After Jesus rose from the dead, he met many people but not everyone recognised Him. One was despairing Cleopas, who thought Jesus was dead. (Luke 24. 13 – 35). During their heart-warming encounter, Cleopas said to the apparent stranger, '*But we had hoped that Jesus was the one …*'.

Grief and loss can be painful, heart breaking and exhausting. This pandemic has robbed people of so much and most sadly, loved ones. Despair is real and at times experienced by all people. In challenging seasons – we struggle too, and it's healthy and honest to admit this.

Cleopas' story helps. In his darkness, the promises of God in Scripture brought light, causing his heart to burn within him, his eyes to open and his hope to be rekindled. The encounter with Jesus literally turned Cleopas around and changed his plans for the rest of the day, and probably the rest of his life. Suddenly, visions of new possibilities, against whatever odds, were stirred up and life had meaning and purpose again.

We believe and hope in Jesus but when the going gets rough and hope is in short supply, we do well, as ever, to stand on every promise of God's word.

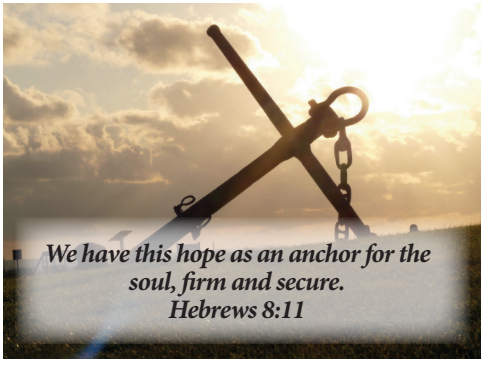
Let the Spirit of truth, the Helper, remind you and revive you!

Our love, Steve and Veronica

What is Christian Hope?

Our hope comes from placing our trust in God because of the reliability of His character and promises, and we can have hope BECAUSE of the promises He has made. Here are just a few to reflect on.

- **Hope gives us assurance**
  "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11
- **Hope gives us confidence**
  Now faith is confidence in what we hope for and assurance about what we do not see (Hebrews 11).
- **Hope of eternal life**
  "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die." (John 11:25)
- **Jesus Christ IS our hope**
  Paul, an apostle of Christ Jesus by the command of God our Saviour and of Christ Jesus our hope ... (Timothy 1:1)
- **Hope gives us encouragement**
  Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit [which] was given to us. (Romans 5:5)



A pastor once wrote:

"We steward the only message on planet earth that can give people what their hearts need most, which is hope.

- Hope that sins can be forgiven.
- Hope that prayers can be answered.
- Hope that the doors of opportunity, that seem locked, can be opened.
- Hope that broken relationships can be reconciled.
- Hope that diseased bodies can be healed.
- Hope that damaged trust can be restored ."

In our April Newsletter, we asked you to create some FAITH acronyms. Here are our top three.

- **F**orging **A**head, **I**ntentionally **T**rusting **H**im. (Angela May)
- **F**aith **A**lways **I**nspires **T**rue **H**ope. (Colin Crook)
- **F**or **A**lways **I** **T**rust **H**im. (Nita Young)

Walk on with Hope in your heart!

Earlier this year, Colonel Tom Moore had a vision to raise money for the NHS by walking around his garden 100 times with the aid of his zimmer frame. He initially hoped to raise £1,000 by his 100th birthday in April, but his vision so inspired the nation that donations began to pour in long before his birthday. A staggering £33 million was raised and on top of that, he is the oldest person to have a No. 1 single in the music charts with the song, 'You'll Never Walk Alone', which has that stirring chorus **'Walk on, walk on, with HOPE in your heart.'** Be amazed at what HOPE can do. Dare to believe and walk on in faith and hope, and watch what may happen**!**

Last month we asked for your favourite Faith based hymn and Stuart Townend's 'In Christ Alone' was the most popular. Here is verse 1 for prayer and reflection.

In Christ alone, my hope is found
He is my light, my strength, my song
This Cornerstone, this solid ground
Firm through the fiercest drought and storm.
What heights of love, what depths of peace
When fears are stilled, when strivings cease
My Comforter, my All in All
Here in the love of Christ I stand.

Hope Building Reminders

1. Any hope that believers in Jesus have is from God by the power of the Holy Spirit. Hope is not something we can stir up by our own effort (Romans 5:5).
2. Against all hope, Abraham in hope, believed … (Romans 4:18) When all hope as a human possibility failed, Abraham placed his hope in God. We have a part to play – we BELIEVE!
3. Christ in you, the hope of glory (Colossians 1:27).
4. The content of a believer's hope boasts about the glory of God (Romans 5:1-2), for which we were created (Isaiah 43:7).
5. Suffering, trials and testing produce and strengthen hope; note the similarities between Paul, James and Peter's teaching in Romans 5:3-4, James 1:2-4 and 1 Peter 1:6-7.

<u>Identifying blessings encourages HOPE!</u>

For one week, actively write down God's blessings.

Day 1: Identify a blessing that came to you from a family member.

Day 2: Identify a blessing from a stranger.

Day 3: Identify a blessing from technology (radio, telephone, internet, television).

Day 4: Identify a blessing from a friend.

Day 5: Identify a blessing in something you read.

Day 6: Identify a blessing from creation (animals, environment etc).

Day 7: Use day seven to thank God for your week of blessings and actively bless a friend, family member and stranger today.

Prayer Requests for CCHC

- **Pray for all in grief and despair – for peace and hope. Pray that the Holy Spirit opens eyes to see Jesus, and that Jesus warms hearts.**
- **Give thanks; for 'oil and flour' – for daily provision; for government assistance; for the financial response for the lawn mower and audio-visual projects – less than £500 pounds to go. Pray that the quotes given, and the machines and equipment to be purchased, would all go smoothly for the Lord's work here.**
- **Pray that all ministry opportunities from here will be anointed by God, and that there will be powerful encounters with the love of Jesus.**
- **Pray that we remain in the heart of the Lord's will as He sweeps across our nation and that we co-operate with Him.**

Daily Hope Telephone Helpline
0800 804 8044
This 24 hour helpline offers music, prayers and reflections and full Church of England worship services.

Contact details: 01424 830204
(for prayer requests only during lockdown)
Email: magazinecchc@gmail.com
Website: ***www.crowhursthealing.org.uk***

The Three Sisters

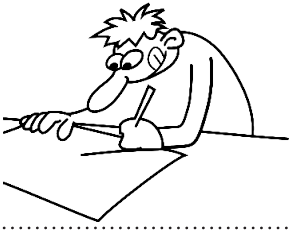
Faith, Hope and Love have been described as three sisters by Raneiro Cantalamessa.

Of the three sisters, two of them are grown and the other is a small child. They go forward together, hand in hand with the child, Hope, in the middle.

Looking at them, it would seem that the bigger ones are pulling the child but it is the other way around; it is the little girl who is pulling the two bigger ones. It is Hope that pulls Faith and Love because without Hope, everything would stop.

Be Creative

- Take the tune of a well-known hymn and write your own hymn on the theme of HOPE.
- Write a poem using the letters H.O.P.E. to start each line.
- Be more adventurous and write a psalm of HOPE using the letters of the alphabet. A to Z to start each line.



Crowhurst Christian Healing Centre has a vision to advance the Kingdom of God