



HOPE

THINK

**What do you hope for?
What do you want to change?**



Have you ever blown a dandelion clock to make a wish? Tell God what you hope (wish) for now as you watch the video. *(Scan the QR Code)*

READ

The Bible tells us that we can have hope...

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

JEREMIAH 29:11

'May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.'

ROMANS 15:13

Follow this QR code to hear some stories from people who have found hope and peace:



PRAY

Prayer is how we talk to God. We can pray in different ways: *with words, a drawing, thoughts to God in our head.*

Talk to God in the way that best suits you.

You might want to post a prayer on our virtual Hope space. You can write down your prayer anonymously and know you are being prayed for.



You might want to say this prayer:

Father God,

I need hope.

Thank you that you promise to put your hope in me.
Where life feels hopeless, please would you bring hope.

Amen.

Know that God has heard you.

GOD SENT JESUS TO BRING HOPE.

You can find out how here:



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