



ADVENT SPIRAL WALK: WEEK 1 - HOPE
November 29, 2020

Scripture: Jeremiah 29:11 For surely, I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you HOPE and a future.

Mystical Hope

Mystical hope is not tied
to a good outcome,
to the future.

It lives a life of its own, seemingly without reference to external circumstances and conditions.

It has something to do with presence— not a future good outcome, but the immediate experience of being met, held in communion, by something intimately at hand.

It bears fruit within us at the psychological level in sensations of strength, joy, and satisfaction:

an “unbearable lightness of being.”

But mysteriously,
rather than deriving these gifts from outward expectations being met,
it seems to produce them
from within.

Excerpt from *Mystical Hope* by Cynthia Bourgeault

Question 1: Where in your life are you currently experiencing HOPE?

Question 2: In what area are you seeking HOPE for yourself or the world at this time?

We invite you to, like Mary, “ponder these things in your heart” in the coming week. Notice where you do or do not feel Hope.

As you pay particular attention to HOPE in this week, it might be helpful to journal those thoughts whether using a little notebook or a journal to do so.