



HOPE in a time of despair

Psalm 122

I was glad when they said to me, "Let us go to the house of the LORD!"

Our feet are standing within your gates, O Jerusalem.

Jerusalem built as a city that is bound firmly together.

To it the tribes go up, the tribes of the LORD, as was decreed for Israel, to give thanks to the name of the LORD.

For there the thrones for judgment were set up, the thrones of the house of David.

Pray for the peace of Jerusalem: "May they prosper who love you.

Peace be within your walls, and security within your towers."

For the sake of my relatives and friends I will say, "Peace be within you."

For the sake of the house of the LORD our God, I will seek your good.

WHERE DO YOU LOOK FOR HOPE?

Consider this week the many ways we search for hope when times are tough. What are the things you look to? People? Leaders? Security? The past?

We often cling to things that feel safe rather than looking to God for guidance and hope in difficult circumstances.

As Christians we have a special hope, one that we are reminded of during advent.

Try adopting this breath prayer when facing the despair and fear of the world,

Inhale
God meet me here
Exhale
and strengthen me for this moment.



AN ACTIVITY FOR YOUNG DISCIPLES

Help children explore the idea of hope!

Ask:

- What are you hoping for this Christmas?
- What do you hope for in the new year?
- If someone asked you what the word hope means, what would you say?

This activity: You'll need a clear glass of water and a dropper of food coloring for each child. Give each child a glass of water. Ask the children to observe the glass of water. What do they notice about it? Then, hand each child a dropper of food coloring. Ask each to squeeze one drop of food color into the glass of water. What does the water look like now? How does it change? Repeat this process a few times. As more food coloring is added, the color becomes stronger. Tell the children that the clear water represents our lives and the food coloring represents hope. Thinking about how the food color affected the water, how do you think hope changes our lives? How can it improve our lives?

JOELLE BRUMMIT-YALE - Presbyterian Outlook

O house of Jacob, come, let us walk in the light of the LORD!
Isaiah 2:5