

# Reflections



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## Hope in Life

THE Easter message to my parishioners this year was to have 'hope in life'.

It is hope that lets us draw inspiration from the risen Jesus despite the challenges and difficulties that we face in life. There could be no better example than Jesus for the life-saving virtue of hope.

His hope was both spiritual and scientific. Jesus showed his spirituality in the way he employed his sense of foresight and wisdom to deal with what was coming, and how He must address that. Prayer and meditation were

the means that connected his spirituality with God the Father. That gave him positive energy to understand, assess and act on the unfolding events.

Jesus was scientific in his approach too. His teachings were realistically powerful and charged with immense capacity to change thoughts, feelings and behaviours.

Modern clinical psychology has set out means to scientifically and clinically measure this.

His preaching made a deep impression on people's lives so that they could effect change in themselves.

His teaching of "love one another as I have loved you" was a radical departure from the Old Testament teaching of "an eye for an eye and a tooth for a tooth".

His healing miracles, accompanied with words and actions, had a direct effect

on people.

His enactment of forgiveness, even at the point of death on the cross, was the supreme example of selfless carer verses selfish humanity.

His hope was spiritual and scientific, but it was not free from test.

His agony in the Garden of Gethsemane and His temptation by the devil, show that even Jesus had to undergo tests of hope.

Most of us have hope, and some of us succumb to the tests of hope.

One such modern day test is the marked tension between science and spirituality.

These are sometimes presented as opposites that cause conflict and loss of hope. But they can co-exist perfectly and promote harmony.

It was hope that sustained Jesus through His inevitable ordeal and offered us the joy of celebrating His resurrection.



● Hope springs eternal.