

## REFLECTION IDEAS - HOPE

### Mark chapter 10 verses 46 to 52

This GenR8 Connect looks at the importance of hope – that we need to keep hopeful about the future even when we are having tough times. Christians believe that we can all have hope in God and that he can give us a reason to hope even in the dark, difficult days. Hope can be like a light shining in the darkness.

The story in this video tells how Jesus brought hope and light to a man named Bartimaeus, who was blind and had to sit by the roadside begging in order to live. Jesus healed him and he immediately started to follow Jesus. There is also a reflection on the fact that we too can help to bring hope to others by our own attitudes, words and actions.

### Reflection

- How could you help someone having a bad day have hope for tomorrow?
- What can you do to be a bringer of hope and light to someone else?
- How might having hope in God help people in difficult situations?

### Links

A version of the bible story can be found here: <https://youtu.be/yhDKrHs8kDc> or [https://youtu.be/p2zqE\\_ZYKxw](https://youtu.be/p2zqE_ZYKxw)

Please check which is suitable for your group.

Key verse: 'Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.' – Isaiah 40:31 NIV

An action song with the words of this quote can be found here: [https://youtu.be/4V\\_BA2y61NQ](https://youtu.be/4V_BA2y61NQ)

## Inspire Prayer Space Activity – Hopes and Dreams

### Equipment

- Post-it notes / small pieces of paper
- Pens / pencils

### Instructions

The Bible encourages people to be optimistic about their future. It encourages people to have hopes and dreams.

- What are your hopes for your future? What are your dreams?
- Can you think of a small dream, something simple?
- Can you think of a medium dream, something possible but pretty big?
- How about a HUGE dream, something that seems impossible at the moment?

Write your thoughts down on separate pieces of paper under the headings - small, medium, huge. Take some time to reflect about how your hopes and dreams might become real. You could take this opportunity to pray and talk to God, asking him to help you realise each hope and dream.

**inspire**  
prayer spaces



See below for activity sheet

Adapted from a Prayer Spaces in Schools resource

## Bartimaeus has hope in Jesus – Bible story

Mark chapter 10 verses 46 to 52

Cut out and colour the pictures on the next page, sticking them next to the right part of the story.

<p>1. About 2000 years ago a boy called Bartimaeus was born blind. When he grew up he could not see to work, so he sat by the road waiting for people to give him money so that he could buy food. Life was hard for Bartimaeus.</p>	
<p>2. One day lots of people were coming past with Jesus. Bartimaeus knew Jesus could heal people so he called out 'Jesus please help me'. Some people told him, 'Be quiet, Jesus is too busy to help you'.</p>	
<p>3. Jesus always hears when we ask for help. He heard Bartimaeus and asked to speak to him. Bartimaeus had hope that Jesus could help him</p>	
<p>4. Jesus asked Bartimaeus, 'What do you want me to do for you?' 'I want to be able to see,' said Bartimaeus. Then a miracle happened!</p>	
<p>5. Jesus made Bartimaeus see, and the first thing he saw was Jesus! Bartimaeus was so happy, he thanked Jesus and told everyone what Jesus had done for him. He had been right to have hope in Jesus.</p>	



## MISSING WORDS

In the video there is a quote from the Bible about hope. (Your teacher may be able to help you with this if you can't remember it, and there is a reminder in the activity sheet!).

Fill the missing words into the numbered lines in the grid below, and the highlighted boxes will reveal the book of the Bible where you can find these words, in chapter 40 verse 31.

“Those who put their - **6** - in the Lord will renew their strength.

They will soar on - **1** - like - **2** - ,

They will run and not grow - **3** - ,

They will - **5** - and not grow - **4** - .”

To help, here are the missing words in anagram form:

**1** GINWS

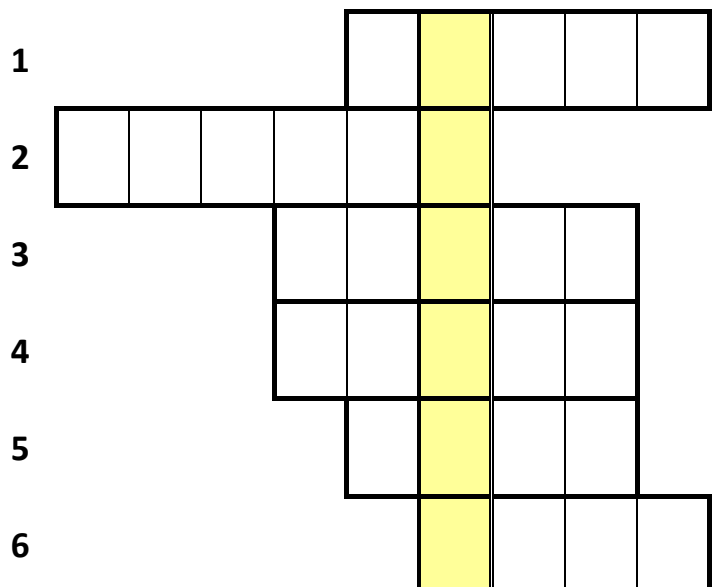
**2** ALGESE

**3** EYWRA

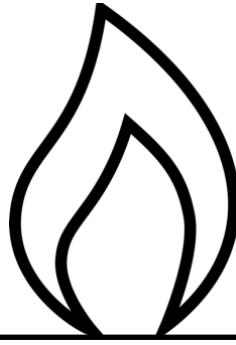
**4** NIFAT

**5** KAWL

**6** PHEO



## Hope candles



In the video, candles are used as a symbol of hope. Cut out the candle template and colour in the candle, flame and letters. . You could decorate your hope candles with shiny stickers or other bright things.

Fold the body of the candle round into a tube and stick it together so your candle can stand up.

*“Hope is being able to see that there is light despite all of the darkness.”*

Archbishop Desmond Tutu

Those who hope in the Lord will  
renew their strength.

They will soar on wings  
of eagles.

They will run and not  
grow weary;

They will walk and not  
grow faint.



Isaiah 40:31

Rainbows were used as a symbol of hope during the early days of the pandemic, as they often appear when the sun comes out after a heavy rainfall, which helps to remind us that there is always hope and light even after difficult times.



Use washable pens to draw a rainbow on a flattened out coffee filter or on thick paper towel. Spritz the paper with water and watch as the colour spreads to fill in the gaps.

Alternatively use half a paper plate to create rainbows using paints.

