

my Journey with Jesus

hope

what do you think??

You can be a sign of hope by:

- Pretending nothing ever goes wrong.
- Showing your trust in God even in the worst circumstances.
- Smiling all the time.
- Telling your friends that they shouldn't let things bother them.

What is one way a person who is suffering can give hope to others?

Write a short prayer asking God to increase your hope.

What do these 2 quotes mean to you?
Do you think they are true?

why? why not?

"Hope gives birth to hope."

"it is better to light one candle than to curse the darkness". *Chinese proverb*

What are two of the biggest problems in your community?

What could people of hope do to help resolve these problems?

What are 3 examples of people of hope at work in your parish or neighborhood?

How can you be a person of hope?

FOLLOWERS OF JESUS HAVE HOPE ALWAYS EVEN IN THE FACE OF DEATH

Here are some different views about death and what happens after death.

Circle each statement you agree with.

- Death is the end, period. There is nothing after death.
- Any living being that dies is later reincarnated as another living being in a higher form of life if they lived a good life, in a lower form if they did not.
- Death is the end for the body, but the soul lives on forever.
- Life after death is a shadowy kind of existence shared by good and bad alike.
- After death the person lives on awhile without the body until the end of the world, when everyone rises again with their bodies.
- Since God loves everyone, no matter how people live, everyone will be happy forever with God.
- After you die, God judges the person on the basis of how he or she lived. Those who lived good lives will live happily forever with God, while those who lived evil lives will not.
- Even good people need some purification after death before they can be with God forever.
- At the end of time, the whole world will just end.
- At the end of time, the whole world will be changed into God's kingdom of total justice, peace, and love.

With which of these views do you agree with most? Why?

WORDS OF HOPE

When people are upset or in trouble, sometimes all they need to feel better are words of hope. What words of hope could you offer in these situations?

1. Your friend is feeling depressed about her grades. Her mom and dad are upset about her poor performance. She has told you that she may run away from home rather than show her parents her latest report card.
2. Juan has a problem. Members of a gang are threatening to beat him up. He seems to be very upset.
3. Your friend Maria's mom died last year of cancer. She was the one Maria always talked to when she felt bad. Now she feels all alone. Her dad's is very busy and doesn't have time to talk to her.

PRAYER

with hope

Lord, help me to be a doer, not a talker.

Help me to say "it can be done" not "it can't be done."

Help me to improve, not just disapprove

Help Me to get into the thick of things not just sit on the sidelines-

Help Me to Point out what's right with the world, not always what's wrong

Help me to light candles, not blow them out.

Lord, fill my heart with hope that looks for good in people, with hope that discovers what can be done, with hope that pushes ahead,, with hope that opens doors, with hope that carries on. Amen!

Father James Keller, THE CHRISTOPHER'S

Pray this prayer with your family.

Discuss together things you can do to be signs of hope for people in need.

HOPE BREEDS HOPE In all of these situations, and thousands of others like them, people of hope are at work. But it's not only the priests and lay volunteers, or the nurses and counselors who share the Gift of hope. Those they serve are people of hope, too.

Jesus' Followers bring hope

-A man dying of AIDS gives his last few dollars to a volunteer to buy flowers for the funeral of a woman too new to the residence to have made any friends.

-A ten-year-old Colombian street child, whose own mother had sold her as a prostitute, carefully sews a bright new quilt for an abandoned toddler.

-A 17yr. old girl gives a childless couple the baby they long for.

-An aging cancer patient, his face lined with pain, always has a new joke to share with his nurses.

-visiting those in jail

-helping unwed mothers

-feeding the poor

add your own:

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