

Finding Hope

We live in difficult times. Every day it seems we hear news that eats away at our efforts to live in hope. I'm not talking about those immensely tragic things that break our hearts, but rather, the little things that one by one add up and become a dark grey cloud that obscures the light.

The great challenge for us is not to wait for hope to come to us but to actively go looking for it. We need to search out and partake of those things that fan the tender flame of hope when it falters. It means we must pay attention to our heart of hearts and recognize those people and places that are truly life-giving.

Personally, I've found a few things that help me immensely. The first one is praying a litany of gratitude where I look back on my life and note the many times God has blessed me and cared for me. Another one involves paying attention to things reflect the beauty of God –looking up at the immensity of stars, getting lost a beautiful song, or allowing someone to make us laugh till we can hardly stand it.

Being hopeful is not just about nurturing a positive outlook on life. Rather, it has much to do about becoming aware of hand of God touches the world around us, especially in the little things, and trusting that God has a future prepared for us that is full of joy.

I know the plans I have for you, says the Lord, plans of fullness, not of harm, to give you a future and a hope. - "A Song of Hope" by John Foley, S.J. based on Jeremiah 29:11