

Hope, Purpose, and God's Promise

May 19, 2026

This week's service centered around two powerful scriptures: Jeremiah 29:11 and Proverbs 13:12. These verses reminded us that even when life feels uncertain, painful, delayed, or disappointing, God is still speaking hope, purpose, and a future over our lives.

Jeremiah 29:11 says:

"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."

Proverbs 13:12 says:

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

One of the things we talked about during service was the word "declares." When God declares something, He is speaking with authority. He is not guessing. He is not unsure. God knows the plans He has for His children, and His plans are good.

We also talked about what it means to prosper. Prosperity is more than money. God wants His people to flourish. He wants to heal, restore, strengthen, and bless His children. God is a good Father, and His desire is not to harm us but to lead us into hope and purpose.

The scripture in Proverbs really touched a lot of hearts: "Hope deferred makes the heart sick."

A lot of us know what it feels like to pray and wait. To believe for something and not see it happen yet. To carry disappointment, grief, heartbreak, or exhaustion and wonder when things are finally going to change.

When hope is delayed long enough, it can wear on you emotionally, mentally, and even physically. Sometimes people are smiling on the outside while quietly hurting on the inside.

But the beautiful thing about Jeremiah 29:11 is that God does not leave us in hopelessness.

He promises hope.

He promises a future.

He promises that our story is not over.

Even when we cannot see what God is doing, He is still working behind the scenes.
Even when life feels confusing, God still has a plan.

The service also reflected on the song “He’s The Only One Who Can Judge Me,” and the message connected deeply with the scriptures we studied. The song speaks to people who have been through hard seasons, made mistakes, felt judged, struggled, survived, and still keep getting back up.

The lyric “He’s the only One who can judge me” really stood out because it reminds us that people may judge us by our past, our failures, or what they think they know about us — but God sees the whole story.

God sees the pain people never talk about.

He sees the battles nobody else witnessed.

He sees the survival behind the scars.

And even after all of that, God still says:

“I know the plans I have for you.”

That is powerful.

The song carries a raw honesty that connected with many people during service because faith is not always polished. Sometimes faith is simply holding on when life has tried to break you. Sometimes faith is standing back up when you are exhausted. Sometimes faith is believing God still has purpose for your life even after disappointment and delay.

That is why these scriptures mattered so much this week.

God understands the weary heart.

God understands delayed hope.
And God is still speaking life over His people.

No matter what season you are in right now, do not give up.
Your story is not finished.
God still has a future for you.
And He is still working, even when you cannot see it yet.

— Pastor Cindy H. Carr
River of Life Ministries
www.rolmin.org

Featured Song:

- “He’s The Only One Who Can Judge Me” by Outlaw Gospel
Songwriter: Elias Crowe
https://www.youtube.com/watch?v=svT9U0Q8-RM&list=RDsvT9U0Q8-RM&start_radio=1