



The importance of Hope

In the search for peace, hope is a precious commodity. Especially when people are in a place they did not create and cannot change, it is desperately hard to hang on to hope. Slipping into despair is far too easy. Despair is very powerful. It can mask options that may exist. It can turn a

person's thoughts inward and pull them away from others. Despair can make the situation and needs of others around a person harder to see. For some, despair can even lead to irrational thoughts and actions that can hurt both self and others.

How does a person hang onto hope, or recover it once it is lost? Clinging to the Lord, prayer, and pouring into his word are invaluable. However, sometimes reclaiming hope also requires help from others. Open your eyes to the people around you. Sometimes an act of kindness, a word of understanding, offering respect, inclusion, or acknowledging gifts and giving the opportunity to use them can be important tools for restoring hope to someone in despair. There is a great need to listen well and guard against making assumptions about people that put them in boxes they cannot get out of by themselves.

Lord, be with us. For those who are struggling to hold onto hope, remind us you are there, even in the gloom of despair. For all of us, help us to look for the good in people, and encourage them rather than discouraging them. Help us guard against bullying behavior in our dealings with others – our bullying and the possibility of theirs.

This week, in your prayer time remember:

- **Shooting victims**
- **Those considering suicide and those around them.** In Ohio: a young person commits suicide every 33 hours. Suicide is the leading cause of death for children age 10 to 14.
- **Refugees in the U.S** – A September executive order has made drastic changes in refugee resettlement options in the U.S. The number of refugees that will be accepted for next year has been reduced to 18,000 from a past average of 95,000 a year. Federal support services are also to be ended and the federal government will no longer set policies for refugee resettlement. This means local governments will have to decide what to do. This will wreak havoc, causing more family separation and other hardships for people who have already been granted legal status in the U.S. (See the Church of the Brethren Office of Peacebuilding and Policy Action Alert.)



The importance of Hope

In the search for peace, hope is a precious commodity. Especially when people are in a place they did not create and cannot change, it is desperately hard to hang on to hope. Slipping into despair is far too easy. Despair is very powerful. It can mask options that may exist. It can turn a

person's thoughts inward and pull them away from others. Despair can make the situation and needs of others around a person harder to see. For some, despair can even lead to irrational thoughts and actions that can hurt both self and others.

How does a person hang onto hope, or recover it once it is lost? Clinging to the Lord, prayer, and pouring into his word are invaluable. However, sometimes reclaiming hope also requires help from others. Open your eyes to the people around you. Sometimes an act of kindness, a word of understanding, offering respect, inclusion, or acknowledging gifts and giving the opportunity to use them can be important tools for restoring hope to someone in despair. There is a great need to listen well and guard against making assumptions about people that put them in boxes they cannot get out of by themselves.

Lord, be with us. For those who are struggling to hold onto hope, remind us you are there, even in the gloom of despair. For all of us, help us to look for the good in people, and encourage them rather than discouraging them. Help us guard against bullying behavior in our dealings with others – our bullying and the possibility of theirs.

This week, in your prayer time remember:

- **Shooting victims**
- **Those considering suicide and those around them.** In Ohio: a young person commits suicide every 33 hours. Suicide is the leading cause of death for children age 10 to 14.
- **Refugees in the U.S** – A September executive order has made drastic changes in refugee resettlement options in the U.S. The number of refugees that will be accepted for next year has been reduced to 18,000 from a past average of 95,000 a year. Federal support services are also to be ended and the federal government will no longer set policies for refugee resettlement. This means local governments will have to decide what to do. This will wreak havoc, causing more family separation and other hardships for people who have already been granted legal status in the U.S. (See the Church of the Brethren Office of Peacebuilding and Policy Action Alert.)