



OCTOBER 5, 2025 – LESSON RECAP

HOPE FOR THIS DAY

Finding Hope Through the Psalms

“From the wall to the rock”

Dr. Dye’s lesson challenged us as SisStars to stand firm in faith during uncertain times, reminding us that we are chosen by God and secure in Him.

Using Psalm 11 and the story of Rahab, she highlights the importance of trusting God when foundations shake.

Like Rahab, we are called to leave behind what’s unstable and cling to the unshakable Rock—Jesus Christ.

Main Scriptures:

- Psalm 11 (esp. v.3)
- Joshua 2 (Rahab)
- Supporting: Psalm 91, Psalm 82:5, Hebrews 11:31, 1 Corinthians 3:11, James 2, Philippians 4:19, and others

Encouragement & Identity in Christ

- **Psalm 139:13-14** — You are fearfully and wonderfully made.
 - You are **not an afterthought** — Ephesians says you were chosen before the foundation of the world.
 - You stepped into time for a moment, but you came from eternity and will return to eternity.
 - God gives you **exactly what you need for today** — not leftovers from yesterday, not borrowed from tomorrow.
 - We go to the **Rock**, our **unshakable foundation**.
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The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

OCTOBER 5, 2025
HOPE FOR THIS DAY
PSALM 11

JOIN US SUNDAYS
8:30 AM EASTERN

Zoom JOIN ONLINE OR CALL: 646-558-8656
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HOPE, Even When the Foundations Are Shaking

- Psalm 11:3 — *“If the foundations be destroyed, what shall the righteous do?”*
 - Not a question of doubt, but a declaration: **Since** the foundations of men are failing, the righteous must turn to God.
- Psalm 11:4 — The **Lord is still in His holy temple**. He sees everything.
- Psalm 82:5 — The **foundations (purposes) of the earth are out of course** (out of alignment with God's plan).

Definition of “Foundations” in Context

- “Foundations” = the **purposes, systems, and plans of man**.
- When man’s plans crumble, the righteous must:
 - Keep trusting in the Lord.
 - Stay under God’s shelter (Psalm 91:1).
 - Abide in His safety, not the world's security.

RAHAB: A Living Example of Hope and Obedience

Text: Joshua 2

- Rahab was living on the wall (a place of **insecurity**, despite its appearance of strength).
- She chose to **leave the wall and trust the rock** (God).
- She acted in faith:
 - Hid the spies.
 - Asked for protection for her family.
 - **Hung the scarlet cord** — representing the blood of Jesus.
- She didn't wait for the army to arrive; **she acted immediately**.

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Key Truths from Rahab's Story:

- Her faith was **obedience in action**.
- **Faith without works is dead** (James 2).
- She was called "Rahab the harlot" to remind us how far God brought her.
- Rahab became part of **Jesus' genealogy** (through Boaz, Obed, Jesse, and David).
- She **traded the wall for the Rock** and was saved.

Jesus — The Rock of Our Salvation

- Psalm 18:31 — *"Who is the Rock besides our God?"*
- 1 Corinthians 3:11 — *"No other foundation can be laid but Jesus Christ."*
- All other ground is **sinking sand** — money, politics, power, personal strength.
- We must be found **in the house** under the **scarlet covering** (the blood).

God is Our Shelter and Security

God is:

- **Jehovah Jireh** – The Rock of Provision (Phil. 4:19)
- **Jehovah Rapha** – The Rock of Healing (Malachi 4:2)
- **Jehovah Nissi** – The Rock of Protection (Psalm 91:2)
- **Jehovah Shalom** – The Rock of Peace (John 14:27)
- **Jehovah Shammah** – The Ever-Present Rock (Hebrews 13:5)

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Key Takeaways for the SisStars

- Stay in the **place of safety** — the presence of God.
- Don't fear when systems collapse — God's eyes behold all.
- **Act on the Word** when you hear it — faith is immediate obedience.
- The **scarlet cord (Jesus' blood)** is your mark of salvation.
- God's foundation is unshakable. Be rooted in Him.

"On Christ the Solid Rock I stand, all other ground is sinking sand."

Sisters, **change your place on the wall for the shelter of the Rock.** Stay covered. Stay obedient. Stay hopeful. The Rock will not fail.