



FRIDAY, MARCH 27, 2020

"Feeling hopeful does not mean to be optimistically naïve and ignore the tragedy humanity is facing. Hope is the virtue of a heart that doesn't lock itself into darkness, that doesn't dwell on the past, does not simply get by in the present, but is able to see a tomorrow. Hope is the door that opens onto the future. Hope is a humble, hidden seed of life that, with time, will develop into a large tree. It is like some invisible yeast that allows the whole dough to grow, that brings flavor to all aspects of life. And it can do so much, because a tiny flicker of light that feeds on hope is enough to shatter the shield of darkness. A single individual is enough for hope to exist, and that individual can be you. And then there will be another "you," and another "you," and it turns into an "us." And so, does hope begin when we have an "us?" No. Hope began with one "you." When there is an "us," there begins a revolution."

Pope Francis

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Friday of the Fourth Week of Lent

Psalm 34

The Lord is close to the brokenhearted.

The LORD confronts the evildoers,
to destroy remembrance of them from the earth.
When the just cry out, the LORD hears them,
and from all their distress he rescues them.

The Lord is close to the brokenhearted.

The LORD is close to the brokenhearted;
and those who are crushed in spirit he saves.

Many are the troubles of the just man,
but out of them all the LORD delivers him.

The Lord is close to the brokenhearted.

He watches over all his bones;
not one of them shall be broken.
The LORD redeems the lives of his servants;
no one incurs guilt who takes refuge in him.

The Lord is close to the brokenhearted.