

# REFLECTION QUESTIONS

- 1) What was your definition of hope before hearing Fr. Adam's talk? How did it change?
- 2) Fr. Adam described hope as "so much more than a blithe optimism that things will get better." Are you a naturally optimistic or pessimistic person? How has this season of trial for our world affected that?
- 3) What is the foundation of our hope as Christians?
- 4) How do you lean into the rich, theological hope in your personal life and in your ministry for the Church?
- 5) What concrete examples did Fr. Adam give us of ways we can grow in hope? How are you feeling called to pursue these?
- 6) Do you feel like you convey hope in your various spheres of influence? How? How could you do that more effectively?