

# Prayer for Abundant Hope

*Always have a reason for the hope you have but do this with gentleness and respect (1 Peter 3:15).*

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## Call to Prayer

*United in prayer, let us recall those who encourage us to hope and to be open to possibility.*

## Abundant Hope Video Reflection

Sister Jeanette Kong, V.D.M.F. <https://youtu.be/Ed7ra0KjZmo> (or another [Abundant Hope video](#))

## Signs of Hope from Newer Entrants to Religious Life

*Selected quotes from over 3,000 women and men who entered Religious Life from 2003-2018, from the [2020 NRVC/CARA Study on Recent Vocations to Religious Life](#)*

*(Invite a variety of speakers from the floor to read aloud each quote)*

- ❖ I hope we find new, creative ways to live the Gospel.
- ❖ I hope we recognize that our presence and our community life is as important as ministry.
- ❖ I hope that there will still be new members joining our congregation.
- ❖ I hope we effectively discern the signs of the times especially by immersing ourselves along the margins of the poorest and most vulnerable.
- ❖ I hope we keep centered on Jesus and are willing to go wherever the Spirit leads.
- ❖ I hope that our Order can grow in its thinking to focus less on diminishment and more on what it can do today.
- ❖ I hope that our community will continue its renewal and commitment to living the vows more deeply.
- ❖ I hope we focus on abundance instead of scarcity through collaboration.
- ❖ I hope that we can address climate change and its effect on the poorest among us.
- ❖ As we decrease in numbers, I really hope that we can remain open to the Spirit's call to be in service of the poor.
- ❖ I hope that we are meeting the needs of low-income families, especially those impacted by immigration and socioeconomic disparity.
- ❖ I hope that we will be a sign of hope and voice against injustice.
- ❖ I hope we continue to serve directly among the young and not get caught up in administration, that we find ourselves more present to the young online.
- ❖ I hope we dream bigger and open new ways of doing things.
- ❖ I hope we become more intentional about living simply. We have many institutionalized ministry settings that tend to be materially comfortable.
- ❖ Our future looks promising. I hope that my institute would be more daring in its ministry.
- ❖ I hope we become a real centralized source of Catholic culture for the local area.
- ❖ I hope that our focus will be on the quality of the ministry and not the quantity of members.
- ❖ I hope that even as our members age and the numbers decline, we will be more intentional in the way we live our community life.
- ❖ I hope that we embrace cultural diversity and not only talk about it.
- ❖ I hope that we can focus as much energy on the mission and members in full-time ministry as much as we do on the aging and grieving of the death of members.
- ❖ I hope we find new expressions of our charism to meet the needs of our culture.
- ❖ My greatest hope is that we continue to respond to the needs of God's people with creative hope by thinking outside the box of "what has been" to "what could be."
- ❖ I hope we can renew the fidelity to our call, to become whom we claim to be!

## Visio Divina

Select another *Abundant Hope* video or use this one from the National Geographic at <https://youtu.be/LjCzPp-MK48> Time-Lapse: Watch Flowers Bloom Before Your Eyes

## Sacred Scripture

From the Gospel of Matthew 19:26  
From the Gospel of Mark 9:23  
From the Gospel of Luke 1:37  
From the Gospel of Mark 10:27

With God all things are possible.  
If you can believe, all things are possible.  
For nothing is impossible with God.  
For with God, all things are possible.

## Communal Antiphonal Response

At any one moment, there are a million ways to hope.

*Fill our hearts with hope; grant us a glimpse of what is possible.*

Each day offers us a new opportunity, a new possibility. (*Fratelli Tutti*, 77)

*Let us ask the Lord for the grace not to hesitate when the Spirit calls us to take a step forward.* (*Gaudete et Exsultate*, 139)

To follow Jesus is not a decision taken once and for all, it is a daily choice...

*Otherwise, Jesus becomes only a nice memory of the past.* (Pope Francis, 2019)

Hope is bold.

*Open us up to grand ideals that make life more beautiful.* (*Fratelli Tutti*, 55)

As the days go by and fears grow, even the boldest hope can dissipate.

*So, let us not give in to resignation.*

*We can and must hope because God is faithful.* (Pope Francis, April 2020)

If we have no hope in the Lord,

*What would we do in this world?* (*Saint Josephine Bakhita of Sudan*)

Start by doing what is necessary, then do what's possible,

*And suddenly you are doing the impossible.* (*Saint Francis of Assisi*)

No one has the right to rob you of hope.

*Keep following your hopes and dreams.* (*Christus Vivit*, 142)

Let us continue, then, to advance along the paths of hope. (*Fratelli Tutti*, 55)

*What are we waiting for?*

## Signs of Unwavering Hope

Invite all present to write down their hopes for religious life and to share in an appropriate way.

## Sending Forth

Pray together the prayer on the [NRVC Abundant Hope Prayer Card](#).



*Before we leave this sacred space and prayer,  
let us offer one another a sign of peace with a gesture, word, wave, and/or smile.*