



# Finding hope in a hopeless world

## A guide on how to use this resource

### Introduction

We live in a time that is marked by conflict. Our news is often filled with stories of violence, sudden deaths, natural disasters and other events which can make us feel hopeless. Yet, Pope Francis says that hope is essential: “Think for a moment. How can we live without hope? What would our days be like? Hope is the salt of our daily lives.”

Pope Francis is calling on each of us to be ‘pilgrims of hope,’ who carry the light of Christ into every situation. “Christ himself is our great light of hope and our guide in the night, because he is ‘the bright morning star’” (*Christ is alive*, paragraph 33). Lent is the perfect time to reflect on this as the days get longer and the light increases.

This resource will help us to reflect on hope in our lives from different viewpoints:

1. Hope in God’s love
2. Hope in our Baptism
3. Hope in our Saviour
4. Hope in the human person
5. Finding joy in hope
6. Hope in our Church
7. Hope in Christ’s death and resurrection



FAITH • HOPE • LOVE



# Considerations

Anyone can use this resource as an individual or as a way of gathering together in small groups to share our faith with one another. One could gather as family members, friends, groups within a Parish or Family of Parishes etc.

**Venue and set-up:** Where would you like to meet? A home? A community or parish venue? All things are possible! One might like to ensure:

- The space is comfortable and reasonably quiet so that people can hear each other without straining. Arrange the seating so that people are facing each other
- Handouts or accompanying videos and audio are available and that there is a way of playing the video and audio so that all can hear and see
- Hospitality (light refreshments) is provided

**Group Guidelines:** Agree at the beginning of the meeting the group guidelines. One might like to consider guidelines such as:

- Starting and finishing on time (the group agrees beforehand on the time - perhaps an hour?)
- Confidentiality - whatever is said in the group, stays in the group
- One person speaks at a time using a 'I' language - I think, I feel...
- People can share as much or as little as they feel comfortable, however, it is important that every one be given a chance to be heard
- Whether mobile phones should be turned off or silenced (there may be reasons why one may not be able to do this)

## Structure for each session



**Welcome and prayer:** The group gathers, welcomes each other, and prepares to enter into a time of prayerful reflection with one another. The audio reflection may be useful in facilitating this.



**Listening to God's Word:** A member of the group reads the Scripture reading. Then another member reads it again. This is followed by a short period of silence.



**Hope in... theme:** This offers some insight into the particular aspect of hope upon which we are reflecting. The group may wish to take some time thinking about it or talking about it before moving on.



**Reflection:** The question(s) are an opportunity for the group to go deeper in their reflection, and a way for members to share their thoughts with each other.



**Prayer:** The group concludes their time together with prayer.



**Hope in Action:** Each member is invited to think of a way in which they can put their hope into action during the coming week. Members may wish to share how they got on during the week at the beginning of the following session.