



# Ignite Hope

*40-Days of Spiritual Preparation  
for World Conference 2025*

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*“When the day of Pentecost had come, they were all together in one place. <sup>2</sup> And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. <sup>3</sup> Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.” —Acts 2: 1-4, NRSVue*

### Introduction

Welcome to this 40-day journey of spiritual preparation for World Conference 2025. As we prayerfully anticipate this important experience for the worldwide church, we are also moving through the Easter season. This is an important time of living the promise of resurrection, joy, hope, and new life in Christ. This season leads to the Pentecost experience in Acts 2, which is the scriptural focus for World Conference 2025.

This resource was created by an international team of spiritual leaders inviting the church into intentional prayer, holy curiosity, and spiritual preparation during these 40 days. The questions, songs, and prayers represent important reflections, traditions, and practices from a variety of cultures. You are invited to pray with the question for each day and return to the images in the spiritual practice to ignite hope in our hearts as we spiritually prepare to gather from around the world.

Each week is structured around invitations from the First Presidency welcoming the church to embrace the Easter season as a time of prayer by following the movements of the **Prayer of Examen**.

From the First Presidency:

As we journey together through the Easter season and towards the 2025 World Conference, we are inviting the church into a time of intentional examination of the faith journey we've been on. Where has the Spirit led us? Where is the Spirit leading us now?

The time since the 2023 World Conference has been filled with challenges and difficult moments and yet through it all, we have sensed the presence of the Holy Spirit guiding us onward. As we prepare to gather at the 2025 World Conference, we invite you to engage in a version of the **prayer of Examen**, adapted over the next 40 days.

This ancient practice will be divided into 6 steps over the next 6 weeks. Additionally, each day through the daily bread there will be other spiritual practices and questions that will guide us as we prepare. The prayer of Examen is a reflective exercise that helps us discern God's presence and calling in our lives. We invite you to keep a journal of your experience.

As we journey through these 40 days preparing for the 2025 World Conference, let us embody the message and mission of the risen Christ of Easter. May this practice of Examen and the exercises and questions provided through the Daily Bread enrich our lives and open our hearts

and minds to a deeper understanding of where the Spirit is leading us both individually and collectively. Consider using this guide and the Daily Bread as a family, with a small group, or prayer partner. Examining where we have been and where God is leading us is often enriched by the thoughts and reflections of others.

Together, let us embark on this journey of examen and preparation with open hearts and minds, ready to be transformed by God's grace and energized by the hope that is present as we live as Easter people. Thank you for joining us and may each one's path be blessed. We look forward to being together as a worldwide church at the 2025 World Conference.

## **Contributors**

### **Spiritual Formation Team**

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### **First Presidency**

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## Week 1

# Gratitude

### April 20— Invitation from the First Presidency

For the first week, we focus on gratitude. Through the week, be intentional about taking moments to reflect on the blessings in your life. What are you thankful for? Where have you seen the blessings of the living Christ? How has God's grace touched your life? You might want to write down your thoughts of gratitude in a journal. This allows you the opportunity to look back and remember where you've experienced gratitude. Allow gratitude to fill your heart and guide your actions as you move into the next steps.

April 21	April 22	April 23	April 24	April 25	April 26
What images come to mind when you see hope?	Where do you see hope in God's creation?	What is God's hopeful invitation to the world?	What does hope feel like?	In what ways has hope shaped your journey through challenging times, and how has it changed your perspective?	How do you nurture and keep hope in moments when it feels distant and hard to grasp?

### During the week

Adults: Provide spontaneous service to others.

Children: Surprise a friend or family member by doing something kind for them.

### Daily Practice

- Open with a hymn or song. Recommendation: "Alleluia," *Community of Christ Sings* 103, 116, 117, or 120. Note: This is a simple song of praise from many cultures throughout the worldwide church.
- Read through the prompts below, taking time with each section to visualize the hope that can be found in different places.
- Close the practice in quiet thought envisioning the unity that hope can bring.

*Hope is a flame we seek to ignite in our hearts and souls.*

*In the desert, hope presents itself in the deep and hidden life that we find.*

*In the forests, hope shines through the trees and illuminates the path forward.*

*On the ocean, hope is a beacon that guides us to safe shelters and protects us from storms.*

*We seek the peace that will brighten our hope and lead us to discover new ways of thinking.*

*We feel the warmth that hope can bring when communities bind themselves together to create new ways of being.*

*Hope is alive in all creation. We touch hope in all things, and the flame of hope ignites.*

*Today I find hope . . .*

## Week 2

# Understanding

### April 27— Invitation from the First Presidency

In the second week, we review our daily experiences and seek understanding about how God is working in and through our life. Take time throughout the week to reflect on your life. How did you sense God's presence? Where did you see the Spirit at work? Ask God to open your heart and mind to how and when God is present in your daily living. Again, you might want to write down your observations of where you see God working in and through your life or choose an experience during the day and allow that experience to teach you something about God's work in your life and how you respond to it.

April 28	April 29	April 30	May 1	May 2	May 3
What scripture do you turn to when you need a little hope?	When did you first feel the hope that Christ offers? What led you to seek out that hope?	What vision of hope do you have for the next week/month/year?	What role does faith have in your understanding and experience of hope, especially when facing uncertainty?	Where do you feel most hopeful? (embracing creation, with family and friends, in worship?)	When you pray, are you specific about your hopes and dreams?

### During the week

Adults: Listen to someone who needs to share a burden.

Children: Be a friend to someone new.

### Daily Practice

- Open with a hymn or song. Recommendation: “Alleluia,” *Community of Christ Sings* 103, 116, 117, or 120.
- Read through the prompts below, taking time with each section to visualize the hope that can be found in different places.
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## Week 3

# Feelings

### May 4— Invitation from the First Presidency

During the third week, focus on your feelings. When did you feel joy and sorrow? How did your emotions influence your actions and decisions? Notice when you sensed God present with you in your feelings. If you are keeping a journal, write down what you are learning about your emotions. By acknowledging our emotions, we can better understand ourselves and our relationship with God.

May 5	May 6	May 7	May 8	May 9	May 10
How does the cross inspire hope for you?	How does resurrection inspire hope for you?	What is your hope for those closest to you—family, friends, community?	Who from scripture do you associate with persevering in hope?	When is it most challenging to sustain hope?	How do you apply hope in difficult times?

### During the week

Adults: Say hello to others who you don't know.

Children: Smile at a friend or family member.

### Daily Practice

- Open with a hymn or song. Recommendation: “Alleluia,” *Community of Christ Sings* 103, 116, 117, or 120.
- Read through the prompts below, taking time with each section to visualize the hope that can be found in different places.
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## Week 4

# Forgiveness

### May 11— Invitation from the First Presidency

In the fourth week, we seek forgiveness. Reflect on moments when you fell short or hurt others. Consider what makes you feel separated from God and what draws you closer. Ask for God's forgiveness and the strength to forgive yourself and others. Consider writing down where you seek forgiveness and where you need to forgive for further prayer and reflections as you respond to where the Spirit is leading you into reconciliation. This step helps us reconcile, heal, and grow in compassion and humility.

May 12	May 13	May 14	May 15	May 16	May 17
How does God's promise of hope work in your daily life?	How do you encourage yourself and others with hope for the future?	What does prophetic hope mean to you in your life?	What must you let go of to turn toward hope?	When did you first experience hope?	Where did your first experience of hope lead you?

### During the week

Adults: Plan to perform a good deed and do it.

Children: Do a good deed for a family member or friend.

### Daily Practice

- Open with a hymn or song. Recommendation: "Alleluia," *Community of Christ Sings* 103, 116, 117, or 120.
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## Week 5

# Prophetic Imagination

### May 18— Invitation from the First Presidency

As we enter the fifth week, focus on what possibilities God is inviting you to help make happen. Notice where there are needs or injustices around you. Imagine how you might respond to make the world more aligned with God’s vision of Shalom. What steps can you take to align more closely with God’s will about what next faithful step you need to take? What are you discerning about opportunities to create a better future that reflects God’s vision of Shalom? Dedicate time during the day to consider how you can align your heart and actions with God’s heart, which helps us live into the future that God desires for everyone.

May 19	May 20	May 21	May 22	May 23	May 24
Have you ever lost hope? How did that make you feel?	What feelings do you experience when you live in hope?	When faith communities experience division, what role does hope play to bridge gaps and guide members through uncertain times?	Amid global chaos and turmoil, where do you find hope and how do you believe it can inspire shared action towards a better world?	When family relationships are strained by conflict or misunderstanding, what does holding onto hope for reconciliation and healing look like?	For a family struggling to make ends meet, where does hope live, and how can it be a source of strength and resilience?

### During the week

Adults: Do something you are afraid to do for someone.

Children: Be a peacemaker.

### Daily Practice

- Open with a hymn or song. Recommendation: “Alleluia,” *Community of Christ Sings* 103, 116, 117, or 120.
- Read through the prompts below, taking time with each section to visualize the hope that can be found in different places.
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## Week 6

# Contemplation

### May 25— Invitation from the First Presidency

In the final week leading to the World Conference, engage in contemplation. Spend time in silent prayer, listening for God's voice. What guidance is the Holy Spirit offering you? Reflect on the matters that will be considered by the delegates of the 2025 World Conference. Pray for release from your personal agenda such that the Spirit can lead you to discover God's will on the matters to be considered. What responses do you sense are most faithful to God's will? You might want to write down what you are discerning so you can reflect on your insights over time and continue to refine what you are sensing. Let this time deepen your connection with God and prepare you for the 2025 World Conference and the journey ahead.

May 26	May 27	May 28	May 29	May 30
As you envision a brighter future, how can hope drive positive change for you and your community?	What does Living Hope mean to you?	How do you reflect hope in your life?	How do you live hope in your life, in your congregation, and your community?	Our final question invites preparation for disciples from around the world to break bread together during the sacrament of the Lord's Supper on the Sunday morning of World Conference. How is hope found in the Lord's supper?

### During the week

Adults: Give something away that will bring hope to someone.

Children: Donate something you think another child will enjoy.

### Daily Practice

- Open with a hymn or song. Recommendation: "Alleluia," *Community of Christ Sings* 103, 116, 117, or 120.
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