

Hope

Hope is fuel for our soul. Often in life, we find ourselves in need of hope, especially in difficult or worrying times. However, Jesus teaches that hope is an unbreakable spiritual lifeline; something that can grow through **encouragement and faith** and something that is to be shared with others (Hebrews 6:19-20).

¹⁹ We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, ²⁰ where our forerunner, Jesus, has entered on our behalf. He has become a high priest for ever, in the order of Melchizedek.

EVERYONE CAN BE A HOPE CARRIER Hope is like a baton used in a relay race. It is supposed to be held tightly as you run with it. However, hope is also too precious to keep to ourselves – it is supposed to be passed onto someone else. When we receive hope, there is always a greater purpose than just us. Hope comes to us, in order to flow through us.

Who is 'running' alongside you this week who you can pass the baton of hope to?



THINK: Using the images above, take a moment to think about the following:

1. **Where do you find your hope?**
2. **What kind of hope do those around you need?**
3. **What makes hope grow in what seem like barren and difficult circumstances?**

Form activity

Let us watch the clip, and instead of a chalk board use a large sheet of paper.

<https://www.youtube.com/watch?v=dlcU5uHMdTM>

Write on your poster and be honest about how you are feeling, after all we are supporting each other as a school community.

Prayer

PRAY: Dear God, thank you that you are a refuge and in you I can find real hope. Help me to hear you saying, "I am your hope" over and above all the other voices that jostle for my attention right now. Lord, your word says, you are the 'hope for hopeless' so I lean into you and make a decision to trust you to be the hope I need today. Fill me with your hope and give me a tangible reminder that hope is an unbreakable spiritual lifeline. God, you know those things in my heart that I dare to hope for. Today I give them to you, I entrust them to you because I know that you can do more than I could ever imagine or ask for (Ephesians 3:20). God, thank you that I can put my hope and trust in you. Amen.

Lovely clip to listen to

Wonderful World by Louis Armstrong:

<https://www.youtube.com/watch?v=DRONFXoXsJ0>

For many people, looking at the wonder of nature can give them a new perspective and a renewed sense of hope.

LISTEN: 'Cornerstone' song <https://www.youtube.com/watch?v=izrk-erhDdk>

This song is an encouragement to hold on, regardless of our circumstances – even in 'every high and stormy gale', to hope. For Christians, this hope is placed in Jesus Christ, whom they call 'The Cornerstone'.