

An "At-Home" Activity

Hope Meditation

by Joyce Rupp

Begin by recalling the gift of hope that the risen Jesus brought to each person who experienced His presence when He moved among them after being raised from the dead.

No matter how you are emotionally, mentally, physically,
Invite hope into your life.

Allow hope to enter into your mind.

Allow hope to enter into your spirit.

Allow hope to enter into your body.

Allow yourself to be filled with hope.

Imagine the Spirit of Jesus stirring up
newness,

Finding the dead places that exist within your
spirit,

And creating a meadow of flowers inside you.

Visualize this open space, the flower buds unfolding,

Filling the spacious meadow with color and fragrance.

Let hope fill your mind with a sense of purpose and direction.

Let hope fill your spirit with life and enthusiasm.

Let hope fill your heart and draw you into renewed love.

Rest quietly in your restored hope.

Let the power of Risen Love reign in your heart.



Commitment to Hope

Invite the Spirit of the Risen Jesus to assist you in maintaining trust and confidence.

Recommit yourself to living with hope, the kind that flows out from you into transforming love. You might want to write this commitment and read it each morning of the Easter season. Follow the reading of the commitment by extending hope to [others who are] most in need. Offer hope from your heart to them. Imagine yourself gently embracing another in silence, or holding out a blossoming flower, or sitting side by side quietly holding hands, or reaching forth with look of love, or offering Eucharist or a special blessing, or any other image that extends courage, strength, and an invitation for a peaceful mind and heart.

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