**Hope and Faith**

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Hope is what we have when we can’t clearly grasp what the future holds. It’s not necessarily all we have, but it is the spiritual component that has a great deal of power. In fact, it is hope that has maintained prisoners of war,  helped victims survive torture and refugees starvation. It is hope that keeps a woman believing in her distressed marriage and parents praying for their wayward children. It is hope that keeps our country alive during this economic crisis. Without hope there would be no reason to continue when things look bleak.

But how long can hope last? Can one continue to hope without signs of a better tomorrow? Without a light at the end of the tunnel or a hint of change, can a person remain hopeful? There is an old Scripture that says “Hope deferred makes the heart sick” (Proverbs 13:12). This sickness happens when we have been hoping for a very long time without even a small sign that what we wish for will come true. For some people the sickness appears in the form of anxiety or depression; for others it may be headaches, hives, nausea, body aches or extreme fatigue. This is the body’s manifestation of the heart giving up hope.

Because we are only human, there is a limit to our hope, but there is never a limit to our faith. Although we are sometimes hopeless, we can continue to have faith that somehow the God of this universe is still in control and works everything together for good…even though to us, it might feel unfathomable.

Call upon your faith today!