

## **Spirituality of Hope: African Christian Women's Spirituality**

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Research has shown that religiosity and spirituality significantly contributes to the psychosocial adjustment to various challenges that women face in the African context. The Christian religion and spirituality offer hope to those in difficult circumstances on the continent and this has been found to have a powerful effect on how the women cope with the various challenges and even after the challenge. For instance, it is the hope for a better outcome that keeps the women strong and gives them an impetus to soldier on in violent conflict and post conflict situations.

The argument being posited in this paper is that the spirituality of hope gives the African woman the strength, purpose and will to withstand societal pressures and go on with life despite the hardship they face. The researcher also argues that African women rely on spiritual and religious beliefs--in this case Christianity-- to provide them with hope. This then becomes a driving power for them to move forward even beyond the challenge or situation they face. It is this spirituality of hope that enables them to overcome adversities and cope better even in traumatic situations in comparison to the men. The women find hope in the teachings of Christianity as well as in their interpretation of various biblical stories. They find parallels to their situations in the bible and within it they find the hope they need to forge forward. The focus of the research is the Kenyan situation with emphasis on the post-election violence.