



## BOS Monthly Letter of Hope

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### The Definition of Hope

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What is hope? How do you define hope as it pertains to your specific pain in life? For some, it is a word or state of being that does not exist. It is a vague uncertainty of whether or not something like that exists. When one thinks of hope, it is generally looking toward the future. Whether it means the next minute, hour, day, week, or year, it is always some point in the future. It is a change in time that we will not see again. The anticipation of hope can sometimes be overwhelming.

When a parent experiences the death of a child, the thought of what has occurred can be mind-boggling. The detachment you feel from your child cannot truly be a reality. It is a blur, a feeling of emptiness, you are numb, you cannot cry, don't want to move. You hope that it's a dream, that your child is secluded somewhere. You walk around the house...go in his or her bedroom. Nothing...you smell the clothes with their scent. Then you think you hear them coming in the door, you take a look-- it's not them. Oh, my God, this cannot be happening, it's not true. Oh, but yet it is so. Your child is gone. What do I do now? Your only recourse is to try to have hope and gain the strength to continue on.

This type of hope comes from an understanding far beyond our minds. It comes from a source, greater than any finite entity. That GREATER SOURCE, being God, Jesus Christ. Although we may not feel like it, this is when we must put our entire trust, faith, (which is a form of hope) in God, knowing that He has all power to carry us through. Hope goes beyond our mind and into our inner being. God is there, ever Present. We need only to look with our heart and not with our finite minds. For God is INFINITE. There is no ending to His understanding and comfort. His presence is one of strength, grace, restoration, love, and undying hope. Whatever assurance is needed, you can trust God to give you the solace to sustain you.

*Trust in the Lord with all your heart and lean not to your own understanding. In all your ways acknowledge Him, and He shall direct your paths. (Proverbs 3:5-6).*