

A WEARY WORLD: Week Three

EMBRACING PARADOX

Thursday: Hope and Despair

Today's reading focuses on the power of hope, but also points out how the term can be misused. Inserting the word hope into phrases like, "hope that things happened for a reason" can be unrealistic. Sometimes events are disheartening or traumatic and it wasn't for a better reason. Having hope in the middle of darkness doesn't mean things will always work out exactly like you want. Anne Lamott states: "Hope is not about proving anything. It is about choosing to believe this one thing, that love is bigger than any grim, bleak crap that anyone can throw at us."

Don't be mistaken, hope is crucial to life. Hope is a strong emotion that can provide us strength and power. It is the light when things are dark. But remember it is ok if things don't work out 100% like you "hoped". Lean on others for strength and support. My hope, for everyone reading, is that you realize how much you are loved and that you are never alone.



Today's Reflection Question:

What are you seeing hope in?