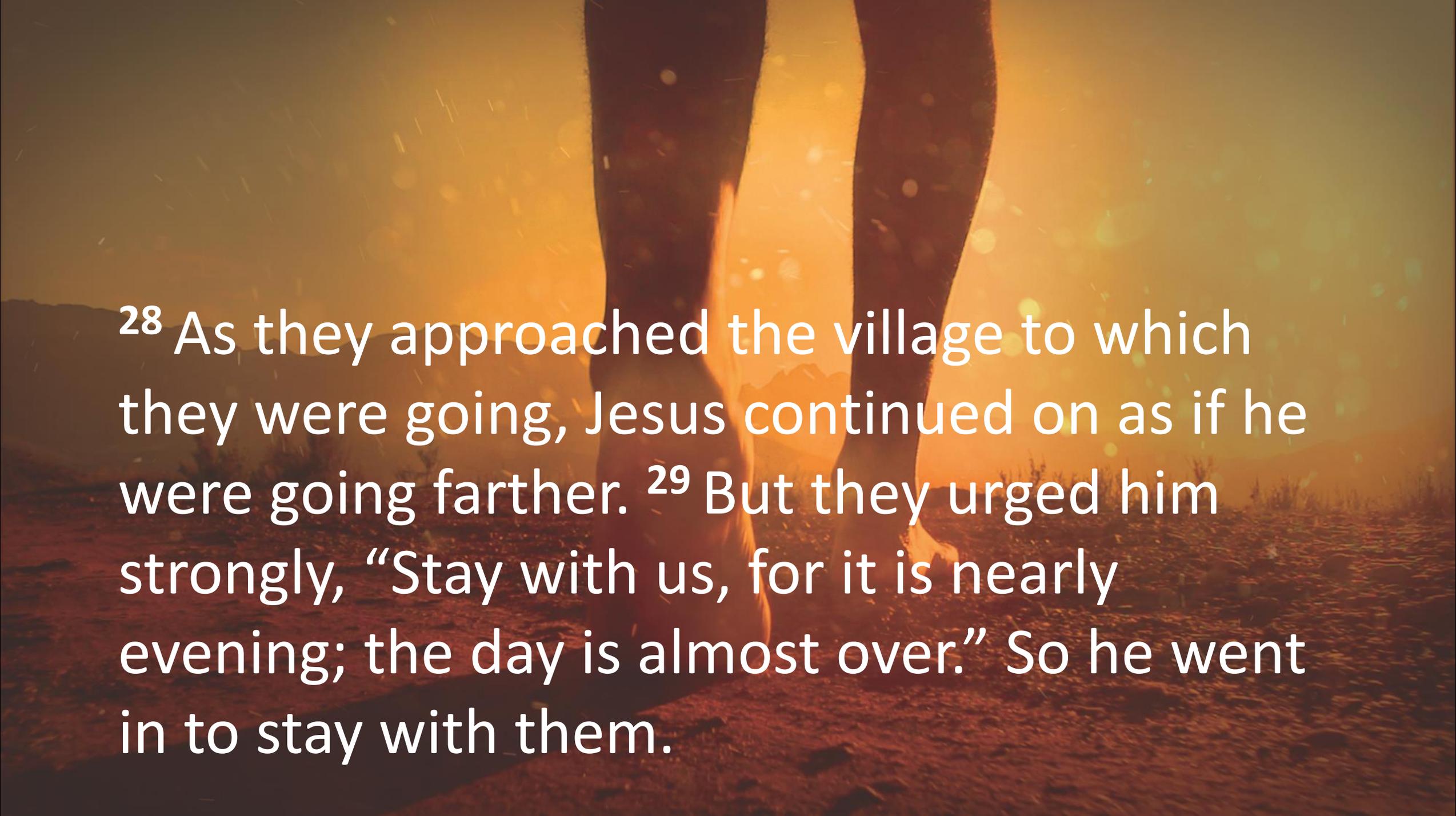
¹⁹ “What things?” he asked.

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 light illuminating the background. The person is wearing dark pants and light-colored shoes. The path leads towards a horizon with silhouettes of hills or mountains. The overall mood is contemplative and serene.

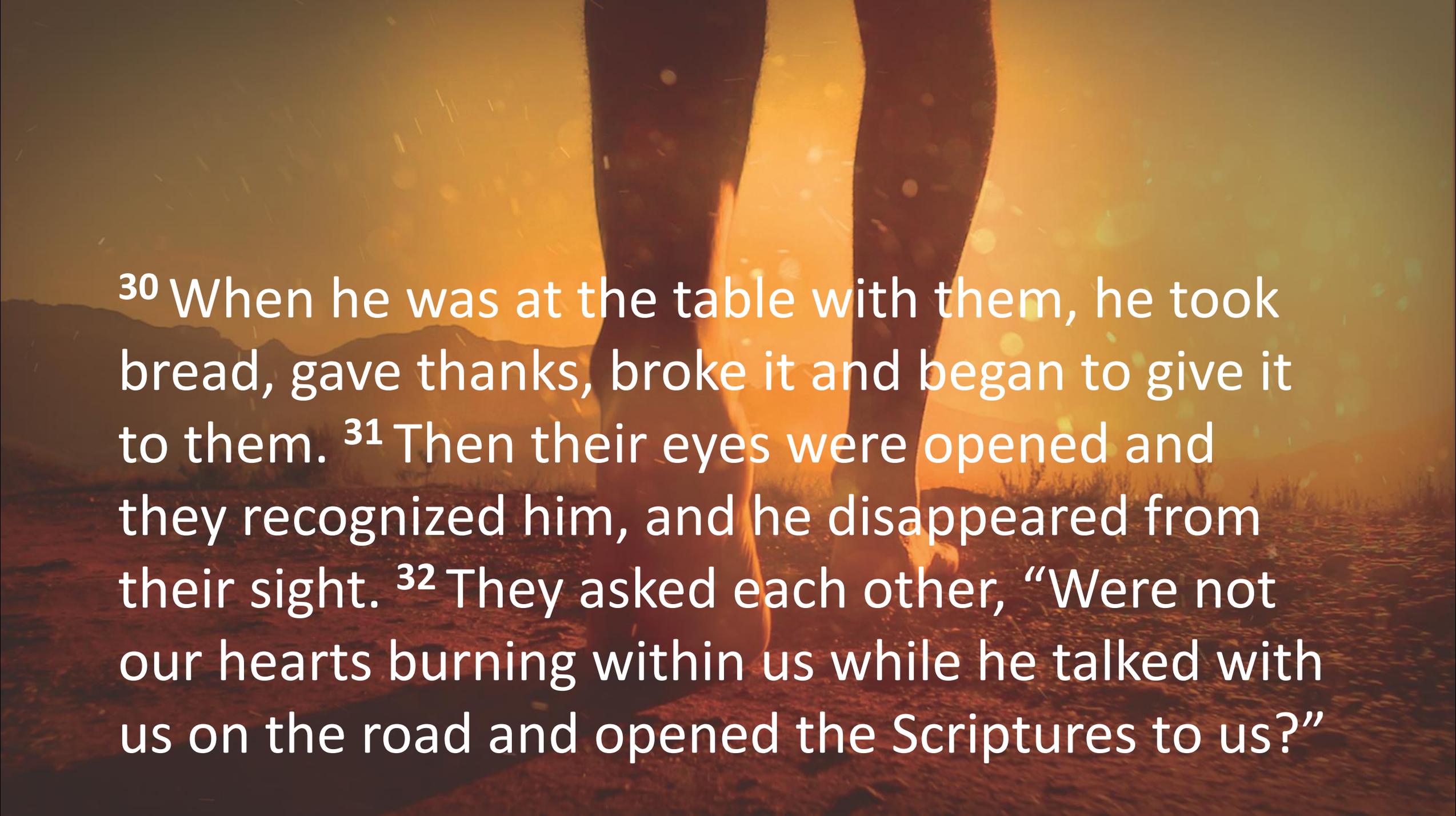
“About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more,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

A person'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 light illuminating the legs and the path. The background shows a hazy landscape with distant hills or mountains. The overall mood is contemplative and serene.

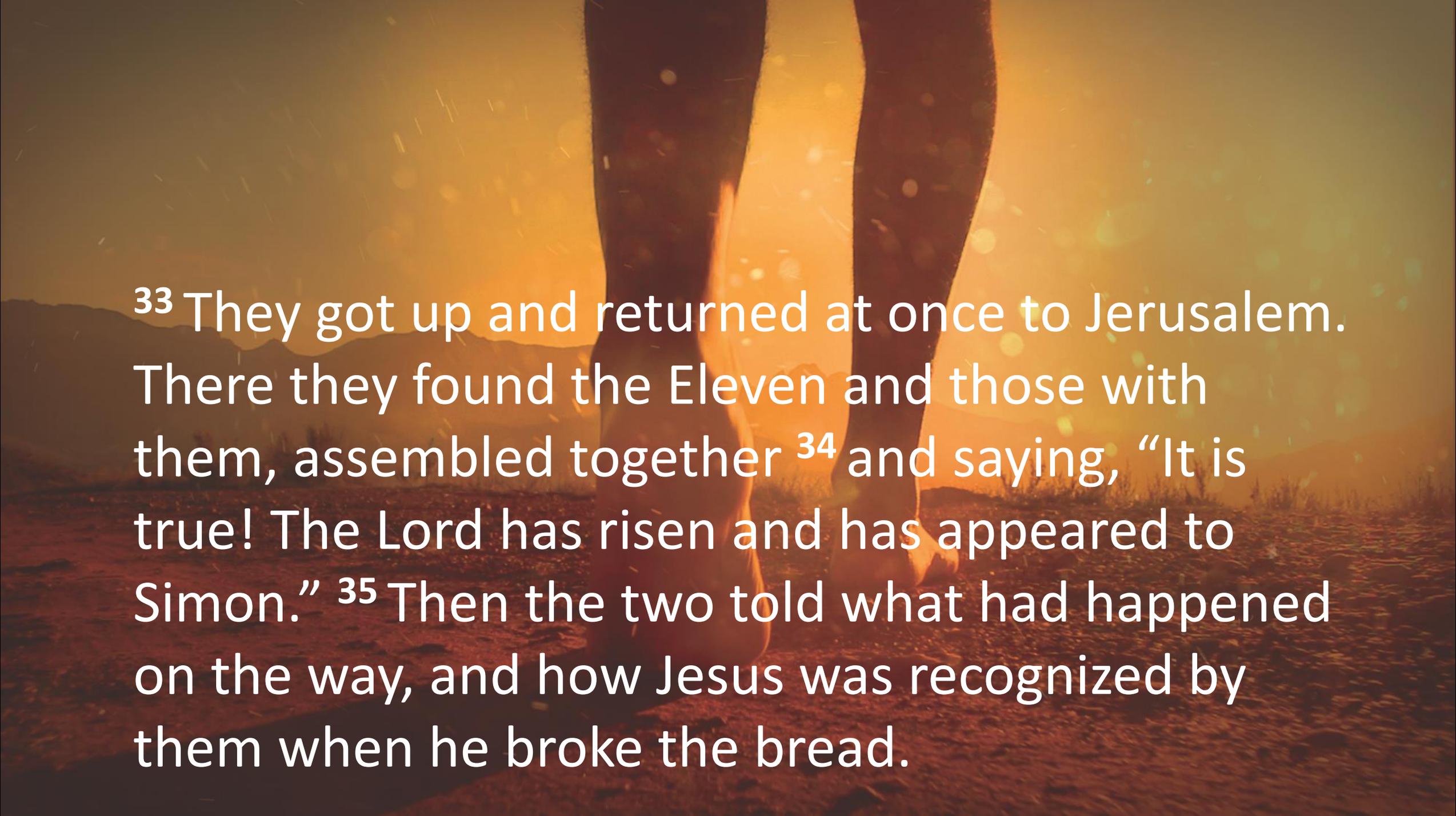
²⁵ He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶ Did not the Messiah have to suffer these things and then enter his glory?” ²⁷ And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

A close-up, low-angle shot of a person's legs walking on a dirt path. The person is wearing dark shorts and light-colored sneakers. The background is a warm, golden sunset over a landscape with hills and sparse vegetation. The text is overlaid on the lower half of the image.

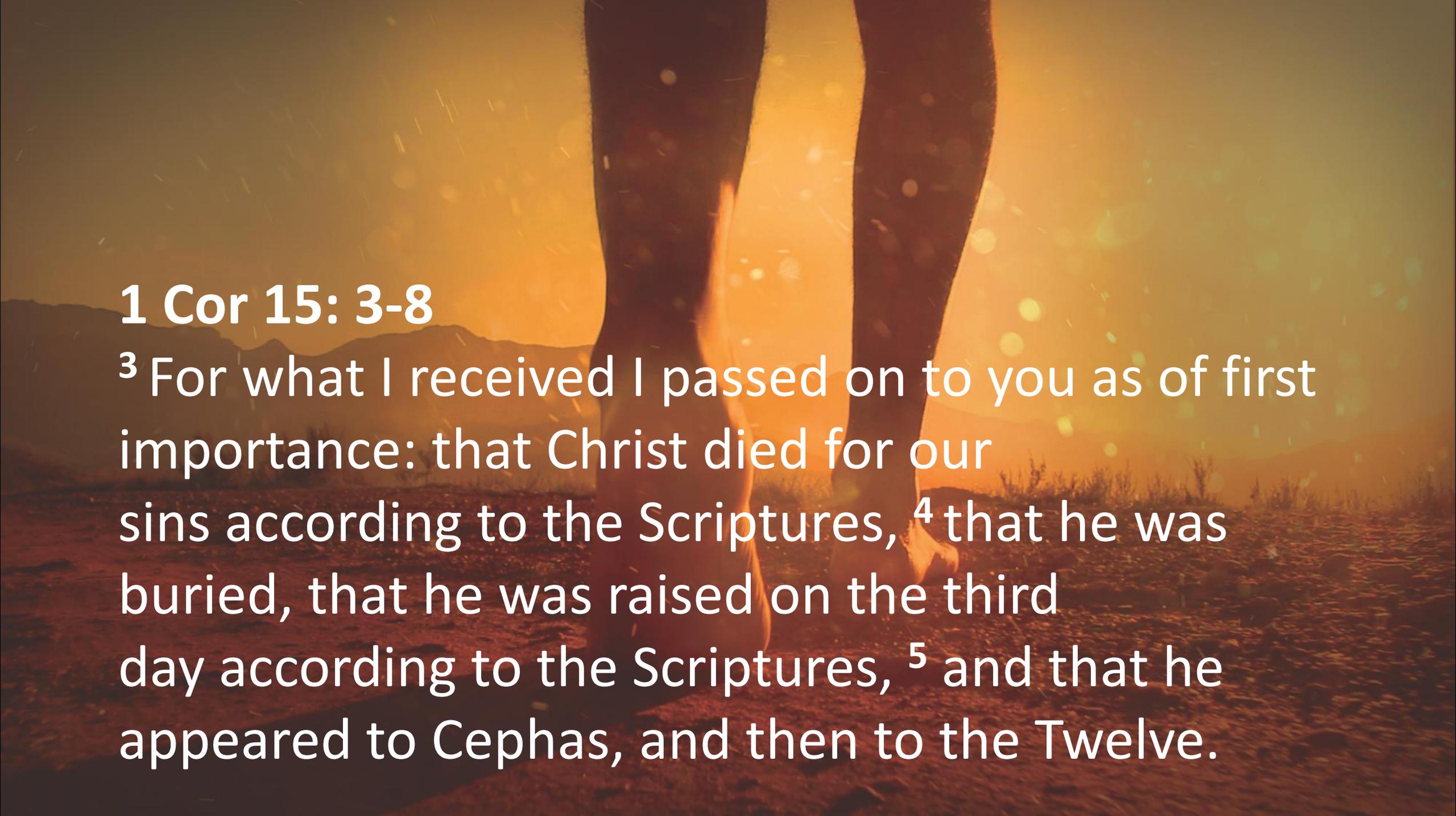
²⁸ As they approached the village to which they were going, Jesus continued on as if he were going farther. ²⁹ But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.



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?”

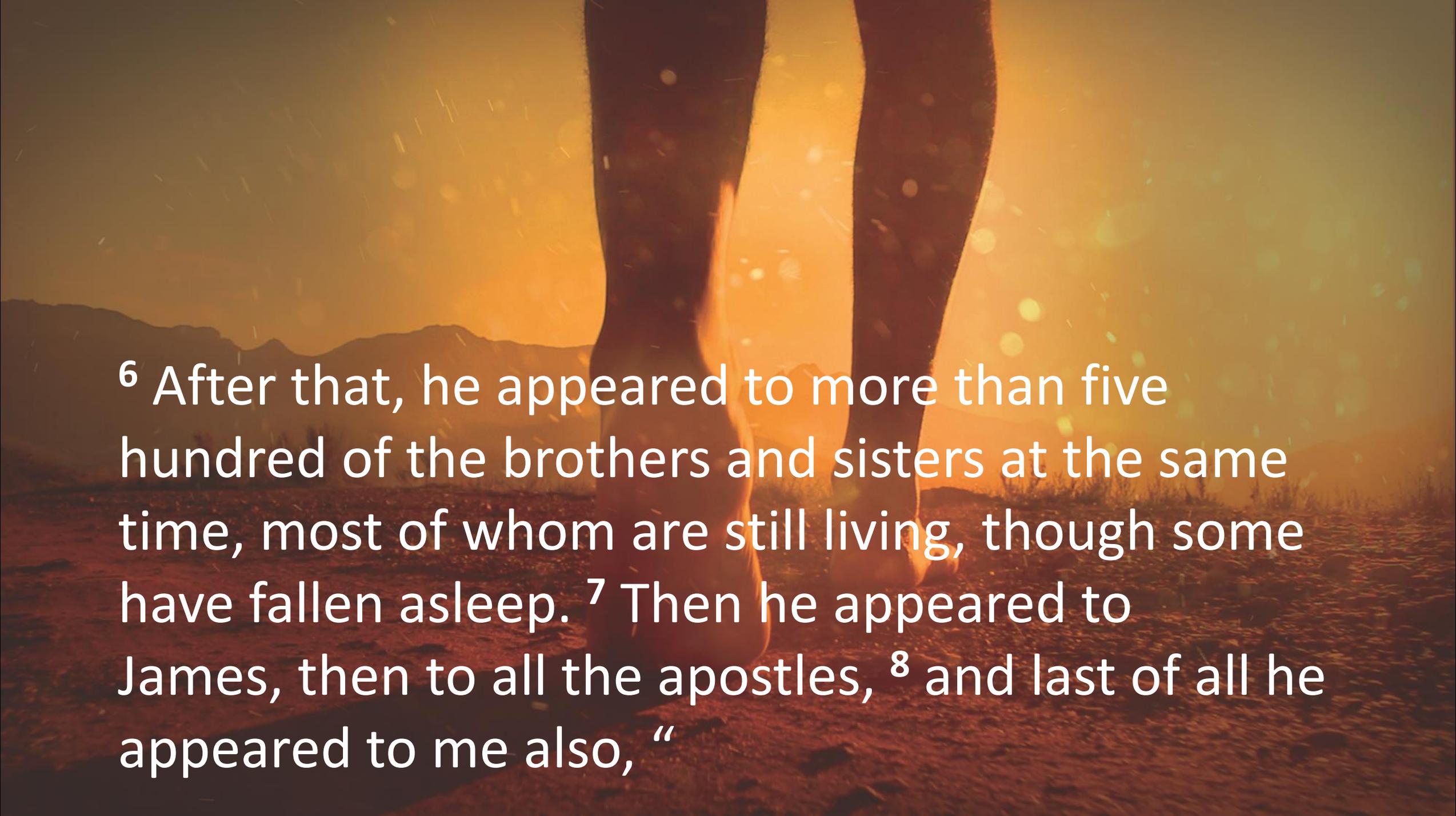
A person's legs in shorts are shown walking on a path at sunset. The background is a warm, golden-orange sky with silhouettes of hills and trees. The text is overlaid on the image in white.

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.

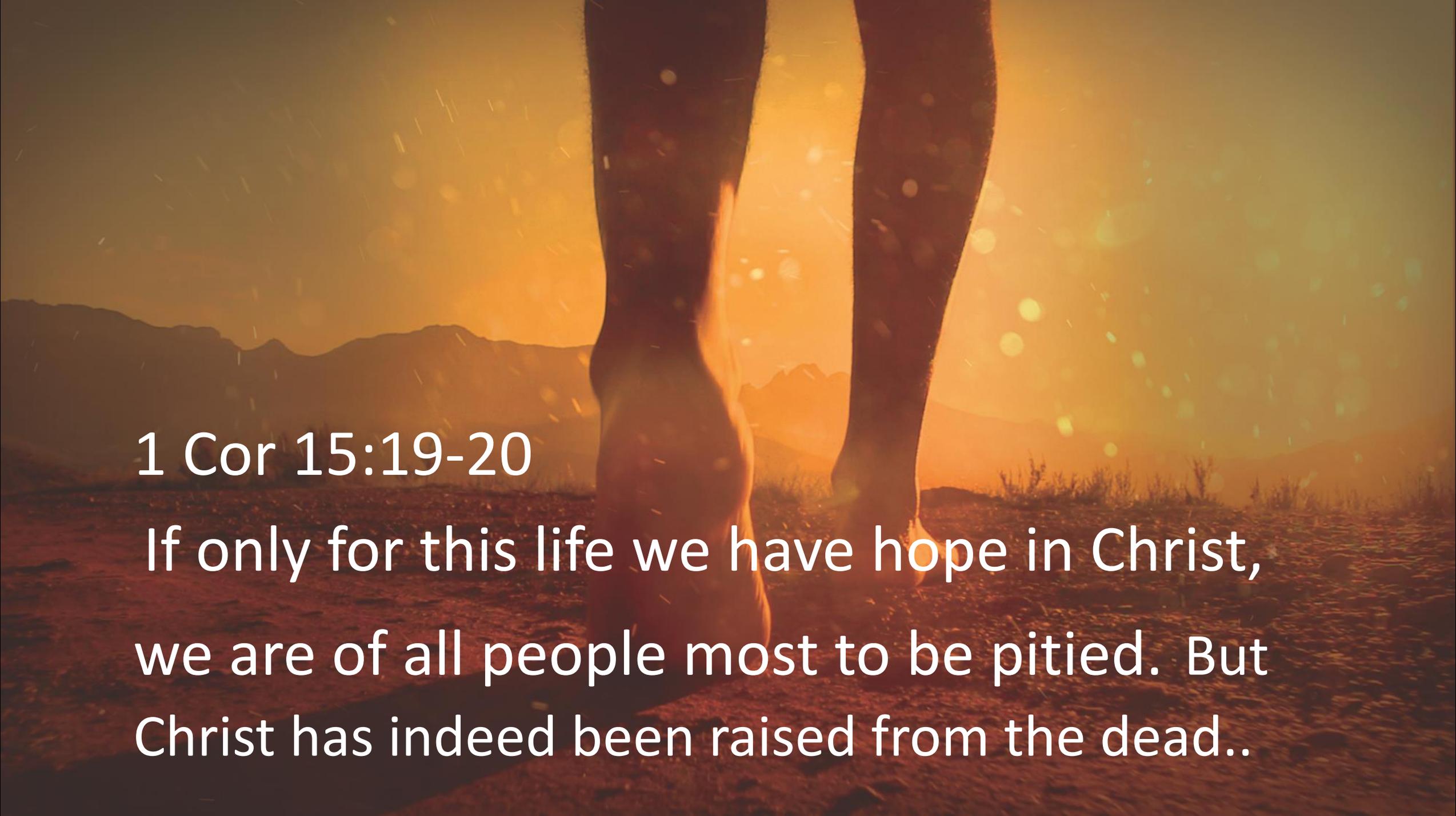
A person's legs in shorts walking on a path at sunset. The background is a warm, golden-orange sky with silhouettes of mountains and a path leading into the distance. The person's legs are in the foreground, walking away from the camera.

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.

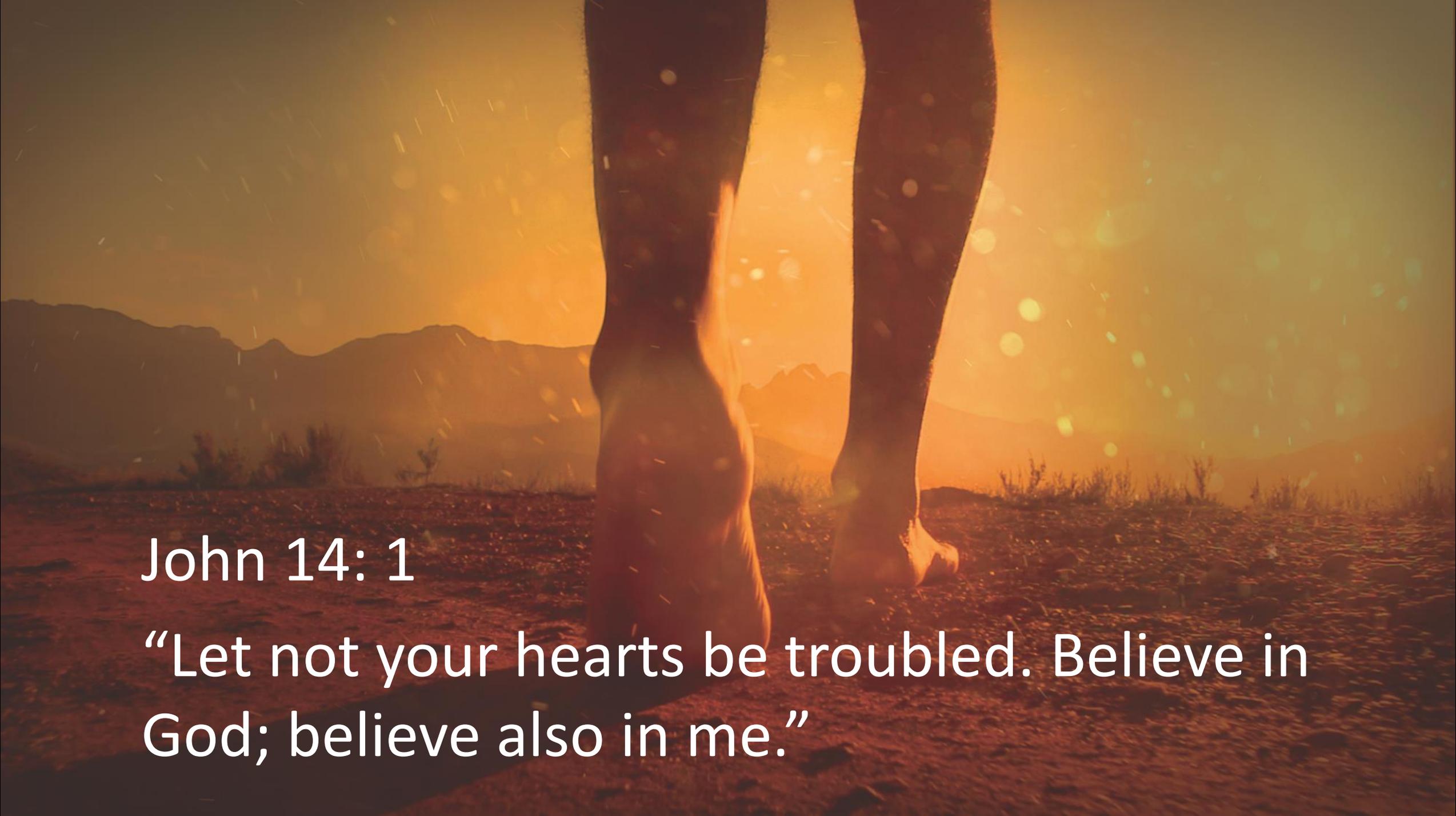
A person's legs in shorts are shown from a low angle, walking on a path. The background is a warm, golden sunset over a landscape with mountains. The text is overlaid on the image in white.

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 photograph of a person's legs from the knees down, wearing dark shorts, standing in a field. The background is 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.

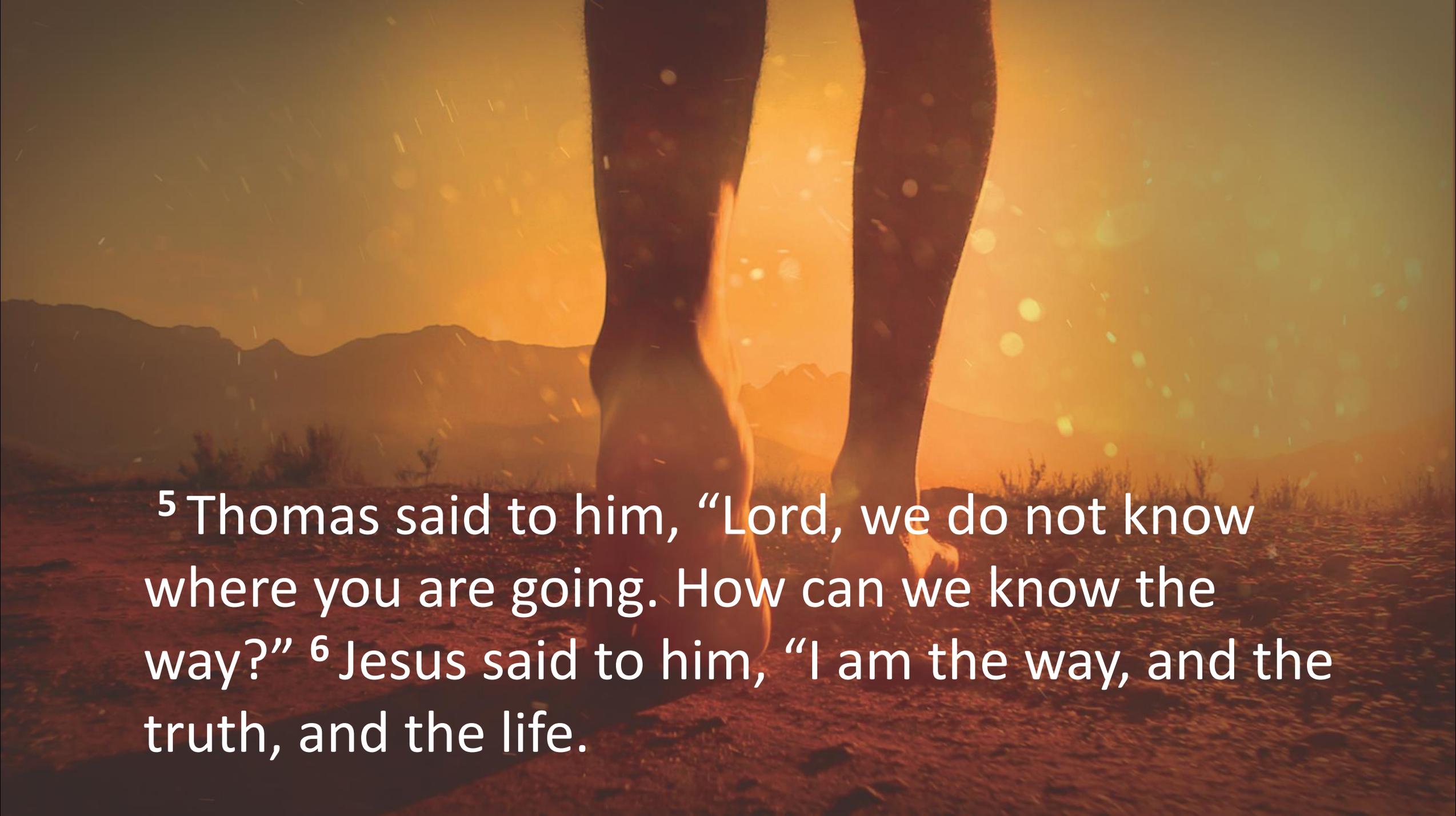
1 Cor 15:19-20

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..

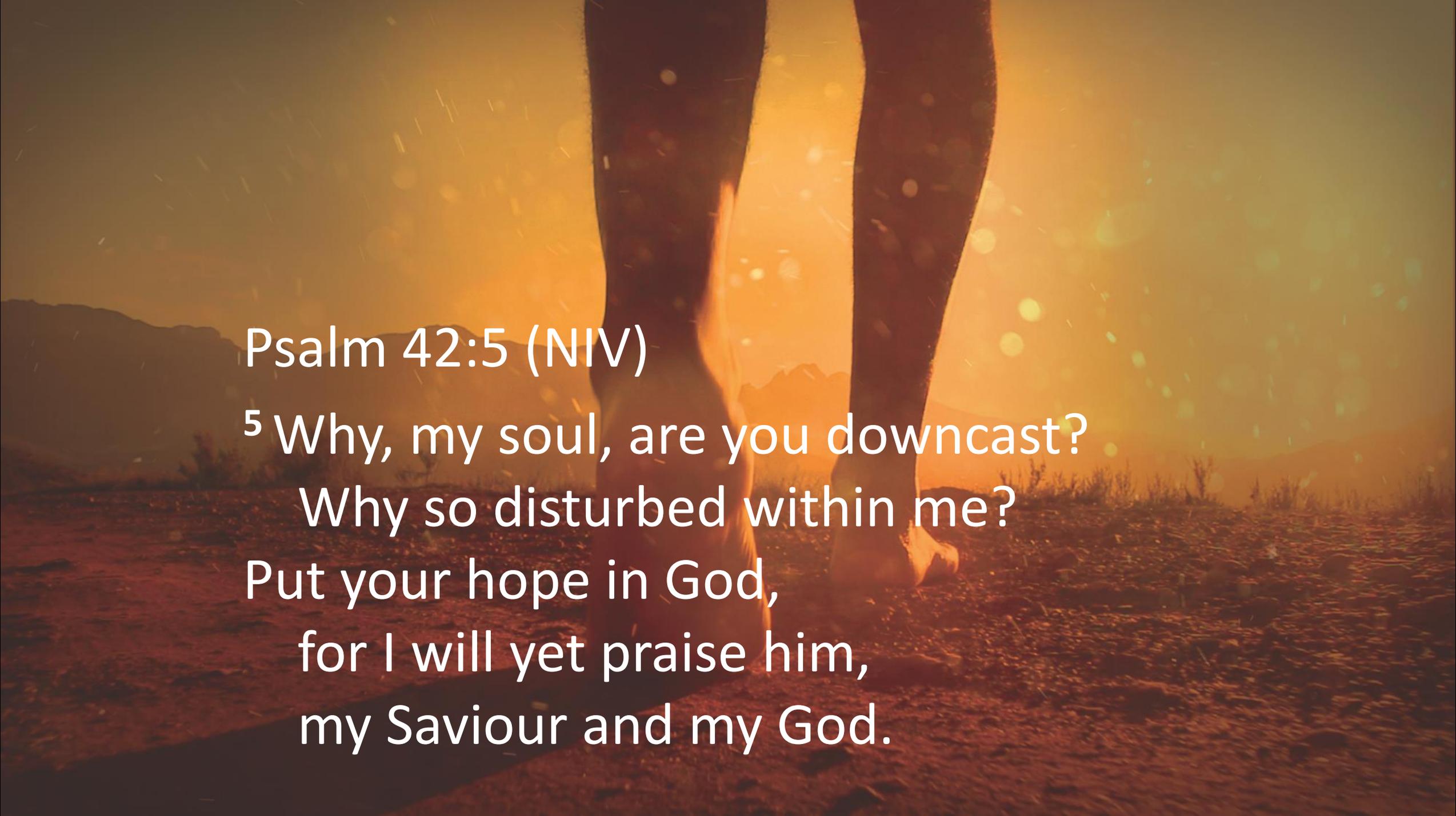
A photograph showing the lower legs and feet of a person standing in a field. The scene is bathed in the warm, golden light of a sunset or sunrise. In the background, there are silhouettes of mountains and some sparse vegetation. The overall mood is peaceful and contemplative.

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 on a dirt path. The scene is set at sunset or sunrise, with a warm, golden light filling the sky and casting long shadows. The background features a range of mountains under a hazy, orange sky. 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 person's legs are shown from a low angle, walking on a dirt path. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows cast across the ground. The background shows a hazy landscape with distant hills under a bright, glowing sky.

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.