

## HOLDING TO HOPE

5TH SUNDAY OF LENT

### KEY CONCEPTS

- Hope is a theological virtue; this means we can work on it by forming habits, but we require the grace of God to initiate the gift.
- Christian hope has a specific character; we have hope in Jesus and, ultimately, in the resurrection of our bodies because Christ rose, as well.
- In challenging times, we are called to be wise and prudent but also to remain in our hope. The hope we have in our resurrection does not diminish reality nor should it cause us to retreat from it; rather, it helps us engage our reality so we can share our hope with others.

### SCRIPTURE:

1 Peter 3:15  
John 11  
Romans 5:1-5

### CATECHISM:

1812-1813  
1817-1821

### “Gather” and Opening Prayer (10 min)

Greet the teens who have joined on your chosen digital platform. Spend about five to ten minutes touching base as a small group, asking each of them how they are doing emotionally as well as spiritually. Offer each teen the ability to share.

When you determine it is a good time to move forward, transition into the following prayer:

*Lord, we come before you today in this unconventional way. While we would rather be with each other in person, we are grateful for the gift of this digital platform and the ability to connect virtually. We pray for the virtue of hope in our lives, in the lives of those who are close to us, and in the lives of those who feel hopeless. May you continue to remind us of the great plans you have in store for us and the many ways your love is a beacon of hope in even the most dismal of places. Amen.*

After the prayer, have the teens discuss the recorded video message from Emily Wilson on the virtue of hope, which was given during the Global Life Night Experience. Use the following questions to guide the discussion.

### Discussion Questions (10 min)

- What struck you most about Emily’s message? Explain.
- As Christians, where do we find our hope? Is this hope hard to recognize in the world today?
- Is it possible to have hope while acknowledging the current reality of our world? Give an example of what this might look like.
- How can you be a beacon of God’s love and hope today?

### Activity and Challenge (10 min)

Use the following activity to transition into a time of reflection on our ability to communicate hope to the world:

- Instruct the teens to open Instagram on their phone or computer. Have them type @goodnews\_movement in the search bar and scroll through the various posts on that profile. If a teen does not have an Instagram

account, have them enter the following URL in their browser: [instagram.com/goodnews\\_movement](https://www.instagram.com/goodnews_movement)

- Give them five minutes to quietly scroll the feed, looking for one story of hope that stands out to them.
- When the five minutes are up, ask each teen to share which story stood out to them and why it was particularly meaningful.
- Close this activity by challenging the teens to share the virtue of hope this week by giving to someone in need. If needed, offer suggestions such as helping their sibling with their homework, offering to cook dinner for their family, sharing an inspirational post on their social media account, or giving financially to someone in need. If time allows, have them brainstorm ideas as a group.

### **Closing Prayer (1 min)**

Lord, even after the Resurrection, you did not abandon us to fight for ourselves. You offered us the gift of the Holy Spirit to help us in our time of need. We ask that you send your Holy Spirit down upon us today, filling us with the virtue of hope and enlivening our hearts to do your will each day.

Mary, Mother of God, *pray for us.*

Amen.