

“HOPE”
FAITH FORMATION LESSON FOR JUNE 6, 2021

Hope is a choice we all are given to make. Hope believes change is possible and that all of us are empowered to make that change, no matter our age. Hope is a bringing together of light and love. Hope gives meaning to life.

1) READ about hope:

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord....” Jeremiah 29: 11-14a NRSV

“And now, O Lord, what do I wait for? My hope is in you.” Psalm 39:7 NRSV

From today’s worship bulletin - Today’s Theme: Foundational Hope

*“Foundational hope **demand**s a foundational belief in a world that is still and always unfolding to something better. This is the virtue of hope. ...Hope lets us literally see the presence and action of the holy in our everyday lives. This is not an imaginary desire viewed through rose-colored glasses. It is the solid evidence of the power of love made visible in abundance.”*

Indigenous Choctaw elder and Episcopal Bishop Steven Charleston

2) TALK about hope:

As a family share your thoughts on “Hope is.....” Have someone write down all the ideas.

How do you find God or feel God is near? (Talk about how we have to sometimes be still to be able to hear God)

Why does God give us the gift of hope?

Where do you see the holy in around you? Share and make a list.

How do you or how could you give the gift of hope to others? Make another list!

3) ACT on hope:

Quiet time - Next time you are outside just be silent for a minute or two. Take deep breaths. Ask God to be present. Tell God where you think hope is needed in the world around you. Ask God to surround those people and places with hope. Close with a word of thanks.

Create a “Rainbow of Hope” - in the Bible the rainbow is a sign of hope and love. Have each family member do their own “creative rendering” of a rainbow, using any materials you have on hand. Then, if able to, write some of your definitions of hope on the rainbows. Display as reminders of how abundant hope can be!

Send hope - make a card (you can decorate it with a rainbow!) with a hopeful message and send to someone you know who could use some hope in their life. Or use another idea from the list you made about how you could give hope.

“Holy Happenings” - Challenge each family member to look for a holy sign each day. Share that evening and see where everyday holiness was found! Give thanks for God’s nearness!

PRAY for hope:

Before praying, relax, take deep breaths. Breathe in: “hope”. Breathe out: worries, anxieties.

Then pray: Dear God of Love, help us to remember when things aren’t going well in our lives, when we feel sad, or lonely or just worry about things, you don’t leave our side. You are with us all the time and give us hope that things will get better. And as you help us, may we then help to bring your hope to others so that their lives will get better. We can help change things for the better. With you, anything is possible! Amen.