

## Week 6: Hope is...

**Reflect:** *“Be joyful in hope, patient in affliction, and faithful in prayer.”*

*(Romans 12:12)*

How do you respond to the words “joyful in hope?” This week, we are reflecting on the power of hope. We have all experienced difficult times in our lives and, during those times, it is our faith, and our hope, that sees us through.

Take a moment to reflect on and/or journal about a time when you relied upon the power of hope, then think about the children whose hopes are fed by the daily meal they receive at school.

Hope allows us to dream and every child has the right to dream about what their future might hold. These children are not mere statistics or numbers. There is much that we can learn from them as we walk alongside them on this Lenten journey.

Let's join them in joyful hope by telling their stories and remembering them every day in our prayers.

**Act:** Our activity this week is to watch the movie [Generation Hope](#). Invite friends and family to watch with you, organise a screening for a group of young people or show the movie at your church or community group.

While you watch, think about the meaning of the word “hope.” Remind your group that these aren't just stories but real moments in the lives of young people with their own unique hopes and aspirations.

After watching the movie, use the questions below to guide your discussion and pray together for those around the world who are suffering.

Group questions:

1. At what points in the movie did you feel the most hope?
2. How do children dream about the future if they don't have the chance to go to school?
3. How did the movie make you feel?
4. How do you plan to act on that feeling?

**Share:** Post pictures of your movie group on our [Facebook](#) page and work together to complete the phrase: “Hope is...”