

HOPE

THE WONDER OF BEING LOVED

What Is Hope?

Hope is "a positive cognitive state based on a sense of successful goal-oriented determinations and planning to meet those goals" (Snyder et al, 1991). It is a theological virtue by which expectations of happiness are rooted in the Kingdom of heaven and eternal life; "placing our trust in Christ's promises and relying not on our own strength but on the help of the grace of the Holy Spirit" (Pope Francis, 2025).

Evidence-Based Hope

Reasonable hope:

- ☐ recognizing extent of a situation and the real possibility for resolution
- ☐ pragmatic, knowledge-based
- ☐ relies on self

Utopian hope:

- ☐ affirmative
- ☐ looks to expand possibilities beyond known outcomes
- ☐ relies on collective

Chosen hope:

- ☐ around grief, fear and concerns for loved ones that can lead to hopelessness

Transcendent hope:

- ☐ that all will turn out good in the end
- ☐ "if it's not good, it's not over"

Theological Hope

Conscious virtue

- ☐ gift
- ☐ choice to accept
- ☐ requires affirmation

Being hopeful looks like:

- ☐ optimism
- ☐ positive outlook on life
- ☐ trusting that good will prevail
- ☐ humility
- ☐ joy

Pilgrims of Hope - Jubilee 2025*

What is a Jubilee year?

- ☐ occurs every 25 years
- ☐ time to forgive debts and be forgiven

What is a pilgrimage?

- ☐ an earned plenary indulgence
- ☐ consists of:
 - ☐ eucharist
 - ☐ penance (reconciliation)
 - ☐ prayer

Being Hopeful

As creatures with free will, being hopeful is a choice, requiring a reliance on something other than oneself. It is a gift freely given that must be received and accepted by choice.

Cultivating Hope in Self

Remaining faithful requires

- ☐ prayer
 - ☐ "Lord, grant me to be faithful to You in hope"
- ☐ trust in divine inspiration
- ☐ call to protectors
 - ☐ St. Michael
 - ☐ guardian angels
 - ☐ patron Saints
- ☐ discernment* before action
- ☐ see with the eyes of a child

Cultivating Hope in Others

Being* a hopeful role model

- ☐ pray in secret
- ☐ be trusting
- ☐ share statements of
 - ☐ hope
 - ☐ optimism
 - ☐ faith
 - ☐ wonder
 - ☐ awe

*see related infographic(s)

Recommendations to add to the List?
Let us know at the address below

For more information about secular definitions of hope, see <https://positivepsychology.com/hope-therapy/#what-is-hope> for more information about hope as a theological virtue, see <https://www.vatican.va/content/catechism/en/part-three/section-one/chapter-one/article-7/7a-the-theological-virtues.html>, and for defining words from Pope Francis, see <https://www.vaticannews.va/en/pope/news/2024-11/pope-francis-hope-is-a-gift-and-duty-for-every-christian.html>.

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