

People of Hope

A PRAYER MEDITATION FROM AMBASSADORS OF JESUS CHRIST

“Jesus Christ ... is your glory, the motive of your hope, and the promise of your happiness.” (Meditation No. 40.3)

FIRST MOVEMENT

1. **Take a few minutes to recollect yourself in silence and to be aware of the power of God's living and loving presence which flows out from the very core of your being.**

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” (Rom 15:13)

2. **Now offer yourself in patient confidence into the hands of this loving God to do, as far as you are able, whatever God and your ministry requires.**

“For you, O Lord, are my hope, my trust, O Lord, from my youth.” (Ps 11:5)

SECOND MOVEMENT

3. **Contemplate the Mystery of God's Love at Work in the World**

Read the following Scripture passages a few times slowly. What word or words especially catch your attention? Let these words gradually draw you further into the unfolding of the mystery of God's love at work in the world.

“Through Our Lord Jesus Christ, we have obtained access to this grace in which we stand; and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God 's love has been poured out into our hearts through the Holy Spirit which has been given to us.” (Rom 5:2-5)

“I therefore, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, bearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as we were called

to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and in all. Grace was given to each of us according to the measure of Christ's gift." (Eph 4:1-7)

4. Reflect on the Mystery of God's Love at Work in Your Own Life

How in your life and in your work do you experience yourself to be a sharer in the glory of God?

For what and in whom have you placed your hope? How does this manifest itself in the way you daily live your life?

In what ways have you had to suffer for Jesus in your ministry? What does your belief in and your ministry on behalf of the Gospel cost you?

What graces and gifts have been given to you for the building up of Christ's body?

Have you truly set your hope on the living God? Is it with and for him that you toil and strive (1 Tim 4:10)?

THIRD MOVEMENT

5. Resolve to Be More Open to the Spirit Who Works in and Through You Today

Take a few minutes to think back over this brief time you have spent in prayer. What sentiments stirred within you? To what is God inviting you in Christ?

What would have to change in your life if you were to be free enough to be the fullness of that new person, full of hope, that God has destined you to be? What are the obstacles to this change?

Pause for a few minutes and thank God for the graces of this time spent with him in prayer.

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle's *Method of Interior Prayer*.