

Week 6: Hope is...

Reflect: *“Courage is not having the strength to go on; it is going on when you don't have the strength.”*

(Theodore Roosevelt)

This week we are reflecting on the word 'hope'. Theodore Roosevelt epitomizes the power of hope when he talks about going on, even during those times when you don't feel like you have the strength.

We have all experienced difficult times and it is hope that propels us forward when everything inside us wants to give up.

Take a moment to reflect on and/or journal about a time when you relied on 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 a lot that we can learn from them as we walk alongside them on this journey.

Let's share in their hopes and dreams by telling their stories and taking time to remember them every day.

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, use the questions below as a guide to discuss the movie:

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...”