

Hope APRIL 2022



SAY IT:

Hope means believing that something good can come out of something bad.

KNOW IT:

ASK A KID:

- Can you think of a time when something bad happened to you or someone you love? How did you react? Were you able to think positively and have hope?
- Who is someone that you know who is a hopeful person? What are some things that they do or say that suggest they have hope?

ASK A GROWN UP:

- Describe a time when it was difficult to believe that something good was going to come out of something bad. Is it hard to keep hope sometimes?
- How do you keep a positive attitude when bad things happen?
- How does it feel to believe something good can come out of something bad?

SEE IT:

During the Coronavirus pandemic many people suffered financially, physically, emotionally, etc. Organizations and individuals from all over the world felt the call to instill hope in others and they set out to help. Feeding America is one such organization that stepped up and vowed to continue to serve communities despite the pandemic by providing food to the hungry. View this video and discuss ways that you might contribute to your local food bank to end hunger. <https://www.youtube.com/watch?v=qWNf5XV1s-0>

BE IT:

This month, volunteer at your nearest Red Cross. This nonprofit organization helps individuals and families affected by disasters such as fires and hurricanes. There are many ways to volunteer including donating blood or assisting with a blood drive, installing free smoke alarms and helping out after a disaster strikes. Your family will not only serve as a source of hope for people, but you may also witness a renewed hope in the people that you serve.

PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

Meal Time:

Be a teacher. Have conversation while you eat together.

Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

So don't miss it. Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.