



Palm Beach Fellowship of Christians & Jews 2019 Essay and Creative Arts Competition

Essay Award - Grade 9

Amelia Porges, The Benjamin School

Hope

Hope is the courage to continue in life no matter how hard things get. One meaning of hope is that it is the word for something that one wishes for. For example, a person's hopes and dreams are what they want for their life. For the average person, hope would be something that someone's hopes for, or wants to have. However, for someone struggling with anxiety or depression hope has a completely different meaning. My first recollection of the word "hope," was in kindergarten when we were writing down our hopes and dreams to hang all over the room for our parents to see. I know now that hope has a different meaning to me and for many other people. Moving up from kindergarten up to middle school, and from middle school up to high school, I realized that hope was almost like a built in mechanism, to tell you that everything would work itself out eventually. Hope is the hero that fights off the devils inside your mind. When one voice in your head tells you one thing, hope will tell you another. Hope is what tells people who feel different and discriminated against that it is okay to be themselves and that you shouldn't care if anyone else in the world loves you because you love yourself and that will never change. Through hate crimes and years of discrimination that we are all still living through, hope will find its way out. Hope is what is left behind when all of the bad voices and the cruelty in the world goes away. As someone who suffers from anxiety, hope to me is what lifts up the weight of the world from my shoulders. Hope is what I know that even when I'm at my lowest state, hope is always the light at the end of the tunnel.