

# How Firm a Foundation

Isa. 43:2-5; 2 Tim. 2:19; Heb. 13:5

"K" in John Rippon's Selection of Hymns, 1787; alt.

1 How firm a foun - da - tion for you has been laid,  
 2 "Fear not, I am with you, oh, be not dis - mayed,  
 3 "When through the deep wa - ters I call you to go,  
 4 "When through fi - ery tri - als your path - way shall lie,  
 5 "The soul that on Je - sus has leaned for re - pose,

by God in the Word, in the sac - ri - fice paid!  
 for I am your God, I will still give you aid;  
 the riv - ers of woe shall not o - ver you flow;  
 my grace all - suf - fi - cient shall be your sup - ply;  
 I will not, I will not de - sert to its foes;

What more can God say than to you has been said,  
 I'll strength - en you, help you, and cause you to stand  
 For I will be with you, your trou - bles to bless,  
 the flame shall not hurt you; for I have de - signed  
 That soul, though all hell should en - deav - or to shake,

to you, who for ref - uge to Je - sus have fled?  
 up - held by my gra - cious, om - ni - po - tent hand."  
 de - liv - er - ing you from your deep - est dis - tress."  
 your soul to make pure just as gold is re - fined."  
 I'll nev - er, no nev - er, no nev - er for - sake!"

*In 1787, John Rippon, English Baptist clergyman, identified the author of this hymn as "K"; no one has yet verified a complete name. The pentatonic melody has been known by several names since it first appeared in Funk's Genuine Church Music (1832).*

Tune: FOUNDATION 11.11.11.11.  
 Early United States melody  
 from Funk's Genuine Church Music, 1832  
 Alternate tune: ADESTE FIDELES

NURTURE

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# Let Us Hope when Hope Seems Hopeless

Ps. 126:5-6; Rom. 4:18; 1 Cor. 13

David Beebe, 1989

1 Let us hope when hope seems hope - less, when the  
 2 Faith and hope in love's com - pas - sion will sur -  
 3 Like a child out - grow - ing child - hood, set - ting

dreams we dreamed have died. When the morn - ing  
 vive though knowl - edge cease, though the tongues of  
 child - hood things a - way, we will learn to

breaks in bright - ness, hun - ger shall be sat - is - fied.  
 joy fall si - lent, dull the words of proph - e - cies.  
 live in free - dom, in the life of God's new day.

*Emma Lou Diemer, organist since the age of thirteen, studied composition at Yale University and Eastman School of Music, and has published orchestra, chamber, choral, and organ works. David Beebe wrote this text while teaching a course on creative writing. A minister of the United Church of Christ, Beebe has served on the staff of the denomination's Stewardship Council.*

Tune: LET US HOPE 8.7.8.7.D.  
 Emma Lou Diemer, 1994  
 Alternate tune: HYFRYDOL

NURTURE

One who sows the fields with weep - ing shall re - trace the  
 Faith shall see and trust its ob - ject; hope shall set its  
 Now we see as in a mir - ror. Then we shall see

sor - row - ing way and re - joice in har - vest  
 an - chor sure; love shall bloom in Love e -  
 face to face, un - der - stand how love's com -

boun - ty at the break - ing of the day.  
 ter - nal. Faith and hope and love en - dure.  
 pas - sion blos - soms through a - maz - ing Grace.

## Guide My Feet

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*African-American traditional; alt.**Heb. 12:1-15*

1 Guide my feet while I run this race, guide my feet  
 2 Hold my hand while I run this race, hold my hand  
 3 I'm your child while I run this race, I'm your child  
 4 Stand by me while I run this race, stand by me

Yes, my God.

while I run this race, guide my feet while I run this race,  
 while I run this race, hold my hand while I run this race,  
 while I run this race, I'm your child while I run this race,  
 while I run this race, stand by me while I run this race,

Yes, my God.

For I don't want to run this race in vain.

*This stanza may be added following stanza 1:*  
 Wheel with me while I run this race . . .

*The words and music of some African-American spirituals have been widely adapted during the twentieth century, especially in the civil rights movement of the 1960s. The alternate words were suggested by a fifth-grade church school class to include those who must "run this race" in a wheelchair.*

Tune: GUIDE MY FEET 8.8.8.10.  
*African-American traditional*  
 Arr. Joyce Finch Johnson, 1992