

## **Assembly – Hope – myfishbites.com**

### **THREE STORIES**

At a recent meeting with all government bigwigs and people, a top policeman felt really hopeless about crime in England. 'We need an escape route from our hopelessness.'

Viktor Frankl, a Viennese psychologist and Holocaust survivor said ours is a world in which many people have a lot to live with but not much to live for. There is a hunger for hope.

A well-respected Christian teacher said that the battle in our world is between skepticism and hope.

Another true story: There was a female clubber and she did drugs a lot. One day she did too many pills and found herself in the toilets of a club. She knew things were out of control and very serious. She cried out to God, 'If you're really there, you gotta help me, I don't want to die.' That very night, God helped her. She did not die, even though she could have. Now she goes round and tells people there is hope.

### **Facts**

So what things do people hope for in life? (Same facts as in 'life' section, substitute if necessary)

- To be happy
- To find their life partner
- To have a good job
- To make a load of money and buy cool stuff
- To have a family
- To feel loved
- To have their own good house
- To be famous
- To be respected
- To make a difference in the world

### **Truth about Hope**

Many young people feel hopeless today. Some feel they have even lost reason for being alive even. Many lyrics of songs talk about stuff being so bad and not being able to deal with it.

A number of music artists have even committed suicide over the last few years - for example:

- Kurt Cobain of Nirvana
- Chris Cornell of Soundgarden
- Avicii (real name Tim Bergling)
- Michael Hutchence of INXS
- Kim Jonghyun of K-pop band SHINee

Despite how we feel, the fact is that there is always hope. If you feel you are losing hope or have lost hope, tell someone like an adult you trust here in school. No-one will mind listening to you and will be able to help you or just listen. We need to change our thinking from talking about all the problems to talking about all the solutions.

## **MUSIC**

Play Eminem's Lose Yourself lyrics - end of the song - or show a bit of the video. Just be aware in the Eminem video of the language.

Eminem – Lose Yourself - [https://youtu.be/\\_Yhyp-hX2s?t=32](https://youtu.be/_Yhyp-hX2s?t=32) and the final chorus - [https://youtu.be/\\_Yhyp-hX2s?t=254](https://youtu.be/_Yhyp-hX2s?t=254) (accessed January 2019)

POD – Alive - <https://youtu.be/k3ChrdJoBCK> (accessed January 2019)

### **Eminem - Lose Yourself Lyrics:**

Look, if you had one shot, or one opportunity  
To seize everything you ever wanted-One moment  
Would you capture it or just let it slip?

[Final Chorus:] You better lose yourself in the music, the moment  
You own it, you better never let it go  
You only get one shot, do not miss your chance to blow  
This opportunity comes once in a lifetime yo

You better lose yourself in the music, the moment  
You own it, you better never let it go  
You only get one shot, do not miss your chance to blow  
This opportunity comes once in a lifetime you better,

You can do anything you set your mind to, man

## **P.O.D - Alive Lyrics:**

Everyday is a new day  
I'm thankful for every breath I take  
I won't take it for granted  
So I learn from my mistakes  
It's beyond my control, sometimes it's best to let go  
Whatever happens in this lifetime  
So I trust in love  
You have given me peace of mind

I feel so alive for the very first time  
I can't deny you  
I feel so alive  
I feel so alive for the very first time  
And I think I can fly  
Sunshine upon my face  
A new song for me to sing  
Tell the world how I feel inside  
Even though it might cost me everything  
Now that I know this, so beyond, I can't hold this  
I can never turn my back away  
Now that I've seen you  
I can never look away

Now that I know you (I could never turn my back away)  
Now that I see you (I could never look away)  
Now that I know you (I could never turn my back away)  
Now that I see you (I believe no matter what they say)

## **TALK**

As a Christian I was once in a place with no hope in my life. I was down and feeling out. Then I met Jesus when I was in a dark place and called out to him for help. As a Christian I believe he has changed my thinking.

[The Bible says in Romans 15.13, 'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.'](#)

I hope that even if you don't agree with all this Christian stuff, that you know you are unique, have loads of potential to achieve what you want. There is hope.

Don't ever let anyone tell you there isn't. When you feel down, when it feels like the world is against you, think about me standing here and what I've said. Think about calling out to God to see if he's real. You may be surprised.