

## PRAYER FOR HOPE

I pray today for **HOPE** that I will never give up.

I pray today for **STRENGTH** even though I may be in despair.

I pray today for **PEACE** to accept the things I cannot change.

St Jude Shrine 512 West Saratoga St. Baltimore, MD 211201

**Hope Brings Life** “For surely, I know the plans I have for you. Says the Lord, plans for your welfare and not for harm, to give you a future with hope.” –Jeremiah 29:11

The brilliant French philosopher Gabriel Marcel Wrote: “I almost think that hope is for the soul what breathing is for the living organism. Where hope is lacking, the soul dries up and withers.” Hope is a virtue that is critical for survival in life. We don’t last long without it. Without hope we die physically, emotionally, and spiritually. Living involves hope. In his book *Man’s Search for Meaning*, Viktor Frankl observed other prisoners in a Nazi concentration camp. He noted that those who had hope in being rescued lived on. Those who gave up died. Be alive! Have hope in something real. And the most real thing is the presence and providential plan of God for you.

**Prayer** Lord, help me to grow in belief of your presence and plan for me. Amen

**Have Hope** “Rejoice in hope, be patient in suffering, preserve in prayer.” Romans: 12:12

Why do those people with real, genuine faith seem to be people of peace, people with peace? Because faith in God’s unconditional love gives them hope. What is real hope? It’s trust that God is right there, close, involved in our lives. One of the saints wrote: “Faith brings what seems hopeless within our reach, then added, “The person of faith is

not one who believes that God can do everything, but the one who believes that he or she can obtain everything from God.”

The Bible reveals the absolute unconditional and irrevocable love God has for his children. This is shown in Christ who both died and rose again for us. St. Paul wrote: “He loved me and gave himself for me.” “Through faith our hearts hold on to that truth and find great trust in God. The more I believe in his love for me, the more I enjoy God’s presence. If you believe in God’s unconditional, personal love for you, then you believe you can obtain everything from God. That’s faith! Faith is the mother of hope, and from hope peace is born in the human soul.

**Prayer:** Lord, strengthen my hope in you. Amen

***The Anchor of Hope:*** “Now faith is the assurance of things hoped for, the conviction of things not seen.”—Hebrews 11:1

The writer of the Book of Psalms sums up his reason for hope in Psalm 56:11: “This I know that God is for me. In God, whose Word I praise, in God I trust; I am not afraid.” There you have it. The person who believes and trusts in God, in my observation, has far less fear because he or she senses God’s presence, care, and protection. In the Scriptures, hope is visualized as an anchor. By hope we are anchored to Christ, so we don’t go adrift. He comes to us spiritually to be our anchor amid the storms of life. Be open to him.

**Prayer:** Lord, it is so easy for me to drift. Be my anchor. Amen.

***Love Breeds Hope*** “This is my commandment, that you love one another as I have Loved you.”—John 15:12

We place some of our hope in other people—family members, Friends, co-workers, or neighbors. That feeling of hope and Expectation brightens our life. And others are also placing some of Their hope, trust, or confidence in you and me. Usually we know, or

at least sense, what they hope for from us: a listening ear, compassion, a smile, or something we can give them. Our response to fulfill their hope is one word: love. Yes, it is love that moves our mind and heart to answer the hope they place in us. And if we can't totally fulfill their hope, our love itself will fill the gaps. Love and pray for those who place some hope in you. They won't be disappointed because they will sense your love for them.

**Prayer:** Lord, inspire me to love so that you can inspire the hope others need. Amen.

***Rejoice in Hope:*** "Happy are they who make the Lord their trust." – Psalm 40:4

Hope is essential for survival. I knew a Catholic nun who was physically challenged. She told me that she had applied to seventeen religious orders, and the eighteenth accepted her application. She persevered. She had hope based on the call she felt from God. She survived the refusals. She had hope because she prayed to our loving Father in Heaven. Prayer strengthens hope in God's hand when all else seems hopeless. She lived Psalm 71: "For you, O Lord, are my hope, my trust, O Lord, from my youth. Upon you have I learned from birth. "Like that nun, we should persevere in prayer to our loving Father to reinforce our hope for the future. It's all in his loving hands.

In the Hebrew Scriptures the Jewish people were called the "People of Hope." "Pick up the Jewish book of prayer, the Psalms, and meditate on the messages of hope found there. For example, "But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the leaned child that is with me. O Israel, hope in the Lord from this time on and forevermore" (Psalm 131:2-3). With prayer comes hope. With hope comes life!

**Prayer:** "Father, help me to truly abandon with the greatest trust every moment of my life into your loving hands. "Amen.

Hope is flowing like a river.  
Flowing out of you and me.  
Flowing out into the desert,  
Setting all the captives free.

Peace is flowing like a river,  
Flowing out of you and me.  
Flowing out into the desert,  
Setting all the captives free.

Prayer dedicated to St. Frances

Lord, make me an instrument of  
your peace.

Where there is hatred let me  
sow love.

Where there is offense, pardon.

Where there is discord, unity.

Where there is doubt, faith,

Where there is error, truth,

Where there is despair, hope,

Where there is sadness, joy,

Where there is darkness, light.

O Divine Master grant that I may  
not so much seek

To be consoled as to console,

To be understood as to  
understand,

To be loved as to love.

For it is in giving that we receive.

It is in pardoning that we are  
pardoned.

It is dying that we are born to  
eternal life.

### **Symptoms of Inner Peace**

A tendency to think and act  
spontaneously rather than on  
fears based on past experiences.

An unmistakable ability to enjoy  
each moment.

A loss of interest in interpreting  
the actions of others.

A loss of interest in conflict.

A loss of the ability to worry.

Frequent, overwhelming  
episodes of appreciation.

Contented feelings of  
connectedness with others and  
nature.

Frequent attacks of smiling.

Finding joy in little things and  
has a sense of humor.

An increasing tendency to let  
things happen rather than make  
them happen.

An increased susceptibility to the  
love extended by others as well  
as the uncontrollable urge to  
extend it. (Source Unknown)

*Encounters with the Sacred  
Presented by Mercy Center, Colorado Springs, CO*

**GOD  
GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I CANNOT CHANGE,**

**(AND THESE ARE: \_\_\_\_\_) (AND  
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**COURAGE TO CHANGE THE THINGS THAT I CAN**

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**AND THE WISDOM TO KNOW THE DIFFERENCE.**

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*Living one day at a time,  
Enjoying one moment at a time.  
Accepting hardship as a pathway to peace. Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it.  
Trusting that You will make all things right,  
If I surrender to your will.  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next. Amen  
Reinhold Niebuhr (1892 – 1971)*

JOY: The emotion of great delight, elation, glad feelings, festive gaiety, to be glad and rejoice, rapture, bliss. To sing and dance helps ritualize our joy of the moment and to add to the celebration of life. In song we lift our hearts with joy to give praise and worship to God.

Joyful encounters – where, when and with whom?

In the absence of natural joy – there is a longing or feelings of absence and emptiness. All addictions are the unhealthy ways to access joy. Addictions provide temporary relief. Unfortunately, the only way to return to that moment of joy and ecstasy is to use more alcohol, drugs, porn, money, or any other unnatural way to achieve joy.

Real joy is clean, empowers, heightens awareness of simple beauty. With joy comes smiles, laughter, God tickles you and you notice all the glimmers around you. Taking great delight in God's creation and becoming spell-bound while entertaining God's glory and majesty here on earth. The original source of Joy comes from the divine. When joy is welcomed, heaven and earth kiss and you get to stand amid the holy of holies.

When in joy, a union between me and God occurs – and God grants many other kinds of favors from God. God wants the soul to enjoy the divine intimacy. This union always intensifies a desire to praise the Lord. God will show the soul great things. With this joy, the soul will live tranquilly in this life, and in the next as well. Joy expands one's capacity for love – especially a love for the wounded and the lost.

How God infuses joy. The Lord has other ways of awakening the soul: unexpectedly when it is praying vocally and without thinking of anything interior, it seems a delightful enkindling (joy) will come upon it as though a fragrance were suddenly to become so powerful as to spread through all the sense. This experience is communicated only for the sake of making one feel the Spouse's presence. It moves the soul to a delightful desire (joy) of enjoying Him, and thereby the soul is prepared to make intense acts of love and praise of our Lord.”

“When the soul is in this suspension, the Lord like to show it some secrets, things about heaven, and imaginative visions.”

*Encounters with the Sacred-Fr. Bill Jarema  
Presented by Mercy Center Inc., Colorado Springs, CO. 1439 North Chestnut Street  
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## WHAT HURTS BASED ON YOUR LOVE LANGUAGE

### **If your language is: WORDS OF AFFIRMATION**

These are especially damaging to your relationship:  
Insults, Lies, Name-calling, Cold shoulder, Put-downs in front of other people, not saying “I love you” Sarcasm, Mocking, Imitating, not saying “Thank You”

### **If your language is: PHYSICAL TOUCH**

These are especially damaging to your relationship:  
Physical distance, one partner not initiating touch, Lack of physical intimacy, no kissing, No cuddling, No hand-holding, A partner rejecting your touch, Pinching, A partner leaning away from you, Give someone else touch.

### **If your language is: ACTS OF SERVICE**

These are especially damaging to your relationship:  
Making more work for them, not contributing to cleaning/chores, Broken Promises, not wanting to help out, acting burdened while helping, one partner not pulling their weight, one partner expecting things to be done for them, not offering to help out, not surprising their partner by doing nice things without being asked.

### **If your language is: QUALITY TIME**

These are especially damaging to your relationship:  
Using your phone while in conversation, forgetting things that were said, not planning dates, not making time for your partner, being distracted during time together, Interrupting, not giving full attention, not making an effort to do the things that they enjoy doing, allowing distractions (phone, work, kids, friends) take precedence.

### **If your language is: GIFTS**

These are especially damaging to your relationship:  
Forgotten birthdays/holidays/anniversaries, giving gifts with no meaning behind them, ignoring requests/hints, thoughtlessly given gifts, Re-gifting your partner’s gift, giving others fancy gifts before your partner, refusing to celebrate meaningful occasions, ignoring your partner’s gift ideas, not expressing gratitude for a gift, forgetting what was given in the past, Saying something negative about a gift.