

Weekly Bulletin Announcements on Hope:

1.

Jubilee Year of Hope

Need Hope? Take a Minute to Get to Know “the God of all hope.”

“May the God of all *hope* fill you with joy and peace in believing so that by the power of the Holy Spirit you may abound in *hope*” (Romans 15:13). Hope is a theological virtue that we receive from God at Baptism, which disposes us to live in a relationship with our heavenly Father, Jesus – the Son of God – and the Holy Spirit. (See *Catechism*, paragraphs 1812-1813) We grow in this profound gift when we ask God to increase hope in us. The gift of hope enables us to trust in God’s promises that are expressed throughout Sacred Scripture and fulfilled by Jesus, and to trust in His faithfulness and love.

2.

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“For God alone, O my soul, wait in silence, for my *hope* is from Him. He only is my rock and my salvation, my fortress; I shall not be shaken” (Psalm 62:5-6). Hope is based on trusting in God’s goodness, infinite mercy and faithfulness. The Act of Hope may be prayed at any time, acknowledging God’s power, promises, and willingness to grant forgiveness, grace, and eternal life through the merits of Jesus Christ.

You are invited to pray the *Act of Hope* each day during the Jubilee Year of Hope:

"O Lord God, I hope by Your grace for the pardon of all my sins and after life here to gain eternal happiness because You have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope, I intend to live and die. Amen."

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“Blessed be the God and Father of our Lord Jesus Christ! According to His great mercy, He has caused us to be born anew to a living *hope* through the resurrection of Jesus Christ from the dead” (1 Peter 1:3). Our hope rests on the faithfulness of God who always keep His promises. We trust with confidence in His plan of perfect goodness as He re-united us with Himself after the Original Sin of our first parents. This union with our Heavenly Father was

made possible through Jesus' death and resurrection. We experience this union with God by receiving His very life into our soul in the Sacrament of Baptism, and through the reception of Jesus in Holy Communion each Sunday (or Saturday evening), as well as receiving any of the Sacraments.

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“But this I call to mind, and therefore I have *hope*: The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; so great is His faithfulness” (Lamentations 3:21-23). Christian hope is a theological virtue. The word “theological” means that hope is a gift from God and leads us to God. It is through hope that “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 of the Catholic Church*, paragraph 1817). Hope has to do with the future, which deals with the unknown and so is directly related to trusting Jesus. Ask Jesus for an increase of the gift of hope so that your trust in Him will grow.

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Our *hope* is in Jesus because we know that we can trust Him. Why? The reason is because all the promises of the Old Testament were fulfilled by Christ. The initial promise God made to us was given when our first parents committed the Original Sin. Through their free act of choosing against God, Adam and Eve became separated from Him, with the loss of God’s life within them, which we call sanctifying grace. Thankfully, God promised a Savior to draw us back into union with Himself. Jesus came and gave His life for us on the Cross and rose from the dead, opening the gates of Heaven and allowing for this re-union for us with the Father. Throughout this Jubilee Year of Hope, let us ask for an increase of hope, and trust that God is a promise keeper.

6.

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It is by God’s gift of hope that we trust Jesus is with us and will help us through every difficulty, so that we might live with Him forever. Hope helps us to put our priorities in order, so that our relationship with God is central in our lives. We cannot “muster” the virtue of hope with our own will power, but we can ask Jesus for an increase of hope and cooperate with this gift so that our trust in Him might increase. “May the God of all hope fill you with a joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope” (Romans 15:13)

7.

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Each of us has many things for which we can be grateful to God. However, the greatest blessing that we can ever have is Jesus. God the Father gave us His Son, who endured horrific suffering, died and rose again to overcome the power of Satan, sin and eternal death because of His profound love for us. Further, Jesus wanted to remain with us always and so He instituted one Church – the Catholic Church – so that we can receive His very Life and truth. Jesus is the Savior of the world, the real reason for hope. Let us ask Christ to help us grow in the gift of hope, thereby trusting Him more.

8.

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In the Book of Genesis, when Adam and Eve were tempted by the devil, they let their trust in their Creator die in their heart and, abusing their freedom to do good, they disobeyed God’s command. All personal sin committed subsequently is disobedience toward God and lack of trust in His goodness. God is perfect goodness and only wants what is best for us. After this Original Sin, God did not stop loving our first parents, as shown through His promise of a Savior who would rescue us from the consequence of being separated from our Heavenly Father. The promise was kept as Jesus came to rescue us from Satan, sin and eternal death. Let us ask Jesus to strengthen the gift of hope in us, to trust in His goodness.

9.

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God our Heavenly Father is a promise keeper! God made a promise to Abraham that He would give him land for the Chosen People. This promise was made in the first Book of the Bible, Genesis 12:1. This promise was kept through Moses as the Israelites were led by God into the “Promised Land” under the leadership of Joshua. (Deuteronomy 34:4) It is important that we know how God has kept every promise as this helps to deepen our hope in God, leading to greater trust in Him.

10.

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Another promise that God made to Abraham was that He would make his name great. (Genesis 12:2) This promise was kept through King David who was a man after God’s own heart. David faithfully submitted to the will of God, was fervent in his prayer, including the writing of the Psalms and humbly repented when his sin was pointed out to Him. His prayer was a faithful adherence to the divine promise and expressed a loving and joyful trust in God, the only King and Lord. God fulfilled His promise as He blessed David’s efforts to unite the Holy Land to be a great nation while making David’s name great. Let us ask Jesus to deepen our loving and joyful trust in God, during this *Jubilee Year of Hope*.

11.

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The gift of hope occupies a place of great importance in our lives because by hope we “desire the Kingdom of Heaven and eternal life as our happiness.” However, the busyness of life can pull our focus away from this profound desire for Heaven. All of us are on a journey through this earthly life that will come to an end. We want to live forever with God our loving Father and with family and friends. Hope is based upon “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 of the Catholic Church, paragraph 1817). Jesus is the unfailing hope of all who believe in Him and are committed to follow His way. There is always a need to grow in hope. Let us ask Jesus to strengthen our trust in Him.

12.

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God created you out of love. He knows and loves you unconditionally and He wants you to know Him. Jesus came so that you could know God in a personal way because if you know Jesus, you know the Father. As with any relationship, you need to continue to deepen your friendship with Jesus in an ongoing way. Ask Jesus to increase your *hope* in Him, with the confidence that He knows you, even with your weaknesses and sins, and He will always love you without reservation. You can trust Him! Jesus said, “I came that you may have life, and have it abundantly” (John 10:10).

13.

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In our culture in which the rates of anxiety and depression are at an all-time high, hope is profound gift from God that is especially important for each person. Scripture connects the gift of *hope* with the symbol of the anchor because hope grounds us in the sure and firm foundation of salvation in Christ. We open ourselves to the gift of hope when we read Sacred Scripture. During this Jubilee, we do well to commit to 5 minutes a day of slowly reading one passage from the Bible, starting with the first chapter of the Gospel of Luke. As we reflect on God’s Word, our hope will be strengthened, and we will trust Our Lord in a more profound way.

14.

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