

“Do not merely listen to the word, and so deceive yourselves. Do what it says.”  
(James 1:22)

**PRACTICE THIS WEEK:**  
**Hope As Love**

**Monday – Daily Spiritual Practice: Hope As Love – Day 1**

From Sunday: *“While optimism is the attitude that things will be better tomorrow, hope is confidence in how the story ends, regardless of the reality of today... Real living hope is not a spiritualized brand of optimism... The more others can experience the reality of Jesus in you, the more they can put their hope in him too.”*

This week all our practices will be geared towards loving others through depositing as much hope as we can into their lives. Since the best way to bring hope is by who you’re **being**, not what you’re **saying**, we’re going to focus on letting our lives speak, instead of our mouths!

Each day we’ll highlight one aspect of what hope-as-love could look like when it’s in action, and invite you to engage in it that very day. This is how we practice the way of Jesus.

**Today:** Initiate reconciliation with a lost, broken or strained relationship.

- Who should this be for you?
- Why does it matter?
- How will you initiate?

**Tuesday – Daily Spiritual Practice: Hope As Love – Day 2**

*“Be joyful in hope, patient in affliction, faithful in prayer.” (Romans 12:12)*

This week all of our practices are aimed at loving people well, through bringing hope.

**Today:** Walk with those living in the valley of the shadow of death, to bring comfort.

At any given time there are multiple people in your circle who are walking through grief – whether you realize that or not! Sometimes that’s the most obvious grief over physical death or the process of dying, and sometimes it is grief over other deep losses, such as in relationships, employment, economic stability, independence, health, dreams for the future, etc.

How can you bring the comforting, hope-filled presence of Jesus to someone who is grieving today?

- Who should this be for you?
- Why does it matter?
- What can you do?

### Wednesday – Daily Spiritual Practice: Hope As Love – Day 3

***“Oh! May the God of green hope fill you up with joy, fill you up with peace, so that your believing lives, filled with the life-giving energy of the Holy Spirit, will brim over with hope!” (Romans 15:13)***

This week all of our practices are aimed at loving people well, through bringing hope.

**Today:** Financially support those weathering economic storms

It is so difficult to feel any sense of hope when economic realities are pressing you so tightly you can barely (or maybe not even) provide for your existence or your family’s wellbeing on a day to day basis.

Who in your world is struggling in material ways, and what kind of supports could you generously bring into their experience to help bring hope and make love real today? What has been given to you, that would be made far more beautiful by sharing it with others?

- Who should this be for you?
- Why does it matter?
- What and how can you give?

### Thursday – Daily Spiritual Practice: Hope As Love – Day 4

***“Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” (Hebrews 10:23-25)***

This week all of our practices are aimed at loving people well, through bringing hope.

**Today:** Provide some kind of practical support to struggling parents

Many dynamics of the pandemic have created incredible strain on parents and family systems. Today consider how you could help alleviate some of the weight and despair around that, by injecting some of the hope-full love and support of Jesus into the life of a family near you.

Free childcare, play in the snow with the neighbourhood kids, drop off games, activity kits or treats, make a meal, send a grocery card or pay for counselling fees, help with homework, plan a small movie night, a note of encouragement... there are a million ways.

- Who should this be for you?
- Why does it matter?
- What will you do?

***“What is faith? It is the confident assurance that something we want is going to happen. It is the certainty that what we hope for is waiting for us, even though we cannot see it up ahead.”  
(Hebrews 11:1)***

This week all of our practices are aimed at loving people well, through bringing hope.

**Today:** Survey the landscape: what do you see?

All week long we’ve been looking at specific scenarios where hope has likely been hard to hold onto for those around us. Today, we invite you to take a few quiet minutes sitting in the presence of God, survey the landscape of your life, and simply ask God to help you see who else needs the kind of warm, life-giving, practical, on-the-ground hope that the Jesus in you has to bring?

Family, friends, church, work, school, community, world... Who needs more hope out there? How can you help spark it?

- Who should this be for you?
- Why does it matter?
- What will you do?