



Friday – Hope



COMMUNITIES OF ...

FAITH

LEARNING

LOVE

RESILIENCE

HOPE



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29 January 2021

Introduction

In a series of audience talks on Christian hope, Pope Francis gave extensive advice on how to remain full of hope. No matter 'where God has planted you, hope. Always hope,' he said, explaining: 'Believe in the existence of the most noble and beautiful truths' and trust that God, through the Holy Spirit, is ushering everything toward the good, toward 'Christ's embrace.' — Believers are not alone in their faith. There are others who hope, too. 'The world goes on thanks to the vision of many people who created an opening, who built bridges, who dreamed and believed, even when they heard words of derision around them.'

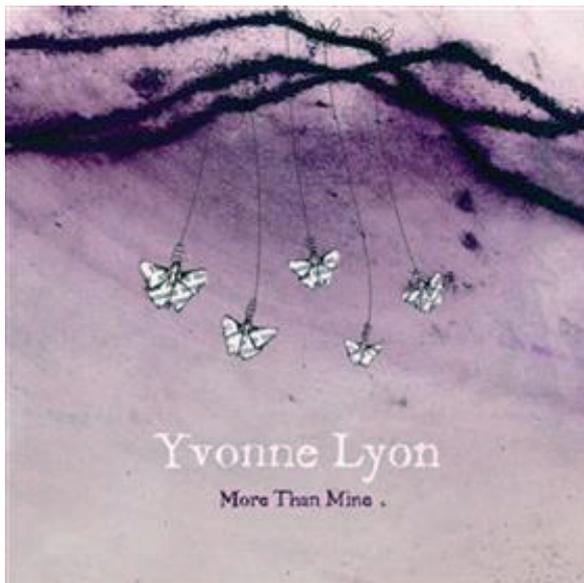
(Report from: <https://www.ncronline.org/news/vatican/how-have-hope-pope-francis-gives-point-point-guide>)

Key Words:

Hope, hopefulness, optimism, vision, challenge, courage, enthusiasm, freedom, service, community.

Activities:

1. Listen to the song 'Hope' by Yvonne Lyon and answer the questions that follow.



(Album cover, reprinted with permission of Yvonne Lyon)

Song: https://youtu.be/U_5nYS1eNRo



Lyrics: In wreckage/In ruin/In breaking/In separation/The burden/The grieving/The tearing/The bruises found on our hearts.

Hope is waking in me/Hope will never let go/Hope will carry me home/Hope, the courage to start again. In solace/In season/In breathing/In consolation/The hunger/The turning/The healing/The traces echoed in our hearts.

(Reprinted with permission of Yvonne Lyon)

How, in your opinion, does the songwriter balance the difficulties and challenges of life with the idea of hope?

How, in your opinion, does the songwriter suggest courage can be a component or element of hope?

2. Listen to the song 'Living Hope' by Phil Wickham and answer the questions that follow.

Song: <https://youtu.be/u-1fwZtKJSM>

Lyrics: <https://genius.com/Phil-wickham-living-hope-lyrics>

How does the writer find hope in his religious faith?

How does the writer relate the idea of hope with a sense of freedom?



How could a person of faith direct their sense of hope and freedom into service of their larger community?

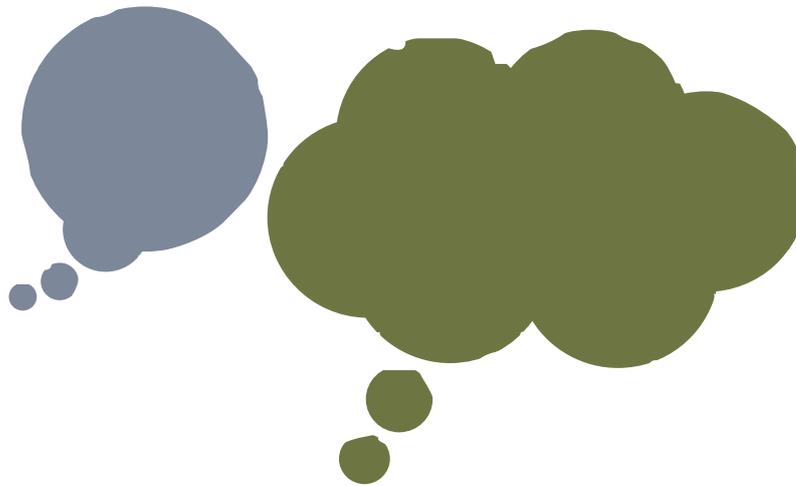
Thought for the Day:

Scripture: 'I wait for the Lord, my soul waits, and in his word I hope' (Ps 130:5).

Reflection: Hope brings all sorts of other good things with it – optimism, positivity, enthusiasm, courage, resilience, motivation. It is the gift that keeps on giving. And we can give that gift to the others in our wider network or community to help them get through challenging times. It's not always easy, but we can work on it, develop it, pray for it, spread it and show it in the way we relate to others. It can be a light to show us the way, the energy to keep that light burning brightly, a vehicle to carry us on our way, a pit stop where we can refresh. It does not demand repayment. As poet Emily Dickinson wrote of hope: 'never, in extremity/It asked a thing of me'.

Related Powerpoint available for prayer/reflection/meditation





Additional Worksheet – Theme of Hope

Give your personal response to the following quotes on hope.

‘You may not always have a comfortable life and you will not always be able to solve all of the world’s problems at once but don’t ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.’ – **Michelle Obama**

‘Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality.’
– **Jonas Salk**

‘But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.’ – **Isaiah 40:31**



'We must accept finite disappointment, but never lose infinite hope.' - **Martin Luther King Jr**

'May your choices reflect your hopes, not your fears.' - **Nelson Mandela**

'I wait for the Lord, my soul waits, and in his word I hope.' - **Psalm 130:5**
