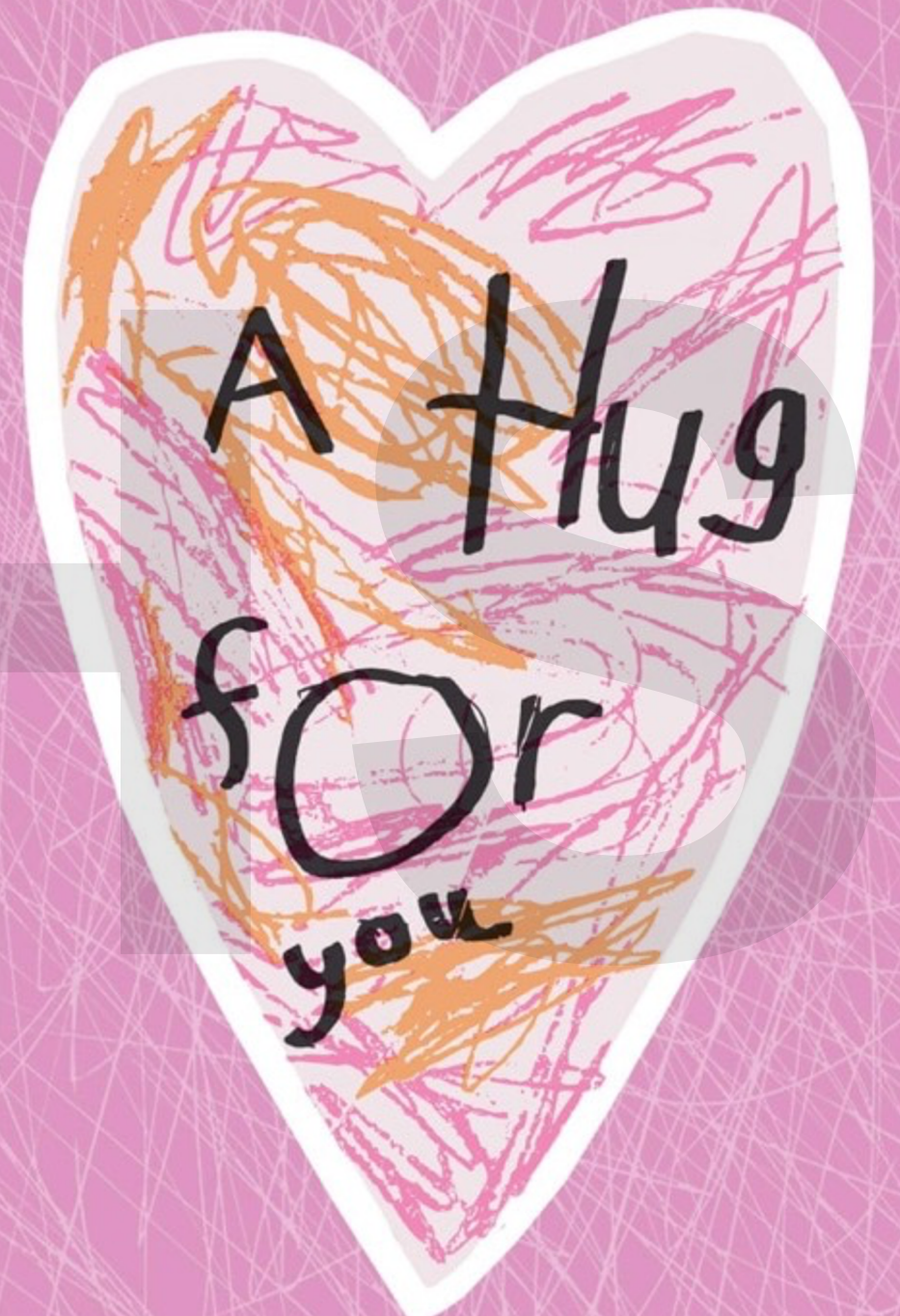


Hope



Hope

Please show respect for the following presentation.

In a moment of silent reflection let us join as one by following the prayer.

Let us consider the meaning of 'hope' as we listen to the music.

- <https://youtu.be/i0XOCs86om0>

4.10 min

Q- When do you use the word 'hope' either in conversation or writing?

Q- What are you hopeful for?

A Prayer of Hope

Lord Jesus, I pray this day for strength, because there are times when things get tough and I feel like quitting.

Lord Jesus, I ask this day for the comforting reassurance of Your love, because there are times when people fail me, and I am tempted to lose hope.

Lord Jesus, I seek this day for Your light to guide my steps, because there are times when life is confusing and difficult, and I lose my way.

Help me, O Lord, to pick up the pieces, wipe my tears, face the sun, and start over again, for all is possible when I place my faith and trust in You, my Saving God.

Amen.

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

Hope

As Twista sang in his song, '*...it ain't easy*', but that does not mean that we don't try, or we stop being hopeful.

Consider the poem.

Q- What better things are ahead for you?

Q- Why does hope make you stronger?



Hope

Q- When Noah built the arc what was he hoping for?

Q- Why was the arc a symbol of hope?

Hope

Q- In times of conflict why should we always use hope as means of securing a better future?

Q- What are our hopes for the people of Ukraine?





Hope

Q- When committing to life changing circumstances, why is it important that you hope you have the right person at your side?

Hope

Q- What do you think your parents/carers hoped for when they brought you into this world?

Q- What do you think they are hoping for now as you mature into young adults?





Hope

Q- Do you know who this little boy is?

His name is Adam King, and he has become a worldwide inspiration for hope and love during the hard times we have all experienced.

The following clips will give you an idea of what he has done and why he did it

- <https://youtu.be/Oakv978tCfU>

1.35 mins

Hope

Adam's dream is to be an astronaut but unfortunately, he has brittle bone disease which means it will be very difficult for him to travel into space.

HOWEVER, it has never stopped him hoping and dreaming BIG

Q- What inspiration can you take from the following clips?

- <https://youtu.be/MW-6BDDDjcM>

3.58 mins

- <https://youtu.be/SPwl8rVsNp0>

- 2.22 mins



Hope

Adam's courage and belief in hope has earned him many many supporters around the world from tv presenters, sports stars, actors, astronauts, scientists and even world leaders.

- <https://youtu.be/GZ5HGsnlkcE>

0.56 imns



Hope

If a little 6-year-old Irish boy can touch the hearts of so many people around the world imagine what we can all achieve together.

Adam missed his friends and teacher during the COVID pandemic, so he made a simple virtual hug for them.

Q- What small action can you think of that could have the same impact and give others inspiration for hope?

