

*“Our human compassion binds us the one to the other – not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.” – Nelson Mandela*

We are all enduring a “common” suffering with the outbreak of the Covid-19 Pandemic. Suffering that is for some physical, for others emotional due to the separation from others, and for many financial with the loss of job or income.

How can we find real HOPE in this time of being bombarded daily by news of more covid-19 cases and the resulting increase in deaths, social isolation, and loss of income.

*Romans 5:3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. 4 And endurance develops strength of character, and character strengthens our confident hope of salvation. 5 And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.*

Our hope comes from our God who lives dwells in us in the power and person of the Holy Spirit who produces within us the fruit of the Spirit. *Galatians 5:22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control.*

As we lean into God, we look to Him for our HOPE which is...

- **HEALING...** of our bodies and our emotions
- **OPPORTUNITY...** to do good to those around us.
- **PERSEVERANCE...** the ability to get through the hardest of times with a strong and joyful spirit.
- **EXPECTANCY...** to live each day in the expectancy that God will give us what we need for the day and the hour.

Jesus,

Give me the strength to live each day with a joyful hope for my future, the future of my loved ones, my church, my community and my nation. A hope rooted in my belief you are a good and great God in the good times of life and also these the hard and difficult times. Amen