

The background features a light beige base with a pattern of thin, wavy, organic lines. Overlaid on this are several large, solid-colored organic shapes: a mustard yellow shape in the top right corner with a small blue oval inside it, a dark green shape in the bottom right corner, and a red shape in the bottom left corner with a lighter pinkish-red shape nested within it.

30 Ways to Find & Spread Hope

Hope is a priceless treasure.

Always fleeting — rarely secured — it seems more people are losing hope these days than finding it.

Parched lips of hopelessness thirst to be refreshed and renewed. There are so many hurting souls who long for a caring hand that reaches out with love and concern.

Spreading hope can make a difference one precious soul at a time.

But lasting hope is like an ancient treasure buried under the earth. It's impossible to find without direction.

Jesus is referred to as the Living Hope because he is the direction for lasting hope. Heaven no longer becomes a wish or a desire, but a reality received by trusting in Jesus' promises. He secured the treasure of eternal life by taking our place on the cross.

And because he lives, we receive certain, living hope.

Thank you for joining us to spread hope in our community this year.

30 Ways to Find & Spread Hope

DAY 1

Demonstrate love.

Love is gentle and self-controlled. Be intentional today to have self-control in your words and gentleness with your actions.

DAY 2

Offer help.

Think of someone you know that you can help with a specific task, then go and do it.

DAY 3

Give a message of encouragement.

Give words of encouragement to somebody that you know who is working hard to achieve a goal. Let them know that you admire them and notice their efforts.

DAY 4

Share a memory.

Write a note or text a memory with someone that you care about. Whether a friend or family member, let them know that you were thinking about them.

DAY 5

Be courteous.

Hold the door open for somebody and include a genuine smile. Share a positive comment about the day.

DAY 6

Stop the negativity train.

Be intentional and guard our thoughts and tongue today from anything negative about ourselves or others. Spread hope by letting somebody know today that you are going to stop the negativity train.

DAY 7

Pause and reflect.

Pause. Breathe. Searching for hidden treasure starts with your heart. (Luke 12:34) What is your heart truly longing for? Where are you looking? Consider truths that have heavenly value and are based on what Christ has already finished for us.

DAY 8

Serve those who serve you.

Provide a small treat and a note of thanks for the person who delivers your mail, collects your garbage, or delivers a package at your doorstep.

DAY 9

Encourage the elderly.

It's tough being old right now. Send a card to an elderly person who is alone. Let them know that you care and include a verse from the Bible.

DAY 10

Pray for hope.

Ask the Lord to help you spread hope. Ask to give you an open heart to learn about true hope that provides rest for our souls.

DAY 11

Go on a "hello" walk.

Go on a walk in your neighborhood for the purpose of saying hello to everybody that you meet. If you don't know their names, stop, and ask them.

**“For where your
treasure is,**

**THERE
YOUR
HEART
WILL BE
ALSO.**

Luke 12:34

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you

HOPE AND A FUTURE.

JEREMIAH 29:11

DAY 12

Support a small business.

Go to a local small business and make a purchase. Let them know that you are rooting for them.

DAY 13

Tell a positive, upbeat story.

Tell a good, positive story that you recently heard or read to somebody else.

DAY 14

Pause and Reflect.

Pause. Breathe. Be intentional. Reflect on the verse from Jeremiah 29:11. How does having a bright hope and future impact your ability to spread hope to others? Certain hope and a future rest only on secure promises from a powerful God.

DAY 15

Apologize to someone.

Sometimes we mess up. It happens. We spread hope by taking responsibility for our words and actions without excuses. Apologize to somebody today and be specific.

DAY 16

Demonstrate hope for our country.

Find a person that you know that has opposite political views. Tell them that you would like to meet with them to listen and understand, not win a debate. Hope resonates with freedom one person at a time.

DAY 17

Provide a meaningful compliment.

Be intentional and provide a verbal compliment to somebody in-person. Be sincere and specific.

DAY 18

Provide treats to your neighbor.

Put together a bag or plate of treats and leave it at your neighbor's door with a note of appreciation. They will love it!

DAY 19

Provide a cross-generational connection.

Seek out a person that is older or younger than you. Whether a teenager or great grandparent, engage them with specific questions and listen intently to their answers.

DAY 20

Thank a server.

There are many thankless jobs in our community. Put together a treat or small gift card for a person who has helped you or helped others.

DAY 21

Pause and Reflect.

Pause. Breathe. The message of salvation is a hidden treasure. Trusting in Jesus' promises reveals all wisdom that really matters in this life. Read Colossians 2:3. It is worth seeking the truth of what Christ has done for you.

DAY 22

Listen to hope.

Listen to songs of hope on your playlist or go to the church website and watch a recent message from the pastor.

DAY 23

Demonstrate love.

Love is patient and kind. Be intentional today to express kindness in your words and patience with your actions.

In Christ are hidden all the

TREASURES OF WISDOM.

COLOSSIANS 2:3

DAY 24

Write a note to a teenager.

It's tough being a teen in today's world. Write a note and include the words, "I believe in you!" Be specific about what you appreciate about them.

DAY 25

Pause and Reflect.

Pause. Breathe. Consider the promises that gives a living hope. Belief in Christ rests upon the resurrection of Christ. (1 Peter 1:3) Because he lives, hope lives in the hearts of those who trust in him. How would this truth impact your daily life?

DAY 26

Practice gratitude.

Write down three names of people who are important to you. Send them a text or note to let them know how much you appreciate them.

DAY 27

Offer help.

Think of someone that you know who could use some help with a specific task. Connect with them and do it.

In God's great
mercy he has given
us new birth into

A LIVING
HOPE

through the
resurrection of
Jesus Christ from
the dead.

1 Peter 1:3

Those who hope in the LORD
will renew their
strength.

They will soar on wings like
eagles; they will run and not
grow weary, they will walk
and not be faint.

ISAIAH 40:31

DAY 28

Make a Difference.

What was your favorite way to spread hope so far? Do it again. Believe you are making a difference one person at a time.

DAY 29

Pause and Reflect.

Pause. Breathe. Consider a source of strength outside of ourselves. Instead of inner resolve, think of soaring on eagle's wings. (Isaiah 40:31) That is not a feeling but a byproduct of true hope that is renewed in the Lord. What is getting in the way of trusting Christ's promises?

DAY 30

Celebrate!

You have completed your thirty-day journey! That is an awesome accomplishment and not easy! Tell somebody! Let us know so that we can celebrate with you!

30 Ways to Find & Spread Hope

A hope-filled life that is lasting and reflective in our words and actions is really hard.

It would be nice if hope could be a habit to nurture or a formula to spread to others.

To be honest, a sure hope is impossible to receive on our own.

IT'S WHY WE NEED CHRIST.

Hope can only be filled through the words of Christ found in the Bible. It is our only source to receive the treasure of God's grace that gives us hope and peace.

We would like to help be a source of encouragement and discover the source of true hope with you by walking together in the words of Christ.

Come and see what Christ has already done for all of us. It's a treasure worth finding.

HOPE
in Ellensburg

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