

## **MEDITATION - 7<sup>th</sup> April 2020– Hope and Hopelessness**

I'm sure we have all been deeply affected by this dreadful pandemic in so many different ways. I could no longer bear to watch as many news programmes last week or go with the camera men into the intensive care wards of Italy or Spain, it was all too ghastly and very unsettling. It was overwhelming . The numbers staggeringly high, so many lives lost and so much suffering.

I prayed as never before, meditated for hours with my holding cross and tried to focus on God's great love for us all and the Cross –After a while the word Hope seemed to fill my head , infiltrated all my senses and filled me with a sense of Peace from a place of despair for all this misery. Whatever I read seemed to involve hope – it was actually all around me.

Hope is so powerful and we can share it with others and we can meditate on it. Faith and love can grow stronger from this Hope in the Lord. Hope helps us to face the situation today.

I wanted to share a few Bible verses which have helped me so much. I have meditated on all of them and then just sat in silence for a while after each one.

### **Isaiah 40:31**

“But those who hope in the Lord will renew their strength. They will soar like eagles; they will run and not grow weary, they will walk and not be faint”

Hope in other people, hope in yourself will not last – the only place to turn for renewed spirit and peace lies in God who created us all. Nothing is impossible with God.

### **Psalm 31: 24**

“Be of good courage, and He shall strengthen your heart all you who hope in the Lord”

### **2 Corinthians 4, 8-10**

“We are hard pressed on every side, but not crushed, perplexed, but not in despair, persecuted, but not abandoned; struck down but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body”

### **Psalm 147:11**

“The Lord delights in those who fear him, who put their hope in his unfailing love”

### **Job 11, 18 -19**

“You will be secure, because there is Hope; you will look about you and take your rest in safety . You will lie down, with no one to make you afraid, and many will court your favour”

### **Romans 5, 1-5**

“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit, who has been given to us”

### **Hebrews 6: 19**

“We have this hope, a sure and steadfast anchor of the soul”

### **Psalms 62, 5-7**

“For God alone my soul waits in silence, for my hope is from him. He alone is my rock and my salvation, my fortress; I shall not be shaken. On God rests my deliverance and my honour; my mighty rock, my refuge is in God.”

### **Romans 12 : 12**

“Rejoice in hope, be patient in suffering, persevere in prayer.”

I hope this has been helpful – focus on the Hope of Christ. God is a God of Hope and his Holy Spirit will guide us with hope in our hearts As I meditated, apart from our mantra, I seemed to be breathing out hopelessness and breathing in Hope – which in Hebrew- *yakhal* – and other words besides- means to expect, to anticipate – something you really believe is coming, an anticipation of something better - So let’s base our hope in God and his faithfulness and draw strength and comfort from this, moving forward through these strange times.

God Bless.