



Discern Hope

The ability to discern is to see, to explore, to recognise, or to understand something that is not clear. Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large. As a verb, its definition includes: "expect with confidence" and "to cherish a desire with anticipation". What does Christian hope look like? Pope Francis explains that discerning hope is vital for Christians. "Being a Christian implies a new perspective: a gaze full of hope." Looking to the future with an optimistic outlook.

This Spiritual Capability may involve:

- Seeing the richness or potential in every experience
- Being realistic
- Having determination
- Reflecting upon one's own, the community's, or other's future reality with a propensity for the positive.

Examples of educators promoting this capability could be when they:

- Allow time for reflection and analysis or sit with an idea or thought
- Encourage a variety of thinking styles
- Teach students how to investigate the possibility of 'hope' in all situations.