



EASTER OF
Hope

30 WAYS TO FIND AND SPREAD
HOPE THIS EASTER



Hope is a priceless commodity.

Always fleeting — rarely secured — it seems more people are losing hope these days than finding it.

Parched lips long for cool water to be refreshed and renewed. A parched soul withers in isolation until a caring hand reaches out to demonstrate love and concern.

Spreading hope to hurting people is a noble cause and makes a difference one precious soul at a time.

The message of Easter proclaims that hope is real.

Perhaps the truth behind Easter reverberates the most when Jesus is referred to as the Living Hope. His resurrection secures eternal life in heaven. The hope of receiving heaven is no longer a wish or a dream, but a certainty. Faith fully receives what Christ gained for the world.

Thank you for your interest in joining us to spread hope in our community this year.



LUTHERAN

2206 Edwards St., Unit B • Houston, Texas
Connect with us online at hopeintheheights.com

Easter Worship • Sunday, April 17
9 AM



30 WAYS TO FIND & SPREAD HOPE THIS EASTER

Day 1

DEMONSTRATE LOVE.

Love is always patient. Be intentional today to express patience in your words and be patient with your actions.

Day 2

OFFER HELP.

Think of someone you know that you can help with a specific task, then go and do it.

Day 3

PROVIDE A MEANINGFUL COMPLIMENT.

Be intentional and provide a verbal compliment to somebody in-person. Be sincere and specific.

Day 4

PRACTICE GRATITUDE.

Write down three names of people who are important to you. Send them a note to let them know how much you appreciate them.

Day 5

HOLD A DOOR OPEN AND SMILE.

Hold the door open for somebody. Include a genuine smile and a positive comment about the day.

Day 6

TELL A POSITIVE, UPBEAT STORY.

Be intentional and tell a good, positive story that you recently heard or read to somebody else.

Day 7

PAUSE AND REFLECT.

Pause. Breathe. Be intentional. Reflect on the verse from Jeremiah 29:11. How does having a bright hope and future impact your ability to spread hope to others? Certain hope and a future rest only on secure promises from a powerful God.

Day 8

THANK A SERVER.

There are many thankless jobs in our community. Put together a treat or small gift card for a person who has helped you or helped others.

Day 9

PROVIDE A CROSS-GENERATIONAL CONNECTION.

Seek out a person that is older or younger than you. Whether a teenager or great grandparent, engage them with specific questions and listen intently to their answers.

Day 10

DEMONSTRATE HOPE FOR OUR COUNTRY.

Find a person that you know that has opposite political views. Tell them that you would like to meet with them to listen and understand, not win a debate. Hope resonates with freedom one person at a time.

Day 11

PROVIDE TREATS TO MY NEIGHBOR.

Isn't it nice to receive a plate of cookies or treats from your neighbor? Put together a bag or plate of treats and leave it at your neighbor's door with a note of appreciation.

“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 & a future.

JEREMIAH 29:11

We have this hope AS AN ANCHOR FOR THE SOUL, FIRM AND SECURE.

HEBREWS 6:19

Day 12

APOLOGIZE TO SOMEONE.

Sometimes we mess up. It happens. We spread hope by taking responsibility for our words and actions without excuses. Apologize to somebody today and be specific.

Day 13

STOP THE NEGATIVITY TRAIN.

Be intentional and guard our thoughts and tongue today from anything negative about ourselves or others. Spread hope by letting somebody know today that you are going to stop the negativity train.

Day 14

PAUSE AND REFLECT.

Pause. Breathe. Read Hebrews 6:19. Focus on what matters most in life. An anchor only works when it's secured on solid ground. What is your hope attached to when the currents of life become too strong?

Day 15

SUPPORT A SMALL BUSINESS.

Go to a small local business and make a purchase. Let them know that you are rooting for them.

Day 16

PRAY FOR HOPE.

Ask the Lord to help you spread hope. While you seek the Lord's attention, ask him to give you an open heart to learn about true hope that provides rest for our souls.

Day 17

GIVE A MESSAGE OF ENCOURAGEMENT.

Give words of encouragement to somebody that you know who is working hard to achieve a goal. Let them know that you admire them and notice their efforts.

Day 18

GO ON A "HELLO" WALK.

Go on a walk in your neighborhood for the purpose of saying hello to everybody that you meet. If you don't know their names, stop, and ask them.

Day 19

ENCOURAGE THE ELDERLY.

It's tough being old — especially in a COVID-19 world. Send a card to an elderly person who is alone. Let them know that you care and include a verse from the Bible.

Day 20

SERVE THOSE WHO SERVE YOU.

Provide a small treat and a note of thanks for the person who delivers your mail, collects your garbage, or delivers a package at your doorstep.

Day 21

PAUSE AND REFLECT.

Pause. Breathe. Read 1 Peter 1:3. Consider the promises that gives a living hope. Belief in Christ rests upon the resurrection of Christ. Because he lives, hope lives in the hearts of those who trust in him. How would this truth impact my daily life?

Day 22

WRITE A NOTE TO A TEENAGER.

It's tough being a teenager in today's world. Write a note and include the words, "I believe in you!" Be specific as possible about what you appreciate about them.

Day 23

DEMONSTRATE LOVE.

Love is always kind. Be intentional today to express kindness in your words and be patient with your actions.

Day 24

LISTEN TO HOPE.

Make a playlist of songs of hope or go to our website and watch a recent message from our pastor.

1 PETER 1:3

In God's great mercy he has given us new birth into

a living hope

through the resurrection of Jesus Christ from the dead.

Day 25

PAUSE AND REFLECT.

Read Psalm 62:5. This doesn't mean to take a day off from work or go a vacation but give your mind a rest. Turn off your computer or smart phone. Read a book. Rest is important. Our soul needs rest, too. If certain hope can only come from God, what would that feel like in my daily life?

Day 26

SHARE A MEMORY.

Write a note or text a memory with someone that you care about. Whether a friend or family member, let them know that you were thinking about them.

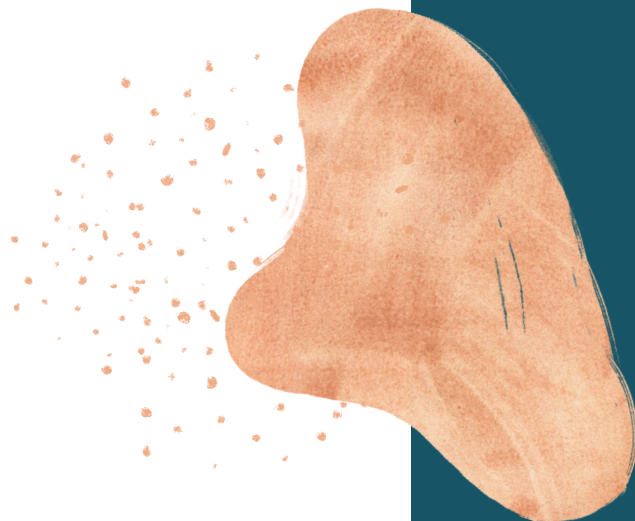
Day 27

SAY THANK YOU.

Be intentional to say "thank you" and follow-up with a compliment. Provide appreciative words that are specific.

*Find rest in God:
my hope comes
from him.*

PSALM 62:5





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

Day 28

MAKE A DIFFERENCE.

What was your favorite way to spread hope so far? Do it again. Believe you are making a difference one person at a time.

Day 29

PAUSE AND REFLECT.

Pause. Breath. Read Isaiah 40:31. Consider strength outside of ourselves. Instead of inner resolve whenever we feel weary, think of soaring on eagle's wings. That is not a feeling but a byproduct of hope that is renewed in the Lord. If a wearied soul is tiresome, what gets in the way of fully trusting Christ?

Day 30

CELEBRATE!

You have completed your thirty-day journey! That is an awesome accomplishment and not easy! Tell somebody! Let us know so that we can celebrate with you!



30 WAYS TO FIND & SPREAD HOPE THIS EASTER

A HOPE-FILLED LIFE THAT IS LASTING AND REFLECTIVE IN OUR WORDS AND ACTIONS IS REALLY HARD.

It would be nice if hope could be a habit to nurture or a formula to spread to others.

To be honest, a sure hope is impossible.

It's why we need Christ.

Hope can only be filled through the words of Christ found in the Bible. And we would like to help be a source of encouragement and hope for you by walking together in the words of Christ. We would love the opportunity to connect with you.

Thank you for helping us spread hope this Easter.

Help us celebrate the message of Easter – Jesus Christ, our Living Hope!



LUTHERAN

We meet at Love Dance Studio
2206 Edwards Street, Unit B • Houston, Texas

Connect with Us!

hopeintheheights.com

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