

## Building hope and confidence: God's Word as our foundation

**The Bible makes it clear that our foundation for building hope and confidence is God and his Word. These are the rock on which to build our life to withstand whatever we encounter in life.**

Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. <sup>25</sup> The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. <sup>26</sup> But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. <sup>27</sup> The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.'

<sup>28</sup> When Jesus had finished saying these things, the crowds were amazed at his teaching, <sup>29</sup> because he taught as one who had authority, and not as their teachers of the law.

*Matthew 7: 24-29*

**As a group take some time to reflect on this passage, then consider the following thoughts:**

- *What examples from God's word are particularly precious in making up the foundation for your life (your "house")? Do you have any stories of a time when you especially found them to be true and helpful?  
You may like to share together in pairs or as a group.  
There are examples of God's promises below, or you can share your own.*
- *If God and his word are what we have as the foundation on which to build hope and confidence what might form the various aspects of the "house"?*
- *What do you think some people use to provide a foundation for their life, which turns out to be "sand"?*
- *In what ways can we, as Mothers' Union, help them to build their lives on a more solid foundation? Consider any local initiatives, which provide practical ways to build hope and confidence in those they support.*

Faithful God,  
we praise you for your steadfast love  
and the truth of your eternal word;  
the rock on which we build our lives  
in steadfast hope and confidence.  
Amen

## Promises of God

"I will never leave you; I will never abandon you." *Hebrews 13:5*

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. *1 John 1:9*

Come near to God and he will come near to you. *James 4:8*

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. *John 3:16*

Come to me, all you who are weary and burdened, and I will give you rest.  
*Matthew 11:28*

Call to me and I will answer you and tell you great and unsearchable things you do not know. *Jeremiah 33:3*

You will receive power when the Holy Spirit comes on you. *Acts 1:8*

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. *John 14:27*

Seek first his kingdom and his righteousness, and all these things will be given to you as well. *Matthew 6:33*

Take delight in the Lord, and he will give you the desires of your heart. *Psalms 37:4*

In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. *John 14:2-3*

Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.  
*Isaiah 40:31*

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. *Jeremiah 29:11*

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. *James 1:5*

The Lord will keep you from all harm— he will watch over your life; *Psalms 121:7*

In all things God works for the good of those who love him. *Romans 8:28*

My grace is sufficient for you, for my power is made perfect in weakness.  
*2 Corinthians 12:9*

Seek his will in all you do, and he will show you which path to take. *Proverbs 3:6*