

## 2020 Theme: Building Hope and Confidence

### Group Exercise: Hope

Using the prayer of Hope from our world wide website, small groups will discuss the various verses and how it impacts them in their faith.

### Individual exercise: Confidence in Faith

Using various scriptures on confidence, individual reflection session to consider how your faith gives you confidence.

Debrief: Sharing of individual reflections with the group

### **Group Exercise**

- Eight readers will recite the following prayer, taken from our world wide website (you need 8 copies to be used by readers then groups)
- Members will break into small discussion groups
- Each group will review the prayer and pick 3 verses that are meaningful to them, recording answers to the following questions.

**Verse # \_\_\_\_\_.**

Why is that verse meaningful?

How does your faith allow you to be hopeful in that specific area?

Discuss past or future areas where this verse allows your hope to grow.

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**First Reader**

To have hope  
is to believe that history continues open  
to the dream of God and to human creativity.

**Second Reader**

To have hope  
is to continue affirming  
that it is possible to dream a different world,  
without hunger, without injustice,  
without incrimination.

**Third Reader**

To have hope  
is to be a courier of God  
and courier of men and women of good will,  
tearing down walls, destroying borders,  
building bridges.

**Fourth Reader**

To have hope  
is to believe in the revolutionary potential of faith,  
is to leave the door open so that  
the Spirit can enter and make all things new.

**Fifth Reader**

To have hope  
is to begin again as many times as necessary.

**Sixth Reader**

To have hope  
is to believe that hope is not  
the last thing that dies.

**Seventh Reader**

To have hope  
is to believe that hope cannot die  
that hope no longer dies.

**Eighth Reader**

To have hope  
is to live.

*Missionary Sisters of St. Charles Borromeo (Scalabrians) Honduras*

## **Individual Exercise: Confidence**

Reflect on each one of the scripture passages below.

Read it 3 times.

Record your thoughts on how each passage gives you confidence in your faith.

I am confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

*Philippians 1:6*

**What good works have you been able to achieve from your confidence in your faith?**

May Jesus himself and God our Father, who reached out in love and surprised you with gifts of unending help and confidence, put a fresh heart in you, invigorate your work, enliven your speech.

*2 Thessalonians 2:16-17 (The Message)*

**What gifts or help do you feel God has given you that gives you confidence?**

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

*1 John 5:14*

**Have you asked God for help over your faith journey?  
What was His response?**