

## 6 Hopeful Tasks

### Inspiring Hope within Yourself and in Others

- 1) Encourage three people around you.
- 2) Sing something outloud that makes you feel hopeful. Perhaps this is a hymn, popular song (Don't Stop Believing?), or something you remember from your childhood.
- 3) Find and reflect on a Psalm that gives you hope.
- 4) Who in your life helps you feel hopeful? Make a list of a few such people (or animals), and maybe even reach out to someone on that list.
- 5) How does your faith make you feel hopeful? Share this with someone or write it out in a journal.
- 6) Make a despair-preparedness kit! This contains the resources you need to feel hopeful when times are difficult. Include any items (seeds, photos, etc.), literature (poetry, stories, etc.), Bible passages, hymns, quotes, and any of the reflections you have done above. Your kit will be ready to go whenever you might need it.

