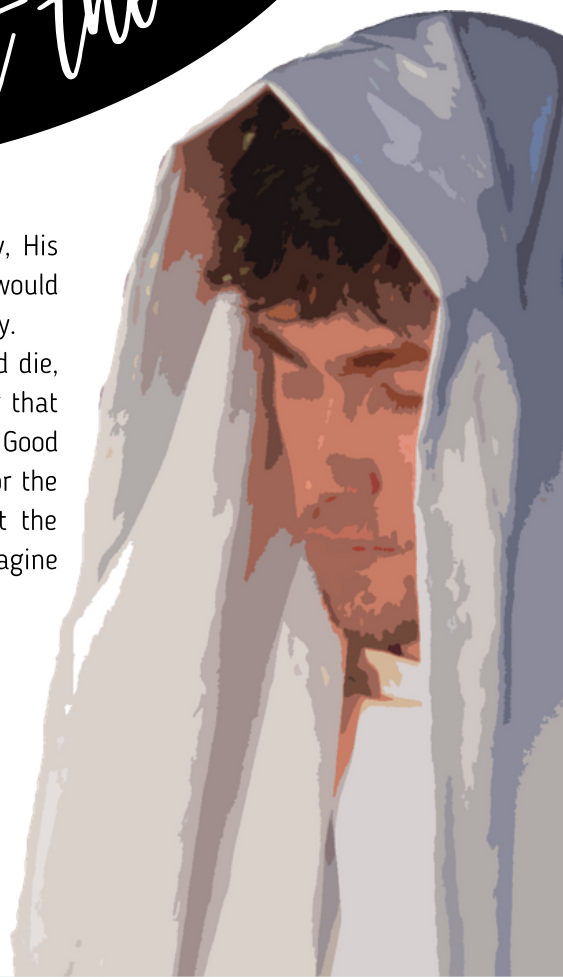


Good Friday was not the end

WHAT IS HOPE?



If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended there. For Christians, however, Good Friday is not the end of the story. Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future? Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises. Can you imagine how joyful their reunion was after the Resurrection?



CHECK OUT THE FOLLOWING RESOURCES ON THE THEME OF HOPE:



Bishop Phonsie's Messages of Hope: True Hope



The Prayer of Bl. Pier Giorgio Frassati "Verso l'alto!"



Fr Mike Schmitz: What is Hope and Why Do You Need It?



Fr Mike Schmitz: The Role of Hope in Holy Week



Leeland: Way Maker



Lauren Daigle: Trust In You (Live)



Send a message of encouragement or gratitude to someone who you think could be struggling at the moment.

HOPE IS THE ANCHOR OF THE SOUL

**H.O.P.E.
Hold On,
Pain Ends**



Each morning you wake up, think of ten things you are grateful for. Start your day choosing joy and gratitude to God for his blessings!

WHAT IS YOUR DEFINITION OF HOPE?



Hope is "trust in another, extended into the future."
Fr Mike Schmitz



Why not create an Instagram post or story with your definition to share with your friends on social media? Or commit to only sharing positive and hope-filled messages for the next week? Print it out and stick it on your bedroom mirror.



Create a playlist for yourself, with music filled with messages of hope - listen to this whenever you feel like you are struggling, or share it with a friend who might need a reminder that hope is real.