

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 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 the address below

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

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