

**This is “Peer Counseling Pause” with Reova Meredith**

**Hope, Hope is the worst thing to be without.**

**One has said, “You need hope to cope.”**

**Hope is a painful process: While waiting in hope often the process is filled with sorrow, pain, and disappointment. Because the path toward hope is one of suffering, sorrow and pain.**

**Hope begins when the memory of what we have lost is replaced with a longing for what is to be restored, or what is to take its place.**

**Hope is always life giving.**

**Without hope in the future, we lack power in the present.**

**Jesus is hope. Hope is reliance on the promise of Jesus, expecting the promise to be fulfilled.**

**Our hope is to be Christ, Christ working in us.**