

faith at home

Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: SECONDARY

**WEEK 1 THEME:
HOPE**





KEY CONCEPT/MESSAGE:

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).

EVERYONE CAN BE A HOPE CARRIER

Hope is like a baton used in a relay race. It's supposed to be held tightly as you run with it. However, hope is also too precious to keep to ourselves – it's supposed to be passed onto someone else. When we receive hope, there's 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?

BIBLE STORY OF THE WEEK:

The Road to Emmaus (Luke 24:13-35). When we feel we have lost hope, others can give it back to us. We, in turn, become carriers of that hope to others.

TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK: 'May your choices reflect your hopes not your fears' (Nelson Mandela)

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'.

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. Where do you go to find a new hope?

WATCH: 'What is your hope?' Simple activity for schools - <https://www.youtube.com/watch?v=dlcU5uHMdTM>

THINK: Using the images below, take a moment to think about the following: Where do you find your hope? What kind of hope do those around you need? What makes hope grow in what seem like barren and difficult circumstances?



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.

I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

GATHER:

Find some space to be quiet, without interruptions. You might like to light a candle as you begin. You may like to use this reflection, based on Psalm 46:10, to help you to be calm and still. Read the words slowly. Try to slow your breathing down as you read.

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

ENGAGE:

In today's Bible story, two of Jesus' disciples are walking home, feeling fed up. They had put all their hope in Jesus, and now they feel confused and disappointed, because Jesus has been crucified, yet there are rumours that he is alive. In the middle of their confusion, a stranger comes and walks beside them...

Click [here](#) to read the story. Let's read together:

"We had hoped ..." – those words from the Cleopas and his friend speak of disappointment and sorrow. For us, too, sometimes things don't work out as we had hoped or planned, and this can be upsetting. Maybe we know how Cleopas and his friend felt ...

Cleopas and his friend share their worries with the stranger they meet on the road. They somehow know that they can trust him. I wonder, who are the people you feel able to talk to and trust with your hopes and fears? I wonder, what are you hoping for right now?

At the beginning of the story, Cleopas and his friend feel hopeless. They share their worries, they realise that the stranger they have met is, in fact, Jesus, and then at the end of the story, they turn around and hurry back to Jerusalem to tell the other disciples that Jesus is alive. They have become hope carriers, bringing hope and joy to other people. I wonder – what are the things that bring you hope, or make you smile?



Look at this picture.

The man in it looks like he is going on a journey of his own(!), but what do you think is happening? Click [here](#) to watch the news story to find out!

How is he being a **hope carrier**?

What difference does what he is doing make?

REFLECT:

(You may like to listen to this piece of music while you reflect: <https://www.youtube.com/watch?v=IPq4U9bvdis> (Stronghold, by Edwin Fawcett), and to write down some of your thoughts)

Think about where you are right now:

What are the things you hope for, for yourself and for other people?

What *one thing* would you like to do today to be a hope carrier and bring happiness to other people?

Who are the people that support you and listen to you?

SEND OUT:

You may want to share how you will be a hope carrier with your family. You might also like to say a prayer – you could use this one, or your own words:

Loving God, help us to trust you with our hopes and our fears and show us how we can be carriers of your hope for other people. We ask this in Jesus' name, Amen.

2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

EXPERIENCES that can help us ENCOUNTER:

TWEET IT: There is a lot of negativity on social media at times. People are often negative to each other and negative to ideas. Think about the idea of hope and design a tweet in a maximum of 140 characters that sends a clear message of hope to others. What do you think is the most important thing people need to hear to help them through difficult times?

PRAY ABOUT IT: Use the 5 step **examen** prayer to reflect on your hopes.

1. GIVE THANKS for something that was good today.
2. ASK FOR HELP with something you have lost hope for.
3. REFLECT on your day and think about the things that made you feel hopeful and the things that felt unhelpful.
4. SAY SORRY for the times you gave up hope or took away someone else's hope.
5. DECIDE how you will keep hold of hope tomorrow.

ACTIVITIES that can help develop PRACTICES-HABITS:

Journaling

This is a great way to get thoughts, ideas and experiences out of your head and onto paper in a creative, calming way that helps us to really understand what is going on and to emotionally engage and respond. Hope is a great topic to do this with. Maybe write it big and bold and around it write down thoughts, reflections and prayers around where your hope lies. It can help to see things from a more realistic and positive perspective!

Or you could try drawing an El Salvadorian cross themed upon hope (which is a cross shape, full of bright colourful pictures and images)

'Kicking the Leaves' Activity

There are reminders all around us of hope, even at times that seem uncertain and bleak. Sometimes they are really easy to see and at other times we have to look harder. But they are there! Today get outside and look for signs of hope - the challenge is to see and take a photograph on your phone of 5 things that inspire hope, then show them to your friends, class or family. For example, a flower growing from a crack in the pavement, some shiny new shoes, or a foodbank collection point.

CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

Watch: https://youtu.be/rLYI74n_KWA

- What do you cherish the most?
- Do you ever find it difficult to be hopeful?
- What or who gives you hope for the future?
- Can you describe how hope makes you feel inside?
- What would you want to be doing, if you were able to?
- How do you want your new chapter to begin?

Right now, some people are feeling isolated, sad and alone. For some people they are struggling to see the hope. Think of a person, you think might be struggling and do something practical to encourage them.

Watch: <https://youtu.be/nwAYpLVyeFU>

- Who would you like to spend time with right now if you could?
- How can you reach out to someone?
- How could you pass on hope to someone else?

3. PASTORAL CARE - *ideas for looking after...*

Ourselfes & Our staff

Why don't you set up a noticeboard where you can note moments which give you hope? Then, in times when it is harder to remain hopefully, you can look back and remind yourself the reasons you had to be hopeful. This might be something you share, since encouragement is key to sustaining hope.

Our families & Our community

Why don't you encourage your families to start a 'hope jar'? Every time you say the phrase, "I wish I could..." you can write down what you wish you could do and pop it in the hope jar. From time to time, take a note or two from the jar, give thanks for the little things in life and make plans to do that thing as soon as you can.

You could also start a prayer wall or washing line where students, colleagues and families could post or hang prayers of hope for themselves and their communities. People can visit and quietly pray and answers to pray can also be updated to encourage others who need hope.

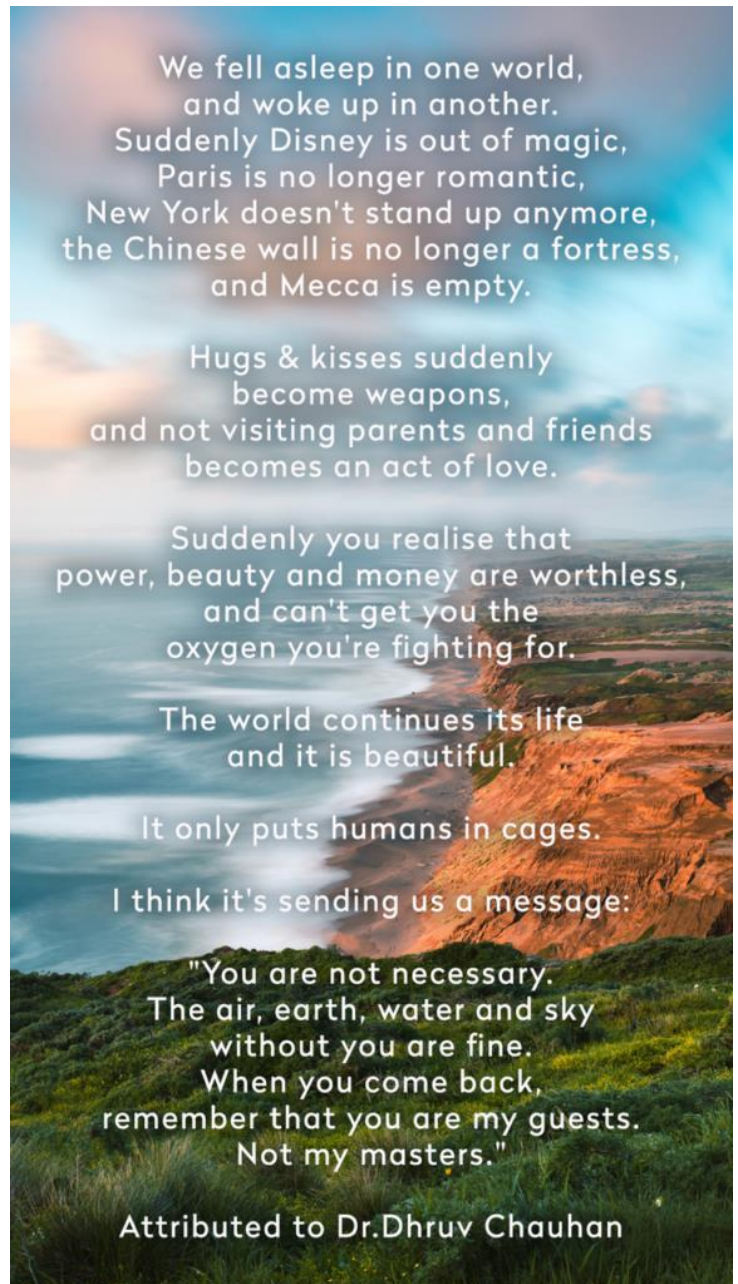
GOING DEEPER/FURTHER RESOURCES

Read the poem *We fell asleep in one world...*

How does this make you feel?

Does it give you hope?

How might it change the way you live after lockdown?



Read this blog from 'Psychology Today'. It explains some practical strategies you can undertake to find hope. [Click here](#) for the link.

Explore the website 'Project Hope Exchange'. How can you give hope and get hope? In other words, how can you find hope as well as being a source of hope for someone else? [Click here](#) to go to their website.

Create a series of social media posts that encourage young people when they need hope. For examples, see #dailyjolt at www.bustedhalo.com or practical ways to reach out to others at www.40acts.org.uk.

Watch a film clip from 'Despicable Me'. An act of sharing something small leads to the restoration of hope:

<https://www.youtube.com/watch?v=yFd-ubXcoyQ>.

Meditate and reflect by praying these prayers of hope: https://youtu.be/_8AYhU5zKcM.