

SELAH Week 3: Authority Over Our Future — Hope

1 Corinthians 15:20–28

S — STOP

Put your phone on silent for a moment.

Sit still.

Take one slow breath in... and out.

Say quietly to yourself:

“Jesus is alive. Jesus is in charge. My future is safe.”

E — EXHALE

Everyone worries about the future—school, sports, friendships, family, health, decisions, the unknown.

Take another breath and let go of one thing that’s stressing you right now. Just one.

As you exhale, say:

“I don’t have to control everything.”

Jesus already has the future in His hands.

L — LOOK

Read this slowly:

“But Christ has indeed been raised from the dead...

For He must reign until He has put all His enemies under His feet.

The last enemy to be destroyed is death.” 1 Corinthians 15:20, 25–26

LOOK at what it says:

- Jesus didn’t just rise—He’s the *firstfruits* (the first one up, showing the rest of us what’s coming).
- Jesus isn’t “someday King”—He’s **King right now**.
- He’s already defeating the things that defeat us.
- Even death is on His “to-destroy” list.

LOOK at what it means for you:

- Your future is not random.
- Your life is not out of control.
- Your story doesn't end in fear, failure, or death—your story ends in resurrection.

Let that sink in for a few seconds.

A — ASK

Talk to God honestly. Pick one question and use it as a prayer:

- “Jesus, what makes me most nervous about the future?”
- “Where do I need Your hope right now?”
- “Who in my life needs encouragement today?”
- “Help me trust that You're actually in charge—right now.”

Keep it simple. God hears short prayers too.

H — HEAR

Sit in quiet for 20–30 seconds.

What phrase or idea from the Scripture stands out to you?

Maybe it's:

- “Christ has been raised...”
- “He must reign...”
- “Under His feet...”
- “The last enemy...”

Whatever pops into your mind, take it as the Holy Spirit nudging your heart.

Carry that phrase with you through the rest of today.

Closing Prayer

Jesus, You're alive. You're King.

You know my future and You're leading me.

Give me hope today—and help me share that hope with someone else.

Amen.