

Office of Child and Youth Protection

Diocese of Baton Rouge

**** Family night is a great time to discuss the Virtues with children and young people.*

Learn-Practice-Teach-Encourage...Hope Is the Key to Creating Safe Communities for Children



What is Hope? Hope is the virtue by which we trust God who is faithful to His promises. We trust and believe that God is all powerful and all good and will, in His abundant mercy, give us eternal happiness and life as well as everything necessary to obtain and live the life of grace. To hope is, ultimately to desire heaven and to trust in Jesus Christ to form and to transform our person and our experiences. Hope is a movement away from despair. Hope sharpens

our vision and purpose.

Why Practice Hope? We have a Lord who loves us. We are fashioned in His image and we have goodness surrounding us, in spite of pain and sorrow. We long for eternity with the deepest desires and longings of our heart. We long for love, beauty and goodness that does not end or disappoint. We want the good things which come our way; gifts, celebrations and times with those we love. These moments both of waiting, and encountering the expected with joy-remind us of hope. We give each day to God. In our conversations we can give simple and gentle assurances that there will be better days. We can give gestures of hope to those in despair and sadness. We can reach out to those in brokenness, rather than recoil. We can remain hopeful that our brokenness and vulnerabilities can, in and through hope, be means for us to grow in relation to the Lord.

Evidence that I am living in Hope every day may include...

- I care about looking presentable and nice.
- I walk confidently with my chin up.
- I monitor the time I spend having gloomy conversations and with people who do not evidence hope.
- I listen to music, read books and involve myself with games which are more hopeful than sad and dark.
- I appreciate and enjoy my friendships as a sign of hope.
- I have a vision or mission for myself regarding my roles or vocation in life and this vision or mission gives me hope. I can write my vision statement.