

# Coping and Hoping Through the Time of Covid

## Week 2

### Hope and Optimism

Bible verses to meditate on:

Isaiah 40:31 But 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.

Romans 8:28 And we know that in all things God works for the good of those who love him who have been called according to his purpose.

Psalms 62:5-6 For God alone, O my soul, wait in silence, for my hope is from him. He alone is my rock and my salvation, my fortress; I shall not be shaken.

Romans 8:38-39 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Looking for God's presence this week:

Celebrate the host of witnesses who give us a reason to hope. Who are the people who came before you that give you a reason to hope? Who are the people now surrounding you that give you a reason to remain hopeful?

There are times when we find hope even after we run out of good reasons. When you run out of reasons to hope, who or what sustains you?

Finding hope in nature: poem provided by Kate Bowler

If you stand at the edge of the forest and stare into it,  
every tree at the edge will blow a little extra oxygen toward you .  
It has been proven. Leaves have admitted it .  
The pines I have known have been especially candid.  
One said that all breath in this world is roped together,  
that breathing is the most ancient language.

— “Ancient Language” by Hannah Stephenson

Dr. Seligman's definition of healthy optimism includes 5 aspects of well-being:

Positive emotions

Engagement – presence of a “flow” state (what Dan Siegel calls focus time)

Relationships

Meaning – belonging to and serving something bigger than one's self

Achievement

Book resource: **Learned Optimism** by Martin Seligman

An article from the Washington Post:

Time to Ditch ‘Toxic Positivity’, It's Okay Not To Be Okay

by Allison Chiu: (this article is free to all because it is part of their Covid coverage)

[https://www.washingtonpost.com/lifestyle/wellness/toxic-positivity-mental-health-covid/2020/08/19/5dff8d16-e0c8-11ea-8181-606e603bb1c4\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/toxic-positivity-mental-health-covid/2020/08/19/5dff8d16-e0c8-11ea-8181-606e603bb1c4_story.html)