



# LENT 2022

3RD SUNDAY



**“Hoping against hope...  
in the full conviction of how gracious  
God is to do what he has promised...”**

*Rm 4:18-25*



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**To hope:** *to trust someone to do some good.*

That is how the dictionary defines the verb; we invite you to pray with this during this week of Lent.

Spes Unica (Only Hope): this is what our Cross of Profession says.

*At each prayer time, we suggest a biblical text or a personal testimony, and some questions for you to share, and a verse from Psalm 130 (129) that we will repeat as an antiphon.*

## 1. Hope is our response to God's promise, yet to be fulfilled.

This waiting links the past with the future of creation. It is almost like faith multiplied by time, being open to what is new. Through hope, we collaborate actively in God's plan of salvation for all people, and even if trials should occur, it will not cease to bear fruit (Jer. 17:7, 8). If we are in despair or resignation, we lose heart, we no longer hope for anything new.

“In peace I wait for the day of trouble... my Lord is my strength.” *Hab 3:16-19*

**What am I waiting for? What is my hope?**

***I wait for the LORD, my whole being waits, and in his word, I put my hope.***

***I wait for the Lord more than watchmen wait for the morning,  
More than watchmen wait for the morning.***

***Israel, put your hope in the LORD,***

***For with the LORD is unfailing love and with him is full redemption.***

Psalm 130 (129): 5-7

## 2. Christian hope is the hope of the Kingdom of God, but this hope should not be confused with the hopes of our times for a better world.

It is a hope modelled on the essence of the Paschal Mystery, the mystery of Jesus' passage from death to new life. The power to transform us into compassionate men and women, capable of becoming sharers in the drama of God's suffering, comes from the Resurrection of Christ. The Resurrection shows that the sufferings of our compassionate God are, in reality, God's power in the form of perfectly unimaginable frailty. That is why the Resurrection is the foundation of Christian hope: it reveals the victory of a love that renounces success in a decisive way and identifies itself completely with those people whom society rejects as failures.

“We groan and yearn for rescue... we wait with patience.” *Rm 8: 22-25*

Fratelli Tutti #245:

*“All of us know that “when we, as individuals and communities, learn to look beyond ourselves and our particular interests, then understanding and mutual commitment bear fruit... in a setting where conflicts, tensions and even groups once considered inimical can attain a multifaceted unity that gives rise to new life”.*

[From the Address given by Pope Francis I to the authorities in Latvia, 24 September 2018].

**What is developing during the times of waiting?**

*I wait for the LORD, my whole being waits, and in his word, I put my hope.  
I wait for the Lord more than watchmen wait for the morning,  
More than watchmen wait for the morning.  
Israel, put your hope in the LORD,  
For with the LORD is unfailing love and with him is full redemption.*

Psalm 130 (129): 5-7

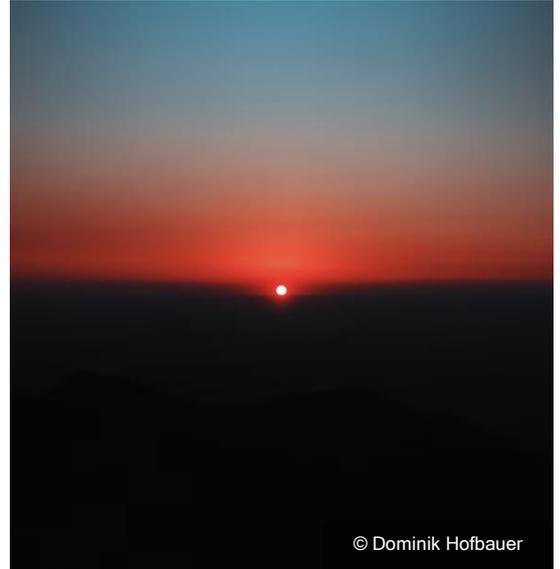
### 3. Hope is nourished by trust and patience... we know it by contrast, just as we know light in the dark.

“My words will not pass away.” *Mt 24:32-35*

**How do the words ‘trust’ and ‘patience’ resonate in us?**

*I wait for the LORD, my whole being waits,  
and in his word, I put my hope.  
I wait for the Lord more than watchmen wait for the morning,  
More than watchmen wait for the morning.  
Israel, put your hope in the LORD,  
For with the LORD is unfailing love and with him  
is full redemption.*

Psalm 130 (129): 5-7



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### 4. Signs of Hope: How Compassion saves Life.

The testimony of a young man whose life was saved in a fight in a football stadium in Querétaro, Mexico, on 5 March 2022:

Adolfo saved my life by giving me his T-shirt, along with his family, who managed to get my girlfriend and me out alive from the stadium in Querétaro. I am asking you to help me to share my story, so that Mexico can see that there are many more good people and so that they can get to know Adolfo, my guardian angel. (<https://queretanizate.com/wp-content/uploads/2022/03/Diseno-sin-titulo-2.png>)

**What signs of hope do you see in your own personal situation?**

### Prayer

We ask you, Lord, to keep hope alive in us,  
to let us believe that we will be able to do  
what we can do with your help.  
Even though we often fail in our daily lives,  
in the end, everything will be all right,  
because we are with you.

*Letters from Janet Stuart. The Inner Life - fragments (adapted)*

**Song:** [Asi te espero yo](#) by Marta Gómez.

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