DIVINE MERCY PASTORATE · FALL MISSION 2026

Hope

The Anchor of Our Faith

Christ the King Church · Tuesday, November 10, 2026 · 7:00 PM

"This we have as an anchor of the soul, sure and firm."

HEBREWS 6:19

WHAT IS CHRISTIAN HOPE?

More than a wish, hope is "the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit." *(Catechism 1817)*

AVE CRUX, SPES UNICA: HAIL THE CROSS, OUR ONLY HOPE

Total trust
The Cross reveals Christ's suffering and His total trust in the Father.

Hope through the Cross
True hope isn't found in spite of the Cross. It is found through it.

Christ carries us
Every cross we carry is a chance to discover Christ carrying us.

HOPE IN THE MIDST OF LIFE'S CHALLENGES

Divine Providence
God's plan is at work even when we can't see it.

Tested hope
Hope grows stronger when it's tested.

Gratitude and hope
Gratitude grounds us in what is; hope draws us into what will be.

Eyes of faith
Blessings aren't luck, but signs of God's love at work.

SCRIPTURE TO CARRY WITH YOU

Isaiah 40:31
"They that hope in the LORD will renew their strength, they will soar on eagles' wings."

Romans 12:12
"Rejoice in hope, endure in affliction, persevere in prayer."

Romans 5:5
"Hope does not disappoint, because the love of God has been poured out into our hearts."

TEN PRACTICAL WAYS TO SEEK HOPE

1. **Start the day with Scripture**
   Even one verse, like Isaiah 40:31, can anchor your heart.
2. **Pray "arrow prayers"**
   "Jesus, I trust in You."
3. **Keep a gratitude journal**
   Hope grows from noticing blessings.
4. **Limit negative noise**
   Choose uplifting media, music and voices.
5. **Practice Sabbath moments**
   Pause for silence in God's presence.
6. **Spend time in nature**
   Creation reveals the renewing power of hope.
7. **Serve someone else**
   Acts of mercy turn discouragement into purpose.
8. **Stay connected to community**
   Hope flourishes when it's shared.
9. **Receive the sacraments**
   Especially Reconciliation and the Eucharist.
10. **End each day with a blessing**
    Recall God's hand in your day: "Thank You, Lord."

FOR REFLECTION THIS WEEK

- *Where do I need God's hope to renew my strength?*
- *Who in my life most embodies hope?*
- *What cross am I carrying, and where is the blessing within it?*
- *How does eternity in God's love change the way I live today?*

"Hope, O my soul, hope… Keep watch, for everything passes quickly."

ST. TERESA OF ÁVILA

Lisa M. Hendey

lisahendey@gmail.com · LisaHendey.com · lisahendey.substack.com

@LisaHendey on social media · More for families: CatholicMom.com