

Finding Hope –

Some of our members gathered for a faith filled message of 'Finding Hope' while creating amazing unique hope-filled paintings.

This event started with a discussion of what hope is and how it differs from wishing for something. One insightful participant suggested that hope was an anticipation of something that is possible, wish is more momentary and possibly materialistic.

We talked about how hopelessness is a sense of powerlessness that things are futile and nothing we do can change things. It can be a feeling of apathy in a painful situation. Hopelessness can be a loss of energy and loss of motivation – change can be difficult. It can be the thinking that nothing will change – If I try, I will fail

Ahh, though we all feel hopeless at times, we each have different ways to transition beyond the feeling. By making just a small change in our actions we can burst out of the hopeless thundercloud, some action outside your regular behavior. This breaks the sense of powerlessness that holds you back. *Overcoming the inertia of hopelessness can help you build hope.*

Hope can be obtained by thinking and listing of what you want to do to change. That is a first step. This may seem a difficult task. By reaching out to your faith community you know that there is a higher power that can carry you in finding hope. It is a safe place to ask questions. When we share concerns, we validate our emotions. This allows for healing.

Finding hope can be as simple as looking to others that are inspirational and seeing what is motivating about them. It could be from inspirational books and other media connections as well.

One key element to finding hope is to see and do acts of kindness. Kind acts are infectious while also enriching your soul, impact your mood and outlook. Perform these acts of kindness daily. Kindness triggers the release of serotonin, it offers (1) antidepressant effect (2) calms Stress (3) Helps to reduce pain. Even watching others do acts of kindness helps – you may become more connected and gain a sense of contributing.

Together we shared our thoughts while creating our personal image of hope. The strength of fellowship and grace during this time certainly strengthened me and gave me hope when I so truly needed it.

Peace – respectfully submitted by Randy Kennard

Bible Reading:

1 Thessalonians 2:17-20 ¹⁷But, brothers and sisters, when we were orphaned by being separated from you for a short time (in person, not in thought), out of our intense longing we made every effort to see you. ¹⁸For we wanted to come to you—certainly I, Paul, did, again and again—but Satan blocked our way. ¹⁹For what is our hope, our joy, or the crown in which we will glory in the presence of our LORD Jesus when he comes? Is it not you? ²⁰Indeed, you are our glory and joy.

Source: [Psychology Today](#); Article by Karyn Hall Ph.D., Finding Hope, Posted 4-19-2015

to find hope
I go outside and clam
down and find nature.

I find hope
by letting God's light shine
and fills me with love to
make the world less spiky,
less zig zaggy and less shouting
from outside

I find hope
in my community
and my faith!

I find hope in the
little simple things
around me.

I find hope in the
beginning of each day!

FULFILLMENT. LONGING
CONFIDENCE
LOVE
TRUTH
FELLOWSHIP
ANTICIPATION
AWARENESS
FAITH
AFFECTION
TOUCH
FOOD
TRUST
CLEANING

vessel is my body & soul