



## **UMin Spiritual Rhythm of #JPCHopeinAction**

*For the Classroom, Students and maybe You too*

Week 4 - April 20-24, 2020

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### **Journaling as a Spiritual Practice | Seeing Hope in Community**

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Dear Faculty and Staff,

Being in this season where Good Friday speaks into Resurrection Sunday we are pointed toward an embrace of death and darkness, yet also beholding space for creation and renewal of life and living. So just as spaces of stretching and darkness allow for creativity to arise, the present health crisis is a time where creative response may be needed within our communities. This creative response may fulfill needs in our community where the parts of our systems and structures have failed and are failing towards the thriving of people and communities right now.

Can we see hope not just in regards for what may be coming after this crisis? Can we see a hope that is motivated by how we are creatively responding to present needs and gaps in the here and now? Psalm 27:13 says, *"I will remain confident of this: I will see the goodness of the Lord in the land of the living."* Could the Goodness of the Lord be witnessed as present now among us? Could the land of the living be the here and now?

The hope of who we are as a people, as a community, as a body of believers, is not what is happening to us, but rather, in the response we give towards each other in the midst. Let's root ourselves in the ways we are creatively being community in the here and now. And then let that creative hope shape our perspective for the way forward.

#### Journaling as a Spiritual Practice for seeing hope in community

We encourage students towards engaging where they see hope in their communities throughout the quarter. Using journaling as a spiritual practice, students can start to develop a focus on what it means to be community and to find hope in your community. It can disciple them in how they think about and see their communities. To practice engaging a framework of hope in community, we suggest journaling using the following prompts:

- Where have you seen hope in action today?
- What is giving you hope today?

For journaling as a spiritual practice remember that:

- It is not about the best writing or word count
- It may be more focused than a diary entry of your day
- Let the questions guide your lens as you go about your day.
- Then as you start to journal, reflect on your community and the communities you are connected to through the prompts given.

As students start developing this lens of hope in community, the John Perkins Center will be running a focus called Hope in Action that we invite them to participate in. Look on social media and our website for more on #JPCHopeinAction and invite students to get involved with their stories of hope.

Closing Prayer: Lord we pray that we would see the goodness of who you are in the land of the living, in our communities of the here and now. May you allow creative hope to shape who we are and who we can be as a community. Amen.

### **FACULTY QUICK GUIDE: Tips for a written slide for the classroom could include**

#### **HOPE IN ACTION**

We encourage students into engaging where they see hope in their communities throughout the quarter, #JPCHopeinAction

*Psalm 27:13: I will remain confident of this: I will see the goodness of the Lord in the land of the living.*

To practice engaging a framework of hope in community, we suggest Journaling as a Spiritual Practice.

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- may be more focused than a diary entry of your day

#### **Use these simple prompts:**

Where have you seen hope in action today? What is giving you hope today?

- Let the questions guide your lens as you go about your day, and then as you start to journal, reflect on your community and the communities you are connected to.

CHECK OUT #JPCHopeinAction BY FOLLOWING THE JPC - IG: @spu\_umin or fb: @johnperkinscenter

**Blessings,  
Caenisha Warren**

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