



EXPLORING HOPE



Pain Management Department – FSE Field Hospital

1. Touch **I touch the heart of Exploring Hope.**

I find and hold an object that symbolises exploring hope for me - the reaching out for a desired destination. This hope is a directed hope, for when I am sorely in need or feeling lost. With the Spirit, I need both the confident child and the wise elder in me.

I remember a small story of receiving from a person the confidence to explore with hope when I was walking in some darkness. If praying alone I hold that memory. If I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Greater Hope ... I begin to understand how important a directed, spiritual hope is in the face of the misery, darkness and fears of these times.

2. Desire **I desire the gift of Greater Hope.**

I consider three things, taking a few minutes exploring each. I ask myself:

Where is spiritual hope increasing in my life? ...

Where is spiritual hope decreasing in my life? ...

What diminishes spiritual hope in me? ...

I ask the Spirit for the confidence and direction to explore with hope.

3. Choose **Today I choose the Way of Increasing Hope.**

I slowly and prayerfully read the prayer text below:

If you direct your heart rightly, you will stretch out your hands toward God. If iniquity is in your hand, put it far away, and do not let wickedness reside in your tents. Surely then you will lift up your face without blemish; you will be secure, and will not fear. You will forget your misery; you will remember it as waters that have passed away.

And your life will be brighter than the noonday; its darkness will be like the morning. And you will have confidence, because there is hope. Job 11:13-18

I choose, in three thoughtful steps, the direction I wish to take:

I choose the hopeful way, led by greater hope and the good spirit, toward God's love.

I reject the despairing way, the sense of a bleak future, encouraged by a bad spirit.

I turn and walk in the contrary direction, from darkness, to exploring hope, to destination in God.

4. Rest **I rest in the Spirit of Hope.**

I imagine the Spirit addressing me, 'Hope for more than you imagine and desire'.

I rest, awhile, in the bright, dawning light of the Spirit ... I feel secure and confident.

5. Reach Out **I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who started me exploring hope? Secondly, to whom and how do I pass on this exercise - who urgently needs greater hope now?**

Note: The three dots ... indicate the places to pause.

