

Hope

Welcome to this time of Quiet Reflection. Take your time reading to yourself (or out loud) these bible passages, and then pausing for a few minutes after any that you wish to reflect on.

The Taize chants between readings can be sung in your head as often as you like, or out loud, or listened to from these links, pausing as you wish:

Bless the Lord my soul - <https://www.youtube.com/watch?v=t4Svh-9ohg4>

Nothing can trouble - https://www.youtube.com/watch?v=aRsxU_3-fpk

O Lord hear my prayer - <https://www.youtube.com/watch?v=2nCy2j07ECM>

Beginning

*Bless the Lord, my soul,
and bless God's holy name.*

*Bless, the Lord, my soul,
who leads me into life.*

Psalm 33.22

Let your steadfast love, O Lord, be upon us,
even as we hope in you.

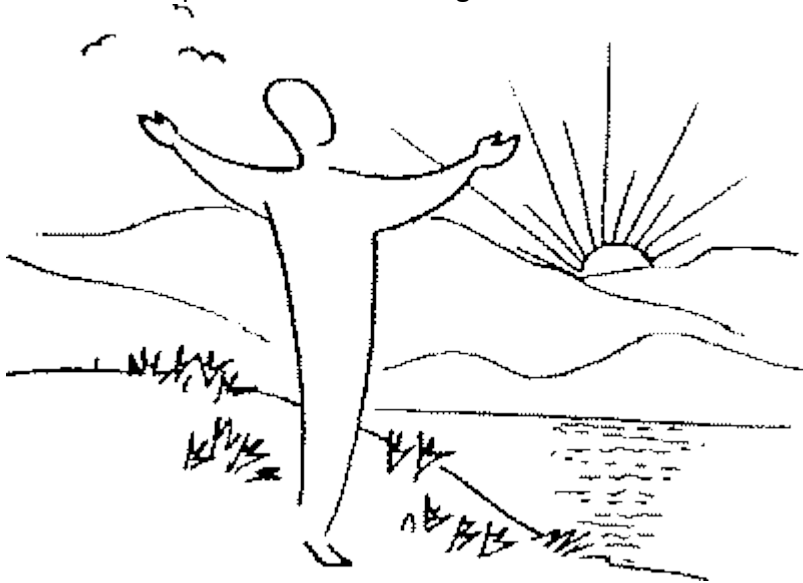
Psalm 39.7

'And now, O Lord, what do I wait for?
My hope is in you.

Psalm 46

God is our hope and strength,
a very present help in trouble.
Therefore we will not fear, though the earth should change,

though the mountains shake in the heart of the sea;
though its waters roar and foam,
though the mountains tremble with its tumult.
There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
God is in the midst of the city; it shall not be moved;
God will help it when the morning dawns.



The nations are in an uproar, the kingdoms totter;
he utters his voice, the earth melts.
The Lord of hosts is with us;
the God of Jacob is our refuge.
Come, behold the works of the Lord;
see what desolations he has brought on the earth.
He makes wars cease to the end of the earth;
he breaks the bow, and shatters the spear;
he burns the shields with fire.
'Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.'
The Lord of hosts is with us;
the God of Jacob is our refuge.

*Bless the Lord, my soul,
and bless God's holy name.
Bless, the Lord, my soul,
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Psalm 71

Let your steadfast love, O Lord, be upon us,
even as we hope in you.
I will hope continually,
and will praise you yet more and more.
My mouth will tell of your righteous acts,
of your deeds of salvation all day long,
though their number is past my knowledge.

Ezekiel 37

Then God said to me, 'Mortal, these bones are the whole house of Israel. They say, "Our bones are dried up, and our hope is lost; we are cut off completely." Therefore prophesy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act, says the Lord.'

*Bless the Lord, my soul,
and bless God's holy name.
Bless, the Lord, my soul,
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Romans 8.24

For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Romans 15

We who are strong ought to put up with the failings of the weak, and not to please ourselves. Each of us must please our neighbour for the good purpose of building up the neighbour. For Christ did not please himself; but, as it is written, 'The insults of those who insult you have fallen on me.' For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

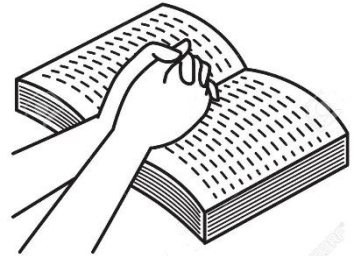
As it is written, Isaiah says,

'The root of Jesse shall come,
the one who rises to rule the Gentiles;
in him the Gentiles shall hope.'

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

1 Corinthians 13

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.



*Nothing can trouble,
nothing can frighten.
Those who seek God
shall never go wanting.
Nothing can trouble,
nothing can frighten.
God alone fills us.*

Hebrews 11.1

Now faith is the assurance of things hoped for, the conviction of things not seen.

Ephesians 1

I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power.



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1 Thessalonians 5

Let us put on the breastplate of faith and love, and for a helmet the hope of salvation. For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. Therefore encourage one another and build up each other, as indeed you are doing.

1 Peter 1

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead

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Faith is the assurance of things hoped for, the conviction of things not seen.

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Time for Meditation

You might like to read the Book of Ruth from your bible at this point, as an extended meditation on how God lifts people from despair to hope. Read it slowly, and follow the ups and downs of Ruth's hopes, a woman who was widowed too young. Or else you could read it later when you're wondering how to fill a blank half-hour. It's a story full of hope!

Time for Silent Prayer

O Lord hear my prayer.

O Lord hear my prayer.

When I call, answer me.

O Lord hear my prayer.

O Lord hear my prayer.

Come and listen to me.

Ending

Almighty God,

by your command time runs its course;

forgive our impatience,

perfect our faith,

and, while we wait for the fulfilment of your promises,

grant us to have a good hope because of your word;

through Jesus Christ our Lord.

Amen.