

## Hope and Stay

Did you grow up singing this hymn in church? On Christ the Solid Rock I Stand? Often, we have words to many songs stuck in our minds, but we don't

always understand what the words mean. Most hymns were written many years ago, and over time our language has changed a bit. Sometimes the hymn writers use words that are unfamiliar to us today.

My hope is built on nothing less  
than Jesus' blood and righteousness;  
I dare not trust the sweetest frame,  
but wholly lean on Jesus' name.

"I dare not trust the sweetest frame." What does that mean? We can think of it in a couple of ways. A *frame* can be a *structure* that gives security or safety, like when you're "framing" a house. With this meaning, we can be reminded that we should not trust in any strong, beautiful building (like the Jews trusted in the Temple), but rather find all our hope and trust in Jesus. A *frame* can also be a *body*. This reminds us that we should not trust in our own selves (our health, our goodness) or anyone else, for our hope and peace. We place all our hope in the body, blood, and righteousness of Jesus.

"Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock. The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn't collapse, because its foundation was on the rock." Matthew 7:24-25

His oath, His covenant, His blood  
support me in the whelming flood;  
when all around my soul gives way,  
He then is all my hope and stay.

On Christ, the solid rock, I stand;  
all other ground is sinking sand,  
all other ground is sinking sand.

"You are my refuge and my shield;  
I have put my hope in your word." Psalm  
119:114

"Praise be to the God and Father of our Lord  
Jesus Christ! In his great mercy he has given  
us new birth into a living hope through the  
resurrection of Jesus Christ from the dead."  
1 Peter 1:3

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F E T T I A M Y J D K H J B E A C I L M  
 Y P A H A C C M D D A E I X E H F M T W  
 H D A N D H W M X O B S M B E H R P P V  
 O O K O Y V T Z S F F N N K C H H Y N H  
 P G O N X A E V K V Z L U J T Y B I D T  
 E L T I O C E Q K O P H U S S D R L D E  
 B J D N G C T V S I E E C I V J E S U S  
 A P C E F O U N D A T I O N P I Z Q D C  
 L S L K M L H X O G I W U I H I H O W R  
 D Q R C E R I G H T E O U S N E S S S A  
 C L B Y G E J D C I U F E C M Y K X Y Q  
 Q X Y A M F P J W O M O A G W B B C Y S  
 F Y N A S U B T H O K V I K T W V Q X K  
 C Q R U F G Y E J F W I K F M Y J K C T  
 I F Z W M E R C Y Y G G M Q A A Z E L M  
 J L T K P R A I S E C R R W K U S I U I  
 M V K R Z U X M H M V P Y K R P U E V N  
 Q T P P U N Y F T C W A U C W B C C X U  
 M M F X R S I S Q Z G B A P Q X K K D U  
 W P R D Z X T P K W S Z X U Q N J J G P

HOPE

REFUGE

BLOOD

FRAME

SHIELD

MERCY

TRUST

JESUS

FOUNDATION

RIGHTEOUSNESS

BUILT

PRAISE



Prayer: God, help me to put all my hope in You alone. I confess that sometimes I keep my eyes on the storm and not on You. I know you love me because You sent Jesus to die for me. Help me to share that love and hope with those around me. *Amen.*