

PILGRIMS OF HOPE



PRAYER RESOURCES

JUBILEE 2025

Archdiocese of Dublin
THE OFFICE FOR MISSION AND MINISTRY



Reflections on our Christian Understanding of Hope

WHAT IS HOPE?

Hope is the power by which we firmly and constantly long
for what we were placed on earth to do:
to praise God and serve God
to find our fulfilment and true happiness in God
to keep in mind our final home in God. (YOUCAT, 308)

Hope is trusting in what God has promised us
in creation
in the prophets
but especially in Jesus Christ,
even though we do not yet see it. (YOUCAT, 308)

Hope is Kingdom directed,
it is humankind's encourager,
it sustains us in times of abandonment,
it opens our heart to expect eternal life.
Hope energises us,
preserves us from selfishness
and leads to the happiness that flows from charity. (CCC 1818)



WHAT IS CHRISTIAN HOPE?

Christian hope has its origin in the hope of the chosen people of God and the hope of Abraham. 'Hoping against hope, he believed, and so became the Father of many nations.' (CCC 1819, Romans 4:18)

Christian hope unfolds from the beginning of Jesus' preaching in the proclamation of the Beatitudes.

The beatitudes raise our hope towards a new path, leading through the trials that await the disciples of Jesus. (CCC1820)

Hope is the sure and steadfast anchor of the soul. (Hebrews 6: 19-20)

Hope is like the protective clothing for the Christian. 'Let us put on the breastplate of faith and love, and for a helmet the hope of salvation.' (1 Thessalonians 5:8)

Hope is joy even in times of trial: 'Rejoice in your hope, be patient in tribulation.' (Romans 12:12)

Hope is expressed and nourished in prayer, especially in the Our Father, the summary of all that hope leads us to desire. (CCC 1820)

We hope in the glory of heaven promised to all those who love God and do God's will. (CCC 1821)

We hope, with God's grace to continue to the end. (Romans 8: 28-30)

We pray in hope that all people will be saved. (1 Timothy 2:4)

Words of Hope from Scripture

“Hope in the Lord!
Hold firm,
take heart
and hope in the Lord!”
(Ps 27:14)



“Since we are justified through faith,
we have peace with God through our Lord Jesus Christ,
through whom we have obtained access
to this grace in which we stand;
and we boast in our hope of sharing in the glory of God.
Hope does not disappoint,
because God’s love has been poured into our hearts
through the Holy Spirit that has been given to us”
(Rom 5:1-2.5).

“We boast in our sufferings,
knowing that suffering produces endurance,
and endurance produces character,
and character produces hope” (Rom 5:3-4).



“Who will separate us from the love of Christ?
Hardship, or distress, or persecution,
or famine, or nakedness, or peril or the sword?
No, in all these things we are more than conquerors
through him who loved us.

For I am convinced that neither death, nor life,
nor angels, nor rulers, nor things present, nor things to come,
nor powers, nor height, nor depth,
nor anything else in all creation,
will be able to separate us
from the love of God in Christ Jesus our Lord”
(Rom 8:35.37-39).



“May we who have taken refuge in him
be strongly encouraged to seize the hope set before us.
We have this hope, a sure and steadfast anchor of the soul,
a hope that enters the inner shrine behind the curtain,
where Jesus, a forerunner on our behalf, has entered”
(Heb 6:18-20).

Words of Hope from Pope Francis

From *Hope does not disappoint*,
Bull of Indiction of the Ordinary Jubilee of the Year 2025

Everyone knows what it is to hope. In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring. ✚

Hope is born of love and based on the love springing from the pierced heart of Jesus upon the cross. ✚

Patience, one of the fruits of the Holy Spirit, sustains our hope and strengthens it as a virtue and a way of life. May we learn to pray frequently for the grace of patience, which is both the daughter of hope and at the same time its firm foundation. ✚

We need to recognize the immense goodness present in our world, lest we be tempted to think ourselves overwhelmed by evil and violence. The signs of the times, which include the yearning of human hearts in need of God's saving presence, ought to become signs of hope. ✚

The first sign of hope should be the desire for peace in our world, which once more finds itself immersed in the tragedy of war. ✚

I ask with all my heart that hope be granted to the billions of the poor, who often lack the essentials of life. Before the constant tide of new forms of impoverishment, we can easily grow inured and resigned. Yet we must not close our eyes to the dramatic situations that we now encounter all around us, not only in certain parts of the world. Each day we meet people who are poor or impoverished; they may even be our next-door neighbours. ✚

All of us, however, need to recover the joy of living, since men and women, created in the image and likeness of God (cf. Gen 1:26), cannot rest content with getting along one day at a time, settling for the here and now and seeking fulfilment in material realities alone. ✚

All the baptized, with their respective charisms and ministries, are co-responsible for ensuring that manifold signs of hope bear witness to God's presence in the world. ✚

Surely we need to "abound in hope" (cf. Rom 15:13), so that we may bear credible and attractive witness to the faith and love that dwell in our hearts; that our faith may be joyful and our charity enthusiastic; and that each of us may be able to offer a smile, a small gesture of friendship, a kind look, a ready ear, a good deed, in the knowledge that, in the Spirit of Jesus, these can become, for those who receive them, rich seeds of hope. ✚

Hope finds its supreme witness in the Mother of God. In the Blessed Virgin, we see that hope is not naive optimism but a gift of grace amid the realities of life. ✚

The image of the anchor is eloquent; it helps us to recognize the stability and security that is ours amid the troubled waters of this life, provided we entrust ourselves to the Lord Jesus. The storms that buffet us will never prevail, for we are firmly anchored in the hope born of grace, which enables us to live in Christ and to overcome sin, fear and death. ✚

May the witness of believers be for our world a leaven of authentic hope, a harbinger of new heavens and a new earth (cf. 2 Pet 3:13), where men and women will dwell in justice and harmony, in joyful expectation of the fulfilment of the Lord's promises. ✚



The Jubilee Prayer

Father in heaven,
may the **faith** you have given us
in your son, Jesus Christ, our brother,
and the flame of **charity** enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed **hope**
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within
both humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, **Pilgrims of Hope**,
a yearning for the treasures of heaven.

May that same grace spread
the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed,
be glory and praise for ever. Amen

Reflections from the Saints



Whatever our state of life, we cannot live without these three dispositions of the soul, namely, to believe, to hope and to love.

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Hope has two beautiful daughters: their names are Anger and Courage.

Anger at the way things are,
and courage to see that they do not remain as they are.

St Augustine

Prayer is the place of refuge for every worry,
a foundation for cheerfulness,
a source of constant happiness,
a protection against sadness.

St John Chrysostom

Hope, O my soul hope.
You neither know the day nor the hour.
Watch carefully, for everything passes quickly,
even though your impatience makes doubtful what is certain,
and turns a very short time into a long one.
Dream that the more you struggle,
the more you prove the love that you bear your God,
And the more you will rejoice one day with your Beloved,
in a happiness and rapture that can never end.

St Teresa of Avila

Lord, help me to live this day, quietly, easily.
To lean upon your great strength, trustfully, restfully.
To wait for the unfolding of your will, patiently, serenely.
To meet others, peacefully, joyously.
To face tomorrow, confidently, courageously.

St. Francis of Assisi

Live in faith and hope, though it be in darkness,
for in this darkness God protects the soul.
Cast your care upon God for you are His and He will not forget you.
Do not think that He is leaving you alone, for that would be to wrong Him.

St. John of the Cross

He will either shield you from suffering
or will give you unfailing strength to bear it.
Be at peace and put aside all anxious thoughts and imaginations.

St. Francis de Sales

Consult not your fears but your hopes and your dreams.
Think not about your frustrations, but about your unfulfilled potential.
Concern yourself not with what you tried and failed in,
but with what it is still possible for you to do.

St. John XXIII

Pray, hope and don't worry.
Worry is useless.
God is merciful and will hear your prayer.

St. Padre Pio



For those Preparing for Confirmation

We can patiently hope for the Truth
because the Holy Spirit is given to us and hope dwells in us.
We can hold fast to hope without wavering
because God is faithful. (Hebrews 10:23)

We can hope in eternal life
because the Holy Spirit is poured out on us richly
through Jesus Christ our Saviour. (Titus 3: 6 -7)

We pray for all our young people preparing for Confirmation

May they always wait patiently for the Truth
and rely on the presence of the Holy Spirit who speaks to our hearts.

May they hold fast to hope in good times and bad,
relying on God who is always faithful.

May they hope in eternal life,
and always remember that the Holy Spirit is poured out on us
and dwells in us through Jesus Christ.



A Litany of Hope

Hope is the power by which we firmly
and constantly long for what we were placed on earth to do

Fill our hearts with hope

Hope is trusting in what God has promised us

Fill our hearts with hope

Hope encourages us and sustains us on our journey of faith

Fill our hearts with hope

Hope energises us with the power of love

Fill our hearts with hope

Hope is sure and steadfast, anchoring us in God

Fill our hearts with hope

Hope is joy even in times of trial

Fill our hearts with hope

Hope is Jesus Christ and his promises

Fill our hearts with hope

Faithful God you are with us,
help us to hold fast to hope without wavering.

Lord Jesus Christ through you the Holy Spirit is poured out on us,
help us to hope in eternal life.

Holy Spirit you are in us and hope dwells in us,
help us to patiently hope for the Truth.

The Beatitudes of Pope Francis



Pope Francis has called the beatitudes the Christians identity card. In a visit to Sweden in 2016 Pope Francis shared a contemporary version of these to help us connect with what happiness and holiness today looks like:

Blessed are those who remain faithful while enduring evils inflicted on them by others and forgive them from their heart.

Blessed are those who look into the eyes of the abandoned and marginalized and show them their closeness.

Blessed are those who see God in every person and strive to make others also discover him.

Blessed are those who protect and care for our common home.

Blessed are those who renounce their own comfort in order to help others.

Blessed are those who pray and work for full communion between Christians.

In this jubilee year when we are all pilgrims of hope we pray that:

- We will remain faithful and forgive others from our heart
- We will support the abandoned and marginalised
- We will see God in every person
- We will protect and care for our common home
- We will renounce our own comfort for the sake of others
- We will be united in prayer and service with all Christians.



Music Suggestions for Worship

**Jubilee Year 2025 – Official Hymn – Pilgrims of Hope
Spirit of the Living God**

I Know the Plans I have For You (LORDSONG)

Let There Be Peace On Earth (Laudate 2025)

My Soul in Stillness Waits (Marty Haugen)

Jesus Christ My Living hope (Eva Real)

Living Hope (Phil Wickham)

Choose to Hope - Marty Haugen

Nada de turbe – Taize

In Christ alone my hope is found – Townsend

Hope's Song – Notre Dame University

Christ our hope in life and death – Keith and Kristyn Getty

There is a hope within my heart – Keith and Kristyn Getty

All my hope in God is founded

Be thou my vision

A song of Hope – St Louis Jesuits

Trust in the Lord – St Louis Jesuits





Outline for a Service of Reconciliation

OPENING HYMN - IN CHRIST ALONE

OPENING PRAYER – From the resources

SCRIPTURE

Romans

Psalm

Beatitudes

REFLECTION ON THE BEATITUDES OF POPE FRANCIS

EXAMINATION OF CONSCIENCE BASED ON THE
BEATITUDES

OPPORTUNITY FOR CONFESSION

LITANY OF HOPE TOGETHER

CONCLUDING PRAYER – From the resources

FINAL HYMN - BE THOU MY VISION

Example

Jubilee Service of Reconciliation

Gathering Song

All sing:

Spirit of the Living God

Spirit of the living God fall afresh on me.
Spirit of the living God fall afresh on me.
Melt me, mould me, fill me, use me.
Spirit of the living God fall afresh on me.

Opening Prayer

God of compassion and hope
be with us, pilgrims of reconciliation,
as we prepare together to confess our faults
and to receive the grace of this sacrament.
Help us to trust in your mercy.
We ask this in the Spirit, through Jesus Christ,
our living Lord. Amen.

All sing:

Spirit of the living God fall afresh on us
Spirit of the living God fall afresh on us.
Melt us, mould us, fill us, use us.
Spirit of the living God fall afresh on us.
(Pause)

Reading

Romans 5:5

Hope does not disappoint, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

All sing:

Spirit of the living God fall afresh on us
Spirit of the living God fall afresh on us.
Melt us, mould us, fill us, use us.
Spirit of the living God fall afresh on us.
(Pause)

Examination of Conscience

Inspired by the Beatitudes of Jesus in the Sermon on the Mount (Matt. 5:1-12) and the Six Beatitudes of Pope Francis (2016)

1. Blessed are those who remain faithful while enduring evils inflicted on them by others and forgive them from their heart.

Forgive and forget is easier said than done. Showing divine mercy when utterly provoked and persecuted calls for great conviction. We witnessed the example of Jesus on the cross and the many stories of extraordinary forgiveness as people estranged for years cross the bridge of hope and reconciliation.

If we have failed to embody compassionate forgiveness we ask for mercy.

All sing: Lord, have mercy

2. Blessed are those who look into the eyes of the abandoned and marginalized and show them their closeness.

Sometimes we find it easier to pass by on the other side than face the person begging at the train station, outside the bank or the shop. By not meeting their eyes their pain may be compounded. We can never underestimate the power of sharing the eyes of acceptance. Turning off an advertisement or an appeal for help because we can't face the pain of the other is turning our back on Jesus who modelled selfless love.

If we have failed to meet the eyes of those who are in need, we beg for mercy.

All sing: A Thiarna, déan trócaire

3. Blessed are those who see God in every person and strive to make others also discover him.

When we look in the mirror do we recognise the face of our Creator? If we can't do that then we will have difficulty in recognising God in others. When we allow another to disrespect someone without making comment we are guilty of cowardice and adding to their suffering. We were all created with dignity and are worthy of respect.

If we have failed to stand up for the rights and dignity of others we say sorry.

All sing: Kyrie eleison

4. Blessed are those who protect and care for our common home.

It has taken catastrophic weather and a dangerous loss of biodiversity for many people to wake up to the crisis around us. It all begins with our failure to recognise the connectedness of all life and the interdependency of all species. Many climate warriors have faced ridicule, imprisonment, oppression because they speak the truth about our environment. They are indeed blessed for their persistence in proclaiming our common home in the face of such opposition.

If we have failed to care of our common home we hold our heads in shame.

All sing: Lord, have mercy

5. Blessed are those who renounce their own comfort in order to help others.

Our Christian history tells us of the women and men who answered the call to follow Jesus by a life of simplicity for the sake of others. Heroes and heroines are not all in the past. They are around us in the many organisations that support people who are lacking in comfort and nourishment today. Take a moment to think of the various charities who depend on the generosity of their supporters.

If we have failed to support those who sacrifice themselves we ask for pardon.

All sing: A Thiarna, déan trócaire

6. Blessed are those who pray and work for full communion between Christians

We have only to look at the religious divisions and the economic consequences of the conflicts on our own island to appreciate the immensity of the issue around full communion between Christians throughout the world. We can walk that road of harmony by educating ourselves about the issues and praying for such a wonderful communion in the name of Jesus Christ, our saviour.

If we have failed to give this cause our attention and respect we are truly sorry.

All sing: Kyrie eleison

Individual Confession and Absolution

Litany of Hope

Final Song Pilgrims of Hope (Jubilee 2025 Hymn)

Blessing Prayers

May God the Father of mercies
enlighten the eyes of our mind: **Amen**

May the Risen Christ breathe peace upon us
and open a way forward
even where all seems closed: **Amen**

May the Holy Spirit set us on fire with new hope
and invigorate our resolutions: **Amen**

And may almighty God bless you,
the + Father, the Son and the Holy Spirit: **Amen**

Let us bless the Lord.

Thanks be to God.



May everyone know what it is to hope
as we bear witness to God's presence in our world.

May hope dwell in the heart of every person
as together we dream of good things to come.

May we trust in the Spirit of hope
who help us to recognise the signs of the times and renews the
face of the earth.

This we ask through Christ our Lord. **Amen.**

May the Lord, risen from the dead and
ascended into heaven,
grant us the grace
to rediscover hope,
to proclaim hope and
to build hope.



'Go mbronna an Tiarna,
atá éirithe ó mhairbh agus
imithe suas ar neamh,
an grásta orainne
dóchas a athaimsiú,
dóchas a fhógairt agus
dóchas a thógáil.'

Prayer to Mary

**Mary you remain in the midst of the disciples as our Mother,
as the Mother of Hope.**

**Holy Mary, Mother of God, our Mother,
teach us to believe, to hope, to love with you.**

Show us the way to his Kingdom!

Star of the Sea, shine upon us and guide us on our way!



Our Lady of Hope

The Building Hope Prayer

Pilgrim God, we give you thanks and praise.

You constantly journey with us even in our darkness and doubts.

We seek your way of loving kindness to walk together as one family.

Open our eyes to recognise you in the faces of one another,
in the breaking of bread and in the splendour of creation.

May the risen Christ sow seeds of hope and new life deep within us.

May our hearts and minds be filled with your Word,
bringing forth truth, justice and peace.

May the Holy Spirit working in and through us do much more
than we can dare to imagine

as we live out our baptismal calling in humble and loving service.

We make this our prayer through Christ Our Lord.

Amen.

Mary, Mother of the Church, pray for us.

St Laurence O'Toole, pray for us.

St Kevin, pray for us.

St Brigid, pray for us.

Building Hope



**Lord Jesus Christ we know you are alive.
You are our hope,
in a wonderful way you bring freshness to our world,
everything you touch becomes young.**

**You are in us, you are with us
and you never abandon us.**

**We ask you now to restore our strength and hope
As we journey together as people of faith,
You who live and reign forever. Amen.**

[Based on Christus Vivit 1 – 2]