

# Flourish!

Choose well – Think well – Live well

## Choose Hope!

*Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Romans 15:13, NKJV*

**Hope is like a light that helps us to get through the dark tunnels of life**

Find Bible verses or quotes that give you hope. Write them on plain index cards, decorate them and memorise them.

- **Make a list of all the things you are looking forward to – today, this week, this month, this year and in the future.**

Talk with your close family or friends about what you are most looking forward to in the earth made new (Rev. 21).

Plan something fun for your family or friends to look forward to.

Share hope. Give a candle or card to someone going through a difficult time and let them know you are praying for them.

Think about something you are worried about. List three good things that might happen instead.

Make a list of thirty things you would really like to do or places you would like to visit. Start doing the things on your list.

- List 5 small things that you look forward to every day. Make those moments as special as possible and share them with others if you can.

Think of three times where you were worried about something, but things went much better than you expected. What can you learn from these experiences?

- **When someone asks you to pray for them, write an encouraging prayer and send it to them, or record your prayer and send them the message.**