

5 Ways You Can Learn to Cultivate Hope

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Man can live about forty days without food, about three days without water, about eight minutes without air, but only for one second without hope.

Learn to cultivate hope

When you say a situation or a person is hopeless, you are slamming the door in the face of God. - Charles Allen

Although God has created us with an amazing ability for resilience and recovery during challenging times, it is something we must learn and cultivate. According to research done on the Hope Theory, hope is not inherent or genetically determined. But, hope is entirely possible through the Spirit of God and a learned, deliberate way of thinking.

Learn from yesterday, live for today, hope for tomorrow. Albert Einstein

Hope is future mindedness. Are you going to give up or keep persevering? Are you going to think long-term, willing to put up with short-term pain for long-term gain, success and blessing? Hope expects good things and works towards them. Hope finds pathways and solutions to overcome. Hope doesn't allow hopelessness from short-term thinking to grip your heart into discouragement and giving up too soon. Hope keeps moving towards goals and purpose, even when facing setbacks.

Here are some ways to learn and cultivate hope.

1. Place your hope in God

The Lord is my light, my hope, my salvation. In Him I trust. Romans 15:13
The ultimate despair is hopelessness without God. True hope is from the Lord, who gives us an internal source of strength – no matter what we are facing.
The 12 Step beginning of recovery is based on hope in God: I am desperate and need God. I believe a power greater than myself is my only hope. So I decide to turn my will and life over to the care of God.

Prayer of Theresa of Avila

Let nothing disturb you
Nothing distress you
While all things fade away
God is unchanging
Be patient for with God in your heart
Nothing is lacking
God is enough

2. Connect with others

Don't do life alone. Find someone who has traveled the same road successfully and flourished. We are better together. Connect with a spiritual friend, counselor, life coach or spiritual director. Join a small group.

Avoid people or activities that are contaminating and draining

Hope and happiness can spread like the flu. But so can despair. During difficult times, guard your heart and emotional resources.

Reach out to others

When you give and encourage others, you receive as well. Sharing our sufferings is a great leveler and unifier. It helps keep the proper perspective and provides a sense of meaning and purpose.

3. Take good care of yourself – body, mind and brain

Plan activities that cultivate positive emotion – which ignites hope. This is as essential as water to your body. What activities or places cultivate hope for you? It could be journaling, taking a day trip, a massage, gardening or listening to music. Make healthy choices about the basics of life: eat well, get enough rest and sleep, exercise, nourish your soul.

Practice healthy habits of the mind and gratitude

Practice good mental hygiene. Don't believe every automatic thought you have. They are mostly negative and not true. If you are going through a challenge, be mindful of your progress. Be aware of God being present with you in all things. Celebrate with gratitude what you do have.

Tell your brain what to think and it will impact what you believe how you feel and behave. Base your affirmations on the Word of God and the truth. Sing it out loud. Speak it out loud. Write it down in handwriting. Get the hope message through.

4. Tell your story

Our stories are God's stories. When we share our journey with others, we communicate hope in a way that others can see how God can work hope in their life. You may not tell it all in words and details, but you can be a hope-giver by letting your life speak through the way you live and love.

5. Have a sense of purpose

Hope keeps moving towards long-term goals and purpose, even when facing setbacks. When your heart is overwhelmed by the storms of life and you can't hear God's voice, remind yourself of the message of hope – what God has done and who He is.

God is love. Jesus loves you. God is good and kind and He is in control. God wastes nothing, recycles everything for His glory and purpose.

God isn't finished with you yet. He has a plan and a purpose for you.
And when it's all said and done – he has prepared a flourishing finish for you with
treasures in heaven!

Reflection Question:

What affirmations or intentions lifts your spirits and helps you cultivate hope?