



# **The Bones of Promise**

**Scriptures: Hebrews 11:1-3, 22, Genesis  
50:24-26, 15:13-14, Exodus 13:18-19,  
Joshua 24:32, Hebrews 11:32-35, 35-40.**



- b. What is one promise God speaks over you?  
Why does that promise matter in your daily life?  
(Hebrews 13:5, Romans 5:8, 8:11, 38-39, Psalm 103:12)

2. Just like load-bearing walls support a house, our words often reveal what's holding us up, especially in stressful moments. When pressure rises, what we say can expose where we're placing our trust. Jesus invites us to build on Him as our foundation, even in the hardest situations. **Read Matthew 7:24-27.**

- Where do you experience the most stress in your life (work, relationships, specific situations)?
- Do you bring your faith in Christ into those stressful situations? Why or why not?

b. **Read 1 Peter 2:4-10.** There is one foundation that unites all believers: Jesus. In ancient buildings, the cornerstone held everything together—if it was off, the whole structure was unstable. In the same way, when we place weight on ourselves instead of Christ, life can begin to feel heavy and unsteady. Jesus was never meant to be part of the foundation—He is the foundation.

- What are the warning signs that you're trying to hold everything together on your own?
- What do those reactions reveal about where you're placing your trust or security?

3. Sometimes faith requires waiting. In this passage, a man had spent years surrounded by moments of healing for others, yet still found himself in need. His situation felt stuck, but Jesus stepped directly into it. **Read: John 5:2–9.**

- What stands out to you about the setting or environment of this story?
- What do you notice about the question Jesus asks the man?

4. In this moment, someone approaches Jesus with a need, but what stands out isn't just the request; it's the level of trust behind it. Before anything happens, Jesus recognizes something different about this person's faith. **Read: Matthew 8:5–13**

- What stands out to you about this person's faith, and why do you think it caught Jesus' attention?
- Where in your life is Jesus inviting you to trust Him more deeply, even without seeing the outcome yet?

### **TAKING IT HOME:**

The God of the universe did not remain distant from us. He stepped directly into our reality. Through Jesus, we see a God who meets people in weakness, suffering, waiting, and need. After His resurrection and ascension, Jesus sent the Holy Spirit so His presence would continue to move powerfully in and through His people. The same God who transformed the disciples still works in our lives today. He enters into ordinary moments, carries burdens we were never meant to hold alone, and brings hope, strength, and transformation where we need Him most.

### **Action Step this week:**

Spend a few intentional minutes each day this week inviting the Holy Spirit into your everyday moments. Ask God to reveal where He wants to strengthen, heal, or lead you—and respond in obedience when He does.