

The **7** Foundations of **Faith**

(30 Scriptures for Steadfast Trust)

Volume 4 **Hope & Future**

Rooted in Scripture.
Strengthened in Faith.
Steadfast in Christ.

RETAG Foundation

About This Series

The *7 Foundations of Faith* series was created to provide believers with a structured and Scripture-centered journey through the essential pillars of Christian life.

In a time when fear, uncertainty, and emotional instability are common, we believe the answer is not found in human motivation but in the unchanging Word of God.

Each volume in this series focuses on one foundational area of spiritual growth:

- Fear & Anxiety
- Worry & Stress
- Healing & Restoration
- Hope & Future
- Love
- Strength & Encouragement
- Comfort in Grief

These journals are designed to help you slow down, reflect deeply, and anchor your heart in biblical truth over 30 days.

This is not a quick devotional. It is a guided Scripture discipline.

Our prayer is that through daily meditation on God's Word, your mind would be renewed, your faith strengthened, and your heart steadied in Christ.

How to Use This Guide

This journal is designed to be used over 30 days.

Each day includes:

- A carefully selected Scripture
- A key biblical truth
- Reflection questions
- A guided prayer
- Space for personal journaling

We encourage you to:

- 1. Read** the Scripture slowly and thoughtfully.
- 2. Reflect** honestly on the questions.
- 3. Write** your response without rushing.
- 4. Pray** the provided prayer as a starting point, then continue in your own words.

Consistency matters more than speed.

Set aside a specific time each day.

Return to the previous entries as needed.

Allow Scripture—not emotion—to shape your understanding.

30 Scriptures for Steadfast Trust

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Jeremiah 29:11	Romans 15:13	Hebrews 11:1	Psalms 71:5	Romans 8:24–25
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Lamentations 3:21–23	Psalms 33:18	Isaiah 40:31	1 Peter 1:3	Psalms 39:7
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Micah 7:7	Romans 5:5	Hebrews 6:19	Psalms 130:5	2 Corinthians 4:16–18
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Titus 1:2	Psalms 146:5	Colossians 1:27	Revelation 22:20	Psalms 62:5
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Isaiah 9:2	Romans 12:12	Zechariah 9:12	Psalms 119:114	1 Thessalonians 1:3
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Proverbs 23:18	Psalms 42:5	1 Timothy 4:10	Hebrews 10:23	Psalms 9:18

PHASE 1

Hope in Waiting

DAY 1 /	DAY 2 /	DAY 3 /	DAY 4 /	DAY 5 /
Jeremiah 29:11	Romans 15:13	Hebrews 11:1	Psalms 71:5	Romans 8:24–25
DAY 6 /	DAY 7 /	DAY 8 /	DAY 9 /	DAY 10 /
Lamentations 3:21–23	Psalms 33:18	Isaiah 40:31	1 Peter 1:3	Psalms 39:7

DAY 1 “God plans good”

Jeremiah 29:11 (WEB)

For I know the thoughts that I think toward you,” says Yahweh, “thoughts of peace, and not of evil, to give you hope and a future.

Reflection

1. Where are you tempted to interpret God’s silence as harm instead of peace?
2. What step of obedience can you take while trusting His future is wise?

Prayer

Yahweh, You know the thoughts You think toward Your people, and they are peace, not evil. Forgive me for assuming the worst when I cannot see the end of the story. Teach me to wait with faith, refusing anxious speculation. Anchor my hope in Christ, who proves Your good purposes.

Journal

DAY 2 “Hope by Spirit”

Romans 15:13 (WEB)

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope in the power of the Holy Spirit.

Reflection

1. What unbelief is draining your joy and weakening your hope?
2. How can you rely on the Holy Spirit’s power instead of your own resolve?

Prayer

God of hope, fill me with joy and peace as I believe Your word. Forgive me for letting fear shape my expectations more than Your promises. Strengthen me by the Holy Spirit to abound in steady hope. Keep my heart fixed on Christ, who secures every promise.

Journal

DAY 3 “*Faith sees unseen*”

Hebrews 11:1 (WEB)

Now faith is assurance of things hoped for, proof of things not seen.

Reflection

1. What unseen promise of God are you struggling to treat as certain?
2. Where do you need to act in faith rather than wait for perfect visibility?

Prayer

Lord, grant me faith that rests on Your truth, not on what I can measure. Forgive me for demanding sight before obedience. Strengthen my assurance in what You have promised in Christ. Help me walk faithfully, trusting Your Word as proof of what I cannot see.

Journal

DAY 4 “You are my hope”

Psalm 71:5 (WEB)

For you are my hope, Lord Yahweh,
my confidence from my youth.

Reflection

1. What has become your practical “confidence” besides the Lord?
2. How has God proven faithful to you over the years, and how should that shape today?

Prayer

Lord Yahweh, You have been my hope and confidence from the beginning. Forgive me for placing confidence in shifting strengths and temporary securities. Teach me to remember Your faithful care across my life. Hold me steady in Christ so my confidence remains rooted in You.

Journal

DAY 5 “Wait in hope”

Romans 8:24–25 (WEB)

For we were saved in hope, but hope that is seen is not hope. For who hopes for that which he sees?

But if we hope for that which we don’t see, we wait for it with patience.

Reflection

1. What are you demanding to see immediately instead of waiting in hope?
2. How can patience become an act of worship rather than passive delay?

Prayer

Father, You saved me in hope and taught me to wait for what I cannot yet see. Forgive me for impatience that complains against Your timing. Teach me to wait with obedience and humility. Fix my eyes on Christ and give me patience that honors Your wisdom.

Journal

DAY 6 “Mercies renew daily”

Lamentations 3:21–23 (WEB)

This I recall to my mind; therefore I have hope. It is because of Yahweh’s loving kindnesses that we are not consumed, because his mercies don’t fail. They are new every morning. Great is your faithfulness.

Reflection

1. What truth must you “recall to mind” when hope feels distant?
2. Where have you overlooked God’s daily mercies in your routine?

Prayer

Yahweh, Your loving kindness keeps me from being consumed, and Your mercies do not fail. Forgive me for forgetting Your faithfulness when trouble is loud. Teach me to recall Your truth and to receive each morning as mercy. Strengthen my hope in Christ, who confirms that You are faithful.

Journal

DAY 7 “God watches hope”

Psalm 33:18 (WEB)

Behold, Yahweh’s eye is on those who fear him,
on those who hope in his loving kindness,

Reflection

1. Do you fear the Lord with reverence, or do you fear circumstances more?
2. How can you practice hope in God’s loving kindness today in a concrete way?

Prayer

Yahweh, Your eye is on those who fear You and hope in Your loving kindness. Forgive me for hoping in outcomes more than in Your character. Teach me reverent trust that rests in Your covenant love. Keep my heart steady in Christ, confident that You watch over Your people.

Journal

DAY 8 “Strength in waiting”

Isaiah 40:31 (WEB)

but those who wait for Yahweh will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint.

Reflection

1. Where has stress revealed that you are running without waiting on the Lord?
2. What boundary or habit would help you wait for Yahweh with faith?

Prayer

Yahweh, teach me to wait for You instead of rushing in anxious effort. Forgive me for trusting speed more than faithfulness. Renew my strength according to Your promise and keep me from fainting. Let my endurance testify to the strength You supply in Christ.

Journal

DAY 9 “Living hope in Christ”

1 Peter 1:3 (WEB)

Blessed be the God and Father of our Lord Jesus Christ, who according to his great mercy caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,

Reflection

1. How does Christ’s resurrection challenge your fear about the future?
2. What part of your life needs to be reshaped by “living hope” rather than resignation?

Prayer

Father, You have given me new birth into a living hope through the resurrection of Jesus. Forgive me for treating hope as mere optimism. Anchor my confidence in the risen Christ who cannot fail. Shape my plans and my waiting with resurrection certainty and steady obedience.

Journal

DAY 10 *“Hope rests in God”*

Psalm 39:7 (WEB)

Now, Lord, what do I wait for?

My hope is in you.

Reflection

1. What are you waiting for that has begun to control your joy and peace?
2. How can you actively place your hope in God rather than in timing or results?

Prayer

Lord, my hope is in You, not in circumstances. Forgive me for letting waiting become worry. Teach me to wait with worship and obedience. Keep my heart anchored in Christ, who is my sure foundation.

Journal

PHASE 2

Hope in Trials

DAY 11 /	DAY 12 /	DAY 13 /	DAY 14 /	DAY 15 /
Micah 7:7	Romans 5:5	Hebrews 6:19	Psalms 130:5	2 Corinthians 4:16-18
DAY 16 /	DAY 17 /	DAY 18 /	DAY 19 /	DAY 20 /
Titus 1:2	Psalms 146:5	Colossians 1:27	Revelation 22:20	Psalms 62:5

DAY 11 *“Watch for God”*

Micah 7:7 (WEB)

But as for me, I will look to Yahweh. I will wait for the God of my salvation.
My God will hear me.

Reflection

1. Where have you been looking everywhere except to the Lord for help?
2. What would faithful waiting look like in your current trial?

Prayer

God of my salvation, teach me to look to You and to wait in faith. Forgive me for restless striving that ignores prayer. Strengthen my confidence that You hear me through Christ. Keep me steady until Your deliverance is clear.

Journal

DAY 12 *“Hope won’t shame”*

Romans 5:5 (WEB)

and hope doesn’t disappoint us, because God’s love has been poured out into our hearts through the Holy Spirit who was given to us.

Reflection

1. Where are you afraid that trusting God will lead to disappointment?
2. How has the Holy Spirit testified to God’s love in your life?

Prayer

Father, thank You that hope in You does not disappoint. Forgive me for measuring Your love by temporary comfort. Pour Your love into my heart by the Holy Spirit and strengthen my assurance. Keep me faithful in Christ, confident that Your promises will stand.

Journal

DAY 13 “Anchor in Christ”

Hebrews 6:19 (WEB)

This hope we have as an anchor of the soul, a hope both sure and steadfast and entering into that which is within the veil;

Reflection

1. What is currently shaking your soul and exposing where you lack an anchor?
2. How can you cling to Christ’s priestly work when feelings are unstable?

Prayer

Lord, thank You for hope that anchors the soul and does not drift. Forgive me for being tossed by fear and uncertainty. Fix my heart on Christ who has entered within the veil for me. Make my hope sure and steadfast through Your Word.

Journal

DAY 14 “Wait for Yahweh”

Psalm 130:5 (WEB)

I wait for Yahweh. My soul waits.

In his word I do hope.

Reflection

1. What does your waiting reveal about what you truly trust?
2. How can you let God’s Word govern your hope rather than your emotions?

Prayer

Yahweh, teach my soul to wait for You with quiet faith. Forgive me for hoping in quick fixes instead of Your word. Strengthen my trust through Scripture and prayer. Keep my hope centered on Christ, the living Word and faithful Savior.

Journal

DAY 15 “Eternal outweighs”

2 Corinthians 4:16–18 (WEB)

16 Therefore we don't faint, but though our outward person is decaying, yet our inward person is renewed day by day.

17 For our light affliction, which is for the moment, works for us more and more exceedingly an eternal weight of glory;

18 while we don't look at the things which are seen, but at the things which are not seen. For the things which are seen are temporal, but the things which are not seen are eternal.

Reflection

1. Where are you tempted to faint because you focus on what is seen?
2. What eternal truth must you set before your eyes today?

Prayer

Father, renew my inward person day by day when the outward person feels weak. Forgive me for living as though temporal troubles are ultimate. Teach me to look to what is unseen and eternal. Fix my hope on Christ and the glory You have promised.

Journal

DAY 16 “God cannot lie”

Titus 1:2 (WEB)

in hope of eternal life, which God, who can't lie, promised before time began;

Reflection

1. Where do you doubt God's promise because of delay or hardship?
2. How does God's truthfulness strengthen your endurance today?

Prayer

God who cannot lie, Your promises are firm and ancient. Forgive me for suspicion that questions Your word. Strengthen my hope of eternal life secured in Christ. Make me steady and obedient as I wait for what You have promised.

Journal

DAY 17 *“Help is in God”*

Psalm 146:5 (WEB)

Happy is he who has the God of Jacob for his help,
whose hope is in Yahweh, his God,

Reflection

1. Who or what have you treated as your “help” more than God?
2. How can you practice hope in Yahweh in one specific situation today?

Prayer

Yahweh, You are the help of Your people and the true ground of happiness. Forgive me for seeking help in idols that cannot sustain. Teach me to hope in You with practical obedience. Let my life reflect the blessedness of trusting You in Christ.

Journal

DAY 18 “Christ in you”

Colossians 1:27 (WEB)

to whom God was pleased to make known what are the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory.

Reflection

1. How does “Christ in you” challenge your fear about the future?
2. Where do you need to live today as someone destined for glory, not defeat?

Prayer

Father, thank You that Christ in me is the hope of glory. Forgive me for living as though my future depends on my strength. Strengthen my assurance that Your work in me will reach its end. Help me live faithfully now in light of the glory to come.

Journal

DAY 19 “Come, Lord Jesus”

Revelation 22:20 (WEB)

He who testifies these things says, “Yes, I come quickly.”

Amen! Yes, come, Lord Jesus.

Reflection

1. How often does Christ’s return shape your priorities and patience?
2. What suffering or delay becomes lighter when you remember He is coming?

Prayer

Lord Jesus, You have promised to come quickly, and Your word is true. Forgive me for living as though this age is permanent. Strengthen my hope and purify my life as I wait for Your appearing. Teach me to pray with the church: Come, Lord Jesus.

Journal

DAY 20 *“Rest in God”*

Psalm 62:5 (WEB)

My soul, wait in silence for God alone,
for my expectation is from him.

Reflection

1. What noise—internal or external—keeps you from silent waiting before God?
2. How can you shift your expectations from people and outcomes to the Lord?

Prayer

God, my expectation is from You alone. Forgive me for restless noise that crowds out trust. Teach my soul to wait in silence with faith and humility. Let Christ be my steady expectation when everything else is uncertain.

Journal

PHASE 3

Hope in Eternity

DAY 21 /	DAY 22 /	DAY 23 /	DAY 24 /	DAY 25 /
Isaiah 9:2	Romans 12:12	Zechariah 9:12	Psalms 119:114	1 Thessalonians 1:3
DAY 26 /	DAY 27 /	DAY 28 /	DAY 29 /	DAY 30 /
Proverbs 23:18	Psalms 42:5	1 Timothy 4:10	Hebrews 10:23	Psalms 9:18

DAY 21 “*Light has come*”

Isaiah 9:2 (WEB)

The people who walked in darkness have seen a great light.

Those who lived in the land of the shadow of death, on them the light has shined.

Reflection

1. What darkness still tries to define your outlook and identity?
2. How does Christ as the great light change your hope today?

Prayer

Father, thank You for shining light into darkness through Christ. Forgive me for returning to despair as though light has not come. Help me walk as one who has seen the great light. Strengthen my hope and keep me faithful under Your truth.

Journal

DAY 22 *“Hope with endurance”*

Romans 12:12 (WEB)

rejoicing in hope; enduring in troubles; continuing steadfastly in prayer;

Reflection

1. Which of these is weakest in you right now: rejoicing, enduring, or praying?
2. What specific practice would help you continue steadfastly in prayer?

Prayer

Lord, teach me to rejoice in hope, endure troubles, and remain steadfast in prayer. Forgive me for reacting to hardship with complaint or numbness. Strengthen me by Your Spirit to persevere in obedience. Let my life reflect confident hope in Christ.

Journal

DAY 23 “Return to hope”

Zechariah 9:12 (WEB)

Turn to the stronghold, you prisoners of hope!

Even today I declare that I will restore double to you.

Reflection

1. Where have you acted like a prisoner of fear instead of a prisoner of hope?
2. What does turning to God as your stronghold require you to stop doing?

Prayer

Yahweh, You call Your people to turn to the stronghold with hope. Forgive me for wandering from Your refuge. Teach me to turn back quickly in repentance and trust. Restore my heart through Christ and make my hope steady and obedient.

Journal

DAY 24 “*God is my shield*”

Psalm 119:114 (WEB)

You are my hiding place and my shield.
I hope in your word.

Reflection

1. What threat or pressure is pushing you to hide in lesser refuges?
2. How can God’s Word become your daily shield against despair?

Prayer

Lord, You are my hiding place and my shield. Forgive me for hoping in distractions instead of Your Word. Strengthen my hope through Scripture and prayer. Keep me protected in Christ, and make Your Word my steady refuge.

Journal

DAY 25 *“Hope proves work”*

1 Thessalonians 1:3 (WEB)

remembering without ceasing your work of faith and labor of love and perseverance of hope in our Lord Jesus Christ, before our God and Father;

Reflection

1. How does your hope in Christ show itself in perseverance rather than talk?
2. Where is God calling you to labor in love even while you wait?

Prayer

Father, form in me perseverance of hope in our Lord Jesus Christ. Forgive me for hope that stays theoretical and avoids costly obedience. Strengthen my work of faith and labor of love by Your Spirit. Let my waiting be active, faithful, and Christ-centered.

Journal

DAY 26 *“Hope has reward”*

Proverbs 23:18 (WEB)
For surely there is a future,
and your hope will not be cut off.

Reflection

1. Where do you fear that your future is closed or wasted?
2. How does God’s promise protect you from cynical resignation?

Prayer

Lord, You declare that there is surely a future and that hope will not be cut off. Forgive me for hopeless thinking that dishonors Your promise. Strengthen my faith to live wisely and patiently. Keep my hope anchored in Christ, who guarantees my future.

Journal

DAY 27 “Hope in God”

Psalm 42:5 (WEB)

Why are you in despair, my soul? Why are you disturbed within me?

Hope in God! For I shall again praise him for the saving help of his presence.

Reflection

1. What is disturbing your soul most, and what truth must you speak to it?
2. What would it look like to choose praise before circumstances change?

Prayer

Lord, teach me to hope in You when my soul is disturbed. Forgive me for letting despair lead my thoughts. Strengthen me to praise You for the saving help of Your presence. Keep me faithful in Christ until joy and praise rise again.

Journal

DAY 28 “We hope in God”

1 Timothy 4:10 (WEB)

For to this end we both labor and suffer reproach, because we have our hope set on the living God, who is the Savior of all men, especially of those who believe.

Reflection

1. Where has suffering tempted you to loosen your grip on hope?
2. How does setting hope on the living God reshape your courage and priorities?

Prayer

Living God, teach me to set my hope on You, not on ease or applause. Forgive me for shrinking back when labor costs me. Strengthen me to endure reproach with humility and faith. Keep me steadfast in Christ, the Savior of those who believe.

Journal

DAY 29 *“Hold fast hope”*

Hebrews 10:23 (WEB)

let’s hold fast the confession of our hope without wavering; for he who promised is faithful.

Reflection

1. Where are you wavering in your confession of hope?
2. What promise of God’s faithfulness do you need to rehearse today?

Prayer

Father, keep me holding fast without wavering because You are faithful. Forgive me for wavering when trials intensify. Strengthen my confession of hope in Christ with Scripture and prayer. Help me live with steady obedience that reflects trust in Your promise.

Journal

DAY 30 *“Hope for the needy”*

Psalm 9:18 (WEB)

For the needy shall not always be forgotten,
nor the hope of the poor perish forever.

Reflection

1. Where have you felt forgotten, and how does God’s Word correct that fear?
2. How can you become an instrument of hope for the needy this week?

Prayer

Yahweh, You do not forget the needy, and You will not let hope perish forever. Forgive me for thinking Your care is absent when help is delayed. Strengthen my trust in Your justice and mercy. Make me faithful in Christ, and use me to serve others with steady, truthful hope.

Journal

About RETAG FOUNDATION

Retag Foundation is a federally incorporated evangelical Christian nonprofit organization in North America.

Our mission is to strengthen pastors, seminary students, missionaries, and their families by reconnecting churches, households, and ministry fields around faithful stewardship and prayer-centered support.

We believe that healthy ministry ecosystems are built on:

- Biblical truth
- Spiritual accountability
- Financial integrity
- Long-term faithfulness

This Scripture series is part of our broader commitment to providing solid, accessible biblical resources that help believers stand firm in Christ.

For more information, visit:

<https://retagfund.org>

