



Tackle & Trust

"TNT"

Growing in
TRUSTING GOD
Through
EXPERIENCING
HIS PROMISES



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The Lord is trustworthy in all he promises
and faithful in all he does

Psalm 145:13 (ESV)

INTRODUCTION

Trust in the LORD with all your heart,
And do not lean on your own understanding
In all your ways acknowledge Him
And He will make straight your paths.

Proverbs 3:5-6 (ESV)

Do you ever struggle to trust God?

I know I do.

- * When there's anxiety in my life, that's a sign I'm struggling with trusting the Lord regarding my future or the future of those I love.
- * When I beat myself up after I blow it, that's evidence I'm not trusting Jesus has paid the penalty for my sin.
- * When I grumble or complain instead of giving thanks, this reveals a lack of trusting God that He knows what He's doing and has a purpose for what I'm going through and will bring good out of it, which I'll be so thankful for later!
- * When I disobey God's commands, I fail to trust God that He knows best and instead trust myself to call the shots and direct my life.

Do I ever miss out when I fail to trust him!

So, how do you grow in trusting someone? I've found a key way is to experience them doing what they say they will do!

When I say I'm going to do something, you have an opportunity to experience and know me. To know either I do what I say I'm going to do or don't do what I say I'll do.

Let's say you need a ride home from a meeting, and I say, "I'd be glad to give you one. You can ride home with me!" But then I leave without you. The next time I offer to do something, will you expect me to do it?

Trust is slowly built and easily broken. This is why God's promises are so very great and precious - they are ways that God has given us to experience Him and grow in trusting Him - because He always keeps His promises!!!

Check out what it says in 2 Peter 1:3-4

His divine power has given us
everything we need for a godly life
through our knowledge of Him who called us
by His own glory and goodness.
Through these He has given us
His very great and precious promises,
so that through them we may participate
in the divine nature,
having escaped the corruption in the world
caused by evil desires.

2 Peter 1:3-4 (NIV)

Did you catch that? God has given us everything we need for a godly life! How incredible is that?!!! And how has He done this?

Through our knowledge of Him. That's not only knowing about God but experientially "knowing" him. Knowing that when he says He will do something, He does it! You can count on it!

This is why He has given us His very great and precious promises. In them, he tells us what He's going to do, so when He does it, we'll experience Him being faithful! And have the opportunity to grow in trusting Him!

When I meet one-on-one with someone, after I share with them how to spend time daily with Jesus and help them get established in doing this on their own, I always dive into sharing God's promises with them.

Why? Because after someone enters into a relationship with Jesus, they most need to get to know him - not just know about him, but know him experientially so their trust in Him will grow. This is a crucial difference between discipleship and what we call follow-up.

To be Jesus' disciple means to follow Him and seek to learn from Him. We can't do that unless we are going His way, fully surrendered to Him. And considering His thoughts aren't our thoughts and His ways aren't our ways (Isaiah 55:8-9), we won't do that unless we trust Him. So until a person has reached that point of complete surrender where they can say, "Not my will but Yours be done," and become Jesus' disciple until they are ready to follow Him wherever and however He leads even when they don't understand, they need someone to follow them up. They need someone to keep spurring them on to get to know Him better by spending daily time with Him and taking Him up on His promises.

Growing in trusting God is one of the most important things we will ever do!

Remember, God never had to promise us anything! But He does because He so delights in having a relationship with us. And you can't have much of a relationship without trust. Especially when someone's ways aren't your ways and their thoughts aren't your thoughts!

What a difference the gift of God's promises can make in our lives--enabling us to participate in the divine nature and escape the corruption in the world caused by evil desires!

In The Navigators, we have a rich heritage of trusting God and taking Him up on His promises! Dawson Trotman, the founder of The Navigators, used to charge people, "TNT!" This stood for Trust and Tackle the promises of God! Trust God for what He has said, then go out and tackle applying His word in everyday situations. (<https://navhistory.org/2018/01/31/youth-ministries/>)

In this resource, I've flipped the T's so you first learn how to **Tackle** God's promises (memorize and understand them) so you can better **Trust** God's promises for the rest of your life. As a result, you will experience the abundance of life Jesus paid so dearly to make available to you!



TACKLE: First, memorize the promise. Then take time to truly understand what God is promising . . . and what He's not promising.

TRUST: Whenever we act on something we've read in God's Word, it's a huge act of faith. We are saying, "I believe you exist and reward those who earnestly seek you."



Remember how I shared at the beginning God's promises are designed to help us experientially know Him? Yes, there are benefits in taking God up on His promises that are inherent in the promises themselves. But the most significant benefit is not in seeking the blessings the promises provide but in getting to know the One who is the source of all blessings!

Do you realize how much pleasure it brings God when you do this?! (Hebrews 11:6)

Of course, this resource does not contain all God's promises. There are thousands in the Bible! But I hope as you learn how to process and integrate these into your life and experience the benefit of doing so, you'll want to take God up on even more of His promises. And you'll be equipped with tools to help you do it!

One of the best ways to start acting on every single promise God has made--to take God up on His offer and experience Him through it--is through prayer.

Ready to start on an adventure with Jesus?!

Take a moment to share with the Lord your response to the gift of His promises and the opportunity to experience Him through them:

1

God's Promise of Salvation

God's Promise of Salvation

John 1:12-13

To all who did receive him,
who believed in his name,
he gave the right to become children of God
who were born,
not of blood, nor of the will of the flesh,
nor of the will of man, but of God.

John 1:12-13

This is such a foundational promise! Because the promises of God were made to the children of God.

If I say, "I'm going to bring a cake for Jean next week," would you expect me to bring one for you? Not if you aren't, Jean!

In the same way, there are a lot of promises in Scripture given to specific individuals. At Christmas, we remember the angel saying to Mary, "You will conceive and give birth to a son." This is a promise to Mary. Sometimes, the Lord impresses on someone's heart, "This verse is true for you, too. I'm giving this to you as a promise." But everyone struggling with infertility can't claim this promise as being for them. The Lord specifically gave this promise to Mary, the mother of Jesus.

There are specific promises and general promises. We'll be looking at general promises: those promises God makes to every single person who is His child. But before you start claiming these promises, it's important to clarify: Are you God's child? According to this verse, if you have received Jesus and believed in His name, He has given you the right to become His child.

Your right to all the rest of the promises God made to His children rests on the reality of this one.

TACKLE!



1. Memorize this verse!

Pray! Ask the Lord to help you memorize this verse for life!

I like to start by writing the verse on a 3X5 card as pictured on the preceding page.

As you learn a verse, it is essential to quote the topic and reference at the beginning and then repeat the reference at the end. That way, when someone is helping you review, they can give you the topic without giving the location or first part of the verse away. State the reference twice because it is generally the hardest to recall.

Memorize one phrase at a time, adding to this bit by bit as you get each new addition down. For example, start with “God’s Promise of Salvation, John 1:12.” (When I am learning a verse with someone, we go back and forth using what we’ve written on the index card to check each other.) Then add the first phrase: “God’s Promise of Salvation, John 1:12, **But to all who did receive him.**”

As soon as we can both state the topic, reference, and first phrase word-perfect, we add another phrase, again taking turns saying it. “God’s Promise of Salvation, John 1:12 But to all who did receive him, **who believed in his name.**” Don’t add more until you have that down solid!

Repeat this process until you’ve memorized the entire verse.

If you’re having trouble, get creative! You can use hand motions or even draw pictures. One friend told me she couldn’t memorize. I made up a song, putting the verse to music on the spot. (You better believe I was asking the Lord for help!) She not only learned it, she went home and taught it to her younger sister!

Now here’s the most crucial thing to remember: Though you can quote the entire verse, you don’t yet have it memorized! That doesn’t happen until you’ve quoted it out loud word-perfect 100 times! I make a grid on the back of my card with columns for each day in the next week, leaving room to check off, quoting it ten to fifteen times daily. Yes, it requires intentionality to do this! But is it ever worth the effort to invest in memorizing it well. It will be with you for the rest of your life! And don’t forget, you can have fun asking

random people, even in the checkout line at the grocery store, to listen to you quote your verse. You never know how the Lord might use His Word!

2. Seek to understand this verse!

“To all who did receive Him...”

To who?

Read the following verses and consider...	Who didn't receive Him?	Why didn't they receive Him?	What can this look like today?
John 1:11			
Mark 6:2-4			
John 7:5			
John 5:16, 39-44			

So what does it mean to “receive Him?”

“who believe in His name...”

Consider
James
2:18-20

But someone will say, “You have faith and I have works.” Show me your faith apart from your works, and I will show you my faith by my works. You believe that God is one; you do well. Even the demons believe—and shudder! Do you want to be shown, you foolish person, that faith apart from works is useless?

What does it mean to believe?

How are receiving and believing different?

What has this looked like in your life?

Consider
Ephesians
2:8-10

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

NOTE: In the book of John the Greek word for *believe* πιστευω is used 98 times — and only appears as a verb. Believing is not something you just do mentally; it impacts how you act.

“He gave the right to become children of God...”

According to this verse, what does God give? What does this mean?

Were you adopted, or do you know someone who was? What do you know about this process? How does this help you understand what it means to be given the “right” to be God’s child?

Read the following verses and consider, how does this reality impact your relationship to God’s promises?

Acts 2:38-39	And Peter said to them, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. For the promise is for you and for your children and for all who are far off, everyone whom the Lord our God calls to himself.”	
Galatians 3:28-29	There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus. And if you are Christ’s, then you are Abraham’s offspring, heirs according to promise.	
Ephesians 3:6	This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.	
2 Corinthians 1:20	For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory.	

<p>“Who were born not of blood”</p>	<p>Consider John 3:3-6 Jesus answered him, “Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God.” Nicodemus said to him, “How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?” Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.</p>	<p>What do you think it means to be born “not of blood”?</p>
<p>“Nor of the will of the flesh”</p>	<p>Ephesians 2:8-9 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast..</p>	<p>What do you think it means to be born “of the will of the flesh”?</p>
<p>"nor of the will of man”</p>	<p>Romans 3:11 NIV There is no one who understands; there is no one who seeks God.</p>	<p>What do you think it means to be born ”of the will of man”?</p>
<p>“but of God.”</p>	<p>John 6:44. “No one can come to me unless the Father who sent me draws him, and I will raise him up at the last day.</p>	<p>What do you think it means to be born of God?</p>

What do you learn about God from this verse?

The phrase “born of God” occurs frequently in 1 John, a book in which John states, “I write these things to you who believe in the name of the son of God so that you might know that you have eternal life.” According to John, what can help us **know** we have eternal life? What evidence do you see of each of these in your life?

1 John 2:29 If you know that He is *absolutely* righteous, you know [for certain] that everyone who practices righteousness [doing what is right and conforming to God’s will] has been born of Him.

1 John 3:9 No one who is born of God [deliberately, knowingly, and habitually] practices sin, because God’s seed [His principle of life, the essence of His righteous character] remains [permanently] in him [who is born again—who is reborn from above—spiritually transformed, renewed, and set apart for His purpose]; and he [who is born again] cannot *habitually* [live a life characterized by] sin, because he is born of God *and* longs to please Him.

1 John 4:7 Beloved, let us [unselfishly] love *and* seek the best for one another, for love is from God; and everyone who loves [others] is born of God and knows God [through personal experience].

1 John 5:1 Everyone who believes [with a deep, abiding trust in the fact] that Jesus is the Christ (the Messiah, the Anointed) is born of God [that is, reborn from above—spiritually transformed, renewed, and set apart for His purpose], and everyone who loves the Father also loves the *child* born of Him.

1 John 5:3-5 For the [true] love of God is this: that we *habitually* keep His commandments *and* remain focused on His precepts. And His commandments *and* His precepts are not difficult [to obey]. For everyone born of God is victorious *and* overcomes the world; and this is the victory that has conquered *and* overcome the world—our [continuing, persistent] faith [in Jesus the Son of God]. Who is the one who is victorious *and* overcomes the world? It is the one who believes *and* recognizes the fact that Jesus is the Son of God.

1 John 5:18 We know [with confidence] that anyone born of God does not *habitually* sin; but He (Jesus) who was born of God [carefully] keeps *and* protects him, and the evil one does not touch him.



TRUST!

What difference can it make in your life to know you are a child of God, and because of this, God has given you a bunch of promises so you can know Him experientially and become more like Him, and escape the corruption in the world caused by evil desires?

What does God want you to do in response to this?

(Note: This doesn't have to be a big, fancy application. It can even be thanking Him for what He's done in your life. But wise is the person who takes time to actively respond after reading God's Word! Check out Matthew 7:24-27 to see what a HUGE difference this can make in your life!)

PROMISE BASED LIVING

(A true story!)

As a new student leader on her campus, Elaine was excited. She couldn't wait to head out and meet freshmen, to share with them the good news of Jesus, and invite them to Navs. True, there were a few butterflies in her stomach. What if someone asked her something she didn't know? Or reacted negatively? But she'd been practicing the Bridge illustration with friends for the past few days. Might as well dive in the deep end right away!

Elaine loved being part of the Navigators. She hadn't known anyone when she'd come to college two years prior. One night, she heard people singing in the student center. The song sounded familiar, so she decided to poke her head in. That night, she'd found her tribe.

Having grown up in a Christian home, she was delighted to connect with a community so quickly. She couldn't wait to bless other students the way she'd been blessed.

When she saw a young girl heading her way, Elaine called out, "Hi! Would you be interested in taking a spiritual interest survey and being entered into a drawing to win Chick-fil-A for a year?" When the student agreed, Elaine went through the questions and then asked if she'd like to see a brief illustration summarizing the main message of the Bible. When the student nodded, Elaine dove in... and Elaine's life was never the same!

As Elaine shared the Bridge illustration with this student, she realized for the first time she'd never received Jesus' gift of salvation herself! With each verse she quoted to the freshman, she became increasingly aware that the Holy Spirit was speaking those same words in her heart, inviting her to respond to Jesus.

She'd known a lot about Jesus but never come to know him personally. As she shared, the gospel blinders were suddenly removed from her eyes! When Elaine prayed with this freshman to receive Christ, she was praying along with her, surrendering herself. That day, Elaine became a new creation in Christ while sharing the gospel with another student.

Elaine shared with me later, "I'd intellectually agreed with facts about Jesus and thought that was what being a Christian was all about, but it wasn't until that moment I realized I'd never welcomed and submitted to him in a personal relationship! I could talk the talk with the best of them! I knew the Christian lingo. But then Jesus offered Himself to me, and it wasn't until I welcomed him into my life that everything changed. I became a child of God!"

What thoughts come to mind as you consider this story?
How does this story connect with your story?

CREATIVE REVIEW

One fun way to review your verse is to write it out beautifully. Veteran Navigator Staff Debbie Friley shares one way to do this below. You can write over the top of what she's done or grab some tracing paper and have fun learning a bit of calligraphy as you review.

BUT TO ALL WHO DID RECEIVE
HIM, WHO BELIEVED IN HIS NAME, HE GAVE
THE RIGHT TO BECOME CHILDREN
OF GOD, WHO WERE

JOHN 1:12-13
Born

NOT OF BLOOD NOR THE
WILL OF THE FLESH NOR OF
THE WILL OF MAN,
BUT
OF GOD.

2

God's Promise of Answered Prayer

God's Promise of Answered Prayer
John 16:24

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

John 16:24

Want more joy in your life? Then this is the promise for you! Here, Jesus is making the most astounding promise ever! "Ask, and you will receive, that your joy may be full." He didn't have to do this. He never had to promise this. But he does! Do you realize God wants you to have joy in your life? And not just a little joy . . . He wants you to live a life *full* of joy! And through this promise, He is making it possible.

But this verse illustrates how vital it is to know what God is promising and what He isn't.

Does this verse mean if I ask for a Porsche, I'll get one?!

If we misunderstand what God has promised it can negatively impact our trust of Him in a big way. This is why it's so important we not only know the promise but understand it.

Also, it's important to note this is a conditional promise. Some promises God makes (like Hebrews 13:5, "I will never leave you or forsake you") are always true, regardless of what we do or don't do. But this one is conditional because it requires us to do something to experience it - we need to ask!

If I do this: **Then God will do this:** **And this will happen:**
Ask → **you will receive** → **joy to the full!**

Ready to dive into this treasure?!



TACKLE!

1. Memorize this verse!

Write the verse down on a 3" x 5" card with the topic, reference, verse, and then the reference again.

Pray! Ask the Lord to help you memorize this verse for life.

Memorize it a phrase at a time. It may seem silly to do this, but remember the story of the tortoise and the hare? Slow and steady wins the race! Each time you repeat the verse, it makes an impression in your brain. Think of being at the beach and drawing a circle in the sand. Every time you go over the circle, the impression gets deeper.

This is why it's so critical that you quote a verse word perfectly every time. If you didn't, it would be like making a different circle in the sand that deviates from the original. That doesn't make the impression go deeper; it creates another circle!

So be sure to take your time. Don't move on to add another phrase until you can quote the previous part word-perfect at least a couple of times!

"God's Promise of Answered Prayer"

"God's Promise of Answered Prayer, John 16:24"

"God's Promise of Answered Prayer, John 16:24, Until now."

"God's Promise of Answered Prayer, John 16:24 Until now you have asked nothing."

"God's Promise of Answered Prayer, John 16:24 Until now you have asked nothing in my name."

"God's Promise of Answered Prayer, John 16:24, Until now you have asked nothing in my name. Ask, and you will receive."

“God’s Promise of Answered Prayer, John 16:24, Until now you have asked nothing in my name. Ask, and you will receive that your joy”

God’s Promise of Answered Prayer, John 16:24, Until now you have asked nothing in my name. Ask, and you will receive that your joy may be full.”

“God’s Promise of Answered Prayer, John 16:24, Until now you have asked nothing in my name, ask and you will receive that your joy may be full. John 16:24”

Remember to create a grid on the back of your index card and check off each time someone helps you review your verses aloud.



This week's goal:
quote John 16:24 word perfect 100 times,
and review John 1:12-13 once a day too.

2. Seek to understand this verse!

“Until now”

Why hadn't they done this before? Read John 16:1-24 and consider this verse in its context. Why do you think Jesus is saying this now?

“you have asked nothing in my name.”

What does it mean to ask for something in Jesus' name? Why is this important?

The Check Analogy

Let's say I wrote you a check but I didn't sign it. Would you be able to cash it without my signature?

“Ask, and you will receive,”

What does God specifically promise here? Does it say, ask and you will receive *exactly* what you ask for?

How might the following two passages shed light on what God will give us?

James 1:17 Every good and perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

Matthew 7:7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. **8** For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. **9** Or which one of you, if his son asks him for bread, will give him a stone? **10** Or if he asks for a fish, will give him a serpent? **11** If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”

According to these verses, what kind of gifts does God give?

What happens if you ask for something that looks good, but God knows it won't be good for you?

There are three ways God answers when we ask:

1. Yes!
2. Wait. *(Note the verse doesn't say "receive right away."
Timing can be critical in whether something is good or not.)*
3. I have something better for you!

There is enormous protection built into this verse. Would you want God to give you what you ask for if it wasn't good for you?

But there's another huge blessing, too. Through this verse, God reveals that we never come away empty-handed when we ask Him for something. He won't give us what we ask for if it isn't good--but He will give us something good every time we ask!

How incredible is that? What thoughts come to mind as you consider this?

"that your joy may be full."

So you ask and then receive something good. How might you experience joy as a result?

Remember how God's promises are so vital for us to experience Him? How might the following verse shed light on this?

You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures
forevermore.

Psalm 16:11



TRUST!

What difference can it make to know that God has promised to give you something good every time you ask Him for something?

What difference can it make to know you never have to worry about asking for the wrong thing? Because if what you ask for isn't good, the Lord won't give it to you; instead, He will give you something else that genuinely is good.

What do you sense the Lord wants you to do in response to this?

(Remember, when you act on God's promises, practically applying them in your life, you not only get to experience the promise being fulfilled, but even better, you have the opportunity to experientially get to know God better as the Faithful One and grow in trusting Him and experience the benefits in 2 Peter 1: 4! So how can you practically take God up on His promise in John 16:24?)

Seek to Make Your Application **SMART**

S = Specific. (What specifically do you sense the Lord leading you to do?)

M = Measurable (How will you know whether you've done it or not?)

A = Accountable (Is there someone you could ask to encourage you by inquiring how you're doing on your application? I find this a HUGE help!)

R = Realistic (E.g., don't try to memorize a whole chapter in one day! Slow and steady wins the race.)

T = Timely (Don't select something you'll do far in the future. One of my friends suggests starting with something you can do in five minutes, and within the next 24 hours.)

PROMISE BASED LIVING

(A true story!)

One day, while walking with my friend Keziah, she handed me a crumpled piece of paper. Scratched in the middle were the words, "I don't know if I can trust God anymore." With tears streaming down her face, she whispered, "I can't bear to say it, but...". She sighed. "I don't know what to do."

We met thirty years prior when Keziah was a senior in high school. She had recently entered into a personal relationship with Jesus and wanted to share him with everyone she met! I'd just returned from Urbana, Illinois, where I had attended a week-long mission conference. She'd come to my house to spend the night with my sister. We stayed up half the night talking.

Keziah shared she was planning to attend a Christian college, but when she heard about the Navigators, she decided to join me at the University of Florida. Throughout college, her love and excitement for Jesus were infectious!

After graduating, she landed her dream job, working for a major relief organization, traveling the world, writing million-dollar grants, then creating and evaluating programs to help impoverished moms and their children. The brokenness, suffering, and desolation she witnessed during the next few decades began to wear and overwhelm her. Going from one grant to the next, without taking time to process, took a deadly toll on her heart and her relationship with God.

Her work "for God" crowded out her being with God. While tackling malnourishment problems in third-world countries, she'd become "spiritually malnourished" and felt distant from the Lord.

So we began to meet for tea each week, enjoying time together in God's Word. One day, after sharing God's Promise of Answered Prayer in John 16:24, I showed her my prayer cards. I love to walk and pray, flipping through verses and requests, lifting them before God's throne.

Keziah went home that day and created a prayer stack, putting a hole in the corner of each 3X5 card and holding it together with a silver ring. As she began to pray through these requests, the answers to prayer she was getting to record were incredible! As she did this, her trust in God began to grow.

One day, as we talked, she shared, "I think God is leading me to quit my job...". This is a job she dearly loves! When I asked what she was afraid of, she shared, "Not having enough money for my kids' college." I challenged her to put that on her prayer card. She did, then quit her job.

Want to guess whose kids both received full scholarships to college?

In the past eight years, Keziah's accumulated quite a few sets of prayer cards, all filled with answers to prayer (my hearing being restored was one of these!). And she continues to pass on to others what's helped her relationship with the Lord return to one of robust health!


Best of all, she now confidently declares her trust in the Lord, and is her joy ever being made full!

CREATIVE REVIEW

Ready for another creative challenge? In addition to copying Debbie Friley's beautiful calligraphy this week, here is an idea from Shini Abraham, who serves on staff with YWAM. Duco Divina is where you creatively doodle while you meditate on a verse, drawing the same shape repeatedly. When Shini developed chronic pain, she found she struggled to be still and meditate on God's Word. But then the Lord gave her the idea to doodle while contemplating a verse. Whatever you do, be sure to add the reference for the verse! Can you remember it without looking?

You can learn more about Duco Divina here: <http://duco.ducodivina.com/about/>

UNTIL NOW YOU HAVE
ASKED NOTHING
IN MY NAME.



AND YOU WILL RECEIVE,
THAT YOUR
JOY MAY BE FULL.

3

God's Promise of Help in Temptation

God's Promise of Help in Temptation
1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

1 Corinthians 10:13

Here is one of the promises I turn to most often. Memorize this verse, and do you ever get bang for your buck - - it contains not just one but two promises!

This is an example of a promise that is always true whether you take God up on His offer or not. It is based on His faithfulness and His incredible love for us.

Do you remember the armor of God described in Ephesians 6? Claiming this promise in 1 Corinthians 10:13 is one key way to use the Sword of the Spirit--the Word of God--to help defend yourself in the heat of spiritual warfare. And since we have an enemy prowling around like a roaring lion looking to see who He can devour (1 Peter 5:8), we have many opportunities to experience God through these promises!

The enemy is so sneaky--he loves to make us feel no one has ever struggled as much as us and then whisper, "Go on, just do it. You know you're going to give in eventually. . . ."

Now imagine being in the midst of a battle with such a formidable foe and having to say, "Wait. Hold on there, just a minute. I need to find my Bible and that promise that can help me." Do you think Satan honors timeouts?

That's why memorizing these promises is so crucial to being able to use them. When they are stored in your brain and embraced in your heart, they are available for the Holy Spirit to bring to mind right when you need them . . . and help you be victorious! Ready to tackle this one?



TACKLE!

1. Memorize this verse!

Pray! Ask the Lord to help you memorize for life! This isn't a rote exercise.

Scripture Memory is one of the most difficult spiritual disciplines to do effectively, so it makes perfect sense to ask the Lord to make His grace abound so you can memorize this verse well.

And remember how important this verse can be to help you in spiritual warfare? It should come as no surprise that the enemy does *not* want you memorizing this verse. He will do all he can to distract, sidetrack, or thwart you. Never forget that you are in a battle that rages 24/7. What a blessing it is to know that greater is He who is in you than he who is in the world (1 John 4:4)!

Remember to take your time and learn the verse phrase by phrase. When I do this while meeting one-on-one with someone, we start our time here and don't stop until we both quote the verse word perfectly. This gets them off to a solid start and is a helpful review for me.

Don't forget to create a grid on the back of your cards to help you review the verse 15 times each day until you've quoted it word perfectly aloud to someone 70 to 100 times. And please note that doing this aloud to someone is essential. It's so easy to think, *I'll quote it in my head and that should be enough*. But, sadly, it isn't. Repeating it aloud to someone each of those 100 times helps your brain to store it better.

2. Seek to Understand the verse

“No temptation has overtaken you”

What is temptation?

The Greek word translated *temptation* here, πειρασμός, refers to an experiment, attempt, trial, or proving. It can refer to an enticement to sin from either internal desires or external circumstances, or it can refer to adversity, affliction, or trouble sent by God to test or prove one's character, faith, or holiness. In James 1:13 we are clearly told God never tempts anyone but He does allow trials to give us opportunity to grow.

What are some temptations you struggle with?

How many of them does this verse apply to?

“except what is common to man”

According to this verse, are you the only one facing this struggle?

“God is faithful”

What does this mean? When you think of God being faithful, what comes to mind?

What difference can knowing this make in your life?

One of my favorite verses is James 1:17:

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.” (NIV)

When my son was little he started a club called “he Knowing God Better Club” where each week we considered a different attribute of God. One week as we were studying this verse I grabbed a flashlight and had all the boys crowd into a dark room and shine the flashlight on me. “What happens to my shadow when I get down really low?” The boys yelled, “It gets tiny!” Then I stood up as tall as I could with my hands in the air, “What’s happened to my shadow now?” and they yelled “It’s super big!” And I shared, “Do you see, God isn’t like my shadow. He’s not down when I’m down or up when I’m up. He doesn’t change like a shifting shadow! No matter what I do, He is constant--faithful in loving me and in keeping His promises. He does what He says He will do!

“and he will not let you be tempted beyond your ability”

Here is the first promise! What do you learn here?

What would your life be like if God didn't do this?

How can knowing this help you when you are tempted?

NOTE: If you ever want to “see” this promise in action, go read the first couple chapters of Job. Can the enemy do anything he wants to Job? What do you notice about God here?

“but with the temptation he will also provide the way of escape,”

Here's the second promise! What has God promised to do for you when you are tempted?

Can you think of a time when God did this for you?

“that you may be able to endure it.”

Why does God provide this way of escape?

Why do you think it says “that you may” rather than “that you will?” (NOTE: This is important for noting what God has and hasn't promised! You have a part to play here, don't you? What is your part?)

Imagine a scenario where you are being tempted. What could it look like for you to pray this promise?

How can knowing this promise help you when you are being tempted?

Even more than helping you when you are tempted, how can knowing this verse help you to personally experience God being faithful?

One thing I absolutely love about this promise - even if I blow it, even if I don't take the way out God provides, if I still look back and identify the way out he provided (that knock at the door or phone call, etc...) I still have experienced Him being faithful to do what He said He'd do! Even in my failure I can grow in trusting Him!



TRUST!

What difference can it make in your life to know that:

...You aren't the only one struggling with this temptation?

....God won't let you be tempted beyond what you can bear?

...When you are tempted God will provide a way out so you can endure it?

What does God want you to do in response to this?

Have you ever come up with a great application but never got around to doing it? It can be so helpful to not only write down what I intend to do but also to go back and write down what I did and what happened as a result!

Why not give this a try this week in the space to the right?

What I did:

What happened as a result:

PROMISE BASED LIVING

(A true story!)

After kayaking for four glorious hours exploring all the inlets along the Braden River, enjoying sweet time with Jesus singing His praises while memorizing His word, I noticed a street that looked familiar. Pulling out my phone to take a picture so I could check it when driving home, I saw a text I'd been waiting for had come in.

For four years, I'd helped train all new incoming staff. A change in leadership occurred that year, and I'd been warned things might change. I was waiting to hear whether I needed to book a flight to Colorado.

The last time I'd been out there, I'd been recruited to handle a difficult situation. After the Lord abundantly blessed I was asked if I'd be willing to keep helping, so I expected my involvement would continue. Months passed, and I didn't hear anything, so I decided to take the initiative to ask if my help was still wanted.

In the text, I learned it wasn't. I was surprised. But deep peace flooded my heart as I looked up, reminded of 1 Corinthians 10:13. "You're protecting me from being tempted beyond what I can bear, aren't you?!"

In truth, the last time I'd done this training, I'd thought, "Usually, the Lord doesn't have me do the same thing twice, and it's now been four years, four times presenting the same introductory workshops at the summit." God created me to be an activator, to get new things started, not to be an expert or trainer who does the same thing repeatedly.

In truth, I probably would've kept doing the four-hour workshops year after year because I believed they were so strategic. I loved the opportunity to help new staff women understand the gospel in deeper, creative, heart-level ways and discover and embrace their identity in Jesus. It was pure joy seeing them also discover the wisdom of God in how He so wonderfully made them!

But as I kayaked home, the Lord reminded me, "Nothing can thwart my purposes. When I want you to do something, no one can take it from you. The only reason they have is because I have something else for you to do!"

I so appreciated how the Lord provided a way out from being frustrated, even bitter, over how this was handled, as He first prepared my heart to hear this news after I'd enjoyed sweet time with Him, and He also gave me a new beautiful perspective!

He is so faithful to keep His promises! And 1 Corinthians 10:13 is one I experience Him being faithful to do almost daily! I am so thankful!

CREATIVE REVIEW

When we get to heaven, I bet we'll be amazed to learn all the ways the Lord employed to not let us be tempted beyond our ability. Can you imagine how vulnerable we'd be if He didn't? I bet I wouldn't last a minute! I like to picture him as a shield surrounding me whenever something is too much for me. I've also experienced him closing doors and setting up barriers.

Want a fun idea to do as you review this week? Create a border illustrating what it might look like when the Lord is shielding you, protecting you from being tempted by something that would be beyond your ability to endure (and if you'd like to double dip creatively, draw something in the space below that represents Him providing a way out when you're tempted.)

NO TEMPTATION HAS OVERTAKEN YOU
THAT IS NOT COMMON TO MAN. GOD IS FAITHFUL,
AND HE WILL NOT LET YOU BE TEMPTED BEYOND
YOUR ABILITY, BUT

with

THE TEMPTATION (HE WILL ALSO PROVIDE
THE WAY OF ESCAPE,
THAT YOU MAY BE ABLE TO
ENDURE IT.)

4

God's Promise of Forgiveness

God's Promise of Forgiveness

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

Ever beat yourself up when you blow it? That is not at all what the Lord wants you to do! But does the enemy ever love it!

You see, as long as I'm beating myself up, I'm focusing on myself, not what Jesus has done for me. And because I live in a broken, fallen world and have a sinful nature that's still very much alive and kicking, I *am* going to blow it. As the apostle Paul says, "For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. . . . For I have the desire to do what is right, but not the ability to carry it out (Romans 7:15,18).

What a difference it made the night I entered into a relationship with Him. I truly experienced Him cleansing me from head to toe. But it wasn't long until I sinned again. Good thing that when Jesus died on the cross, He died for *all* of my sin - even those I haven't committed yet. I still need Him every single day to save me from my sin.

When I sin, it's so easy to just feel bad and move on. But when I take time to take Him up on this promise, is there ever peace and joy as I experience Him cleansing me all over again!

Jesus says, "He who is forgiven little loves little" (Luke 7:47). The reality is we all have been forgiven much. But when we take the time to confess, we are much more likely to realize this--and grow in loving Jesus even more!



TACKLE!

1. Memorize this verse!

Pray! Ask the Lord to help you memorize this for life.

Remember, a spiritual battle is raging, and the enemy does not want you to know or remember this promise! He wants to get you beating yourself up, focusing on you rather than Jesus because he does not want you to grow in loving Jesus more - or experiencing the joy that could be yours! So don't be surprised if it's hard to memorize this one.

It's not a long verse, so you may be tempted to shortcut taking time to memorize it well. Don't! Dive in one phrase at a time, and don't move on to the next until you get it word perfect.

Remember to create a grid on the back of your card to check off each time you review. By this time, you should be reviewing your current verse ten to fifteen times a day and each of the preceding verses once a day! This is crucial to store the verses in your long-term memory. Here's what my checklist looks like.

day	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	1 John 1:9	John 1:12-13	John 16:24	1 Corinthians 10:13
M																	
T																	
W																	
Th																	
F																	
Sa																	
Su																	

This may seem like a ton of work, but here's the neat thing: it only takes six weeks for something to become a lifelong habit. If you devise a way of reviewing regularly, you will reap the rewards of having God's Word hidden in your heart for the rest of your life! Don't just take my word for it! Check out Psalm 119:9,11

Small wonder the enemy is NOT happy about this, eh?

How can a young person stay on the path of purity? By living according to you word. . . . I have hidden your word in my heart that I might not sin against you.

6 Psalm 119:9,11 NIV

2. Seek to understand the verse:

“If we confess our sins”

What does that “if” signify?

What does it mean to confess?
(Read the definition at the right and then write this in your own words below)

The Greek word used here for *confess* is ὁμολογῶμεν and it means:

“1) to say the same thing as another, i.e. to agree with, assent 2) to concede 2a) not to refuse, to promise 2b) not to deny 2b1) to confess 2b2) declare 2b3) to confess, i.e. to admit or declare one's self guilty of what one is accused of 3) to profess 3a) to declare openly, speak out freely 3b) to profess one's self the worshipper of one 4) to praise, celebrate”

-SOURCE: [Thayer's Greek-English Lexicon](#)

According to Psalm 32, to whom should we confess our sins to?

Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah **I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the LORD,” and you forgave the iniquity of my sin. Selah Psalm 32:1-5**

Who else should we confess our sins to?

Consider James 5:16...

“Confess your sins to one another and pray for each other that you may be healed. The prayer of a righteous person is powerful and effective.

According to James 5:16, what difference can it make if we do this?

“He is faithful and just”

In His act of forgiving how is God described? (Psalm 86:5 is another beautiful verse on this!)

Why does this matter? What difference can knowing this make in your life?

“to forgive us our sins and cleanse us from all unrighteousness.”

According to Ephesians 1:7, how are we forgiven?

According to Hebrews 10:12-14, when was the penalty for your sins paid?

How do you usually feel after you sin?

Look at Hebrews 10:17 and Romans 8:1--do you need to continue to feel guilty about your sin?

Why do you think God gives us this promise, telling us to confess our sins?

What happens if you die and you've entered into a personal relationship with Jesus but haven't confessed a sin?

What do you learn from 1 Peter 3:18?

Christ died for sins, once for all, the righteous for the unrighteous. He was put to death in the body but made alive in the Spirit. . **1 Peter 3:18**

So why confess?

According to Proverbs 28:13, what should accompany confession?

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Proverbs 28:13

TRUST!

Is there ever a ton that can be applied from this promise!!!



God has given us everything we need for life and godliness! Can you see how this promise plays a vital role in this? Even when you blow it, God has you covered! And not just in the heavenly realms, but He's provided a way so you don't have to keep struggling with guilt and condemnation! You also have the opportunity to love Him more as you act on this promise.

What difference can knowing this make in your life? Take some time to jot down your thoughts regarding this!

I have found it helpful to end each day by praying through the acronym
ACTS:

Adoration - I consider how I experienced the Lord throughout the day and praise Him.

Confession - I agree with Jesus about times I "blew it" and ask for His help to repent (which simply means to change direction so I don't keep blowing it).

Thanksgiving - When I've confessed, I can focus on Jesus and thank Him for how He willingly suffered to pay the penalty for my sin. And of course there are always a ton of other things from my day to thank Him for!

Supplication - what a difference it can make to share with Jesus the concerns on my heart. I find I sleep so much better when I cast my anxieties on Him! (1 Peter 5:7)

What do you sense the Lord wants you to do in response to what you've learned from Him while working through this chapter?

PROMISE BASED LIVING

(A true story)

“When I went to college, I followed a guy I dated all through high school to the University of Florida. After my first semester, we got engaged. We had been in a physical relationship, and I would have said at the time that I was a Christian, but I wasn’t walking with the Lord. I didn’t know what it was to have the Lord be the Lord in my life.

In my freshman year, my roommate’s brother was dating a girl, and her name was Debbie Entsminger. She asked us to run and get yogurt and hang out. So when she asked us to Bible study, I wanted to go. I wanted to learn and grow. And I did. Then, she also asked me if I wanted to memorize scripture.

At that time, as I was reading the Word, the Lord started working on my heart. I saw that I wasn't walking with the Lord and was not in his will. Then we memorized 1 John 1:9, “If we confess our sins, He is faithful and just to forgive us our sins and purify us from all unrighteousness.”

The guy I was dating was not a Christian. And God was moving me in a different direction. He wanted me to make Him the Lord of my life. And so I hung on to that promise that I could start over, and I could be pure and righteous in the Lord's eyes, and I was forgiven. So I made that decision. I asked the Lord to forgive me. I turned away from the sin. I broke off the relationship.

Debbie challenged me not to date for a year and instead pursue God. I did, and I was growing. And I hung on to that promise. Because there were others around saying, ‘We you know you. This is who you are. This is what you've done.’ And I’d respond, ‘No, I get to start over. The Lord said so.’

Down the road, I met a Christian guy I was so excited about. There came a day when I had to tell him about my past, which was really hard. I didn't know how he would handle it.

To my dismay, he did have a hard time. He walked away for a little while. He had to process all that. Then the lies started coming in, ‘I’m dirty.’ ‘I am not good enough for him.’ ‘I'm bad, and he deserves somebody better than me.’

Then I remembered that verse, ‘If we confess our sins, He is faithful and just to forgive us our sins and purify us from all unrighteousness,’ and I thought, *Wait a second. He has the problem, not me. He doesn't understand forgiveness. He doesn't understand what the Lord did in my life.* And that gave me so much peace! That verse reminded me of the truth, so I didn't get down on myself with all the lies that Satan was trying to feed me at that moment.

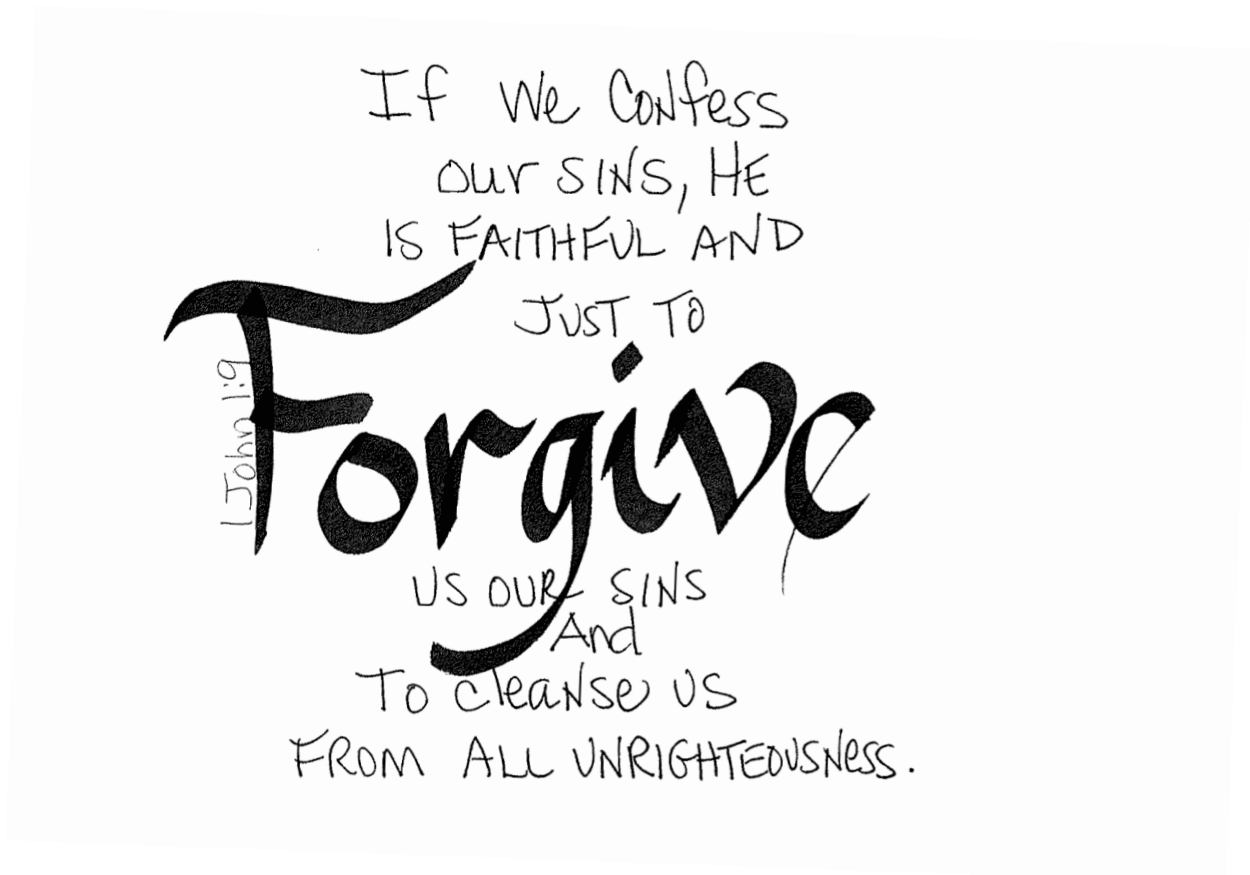
So I told that guy, ‘You have the issue if you don't see that I am forgiven and purified.’ Then he did see it. He did understand it, and we have been married for thirty-three years!

It is so important to know scripture, to have it memorized so when you need it, you have it! Then the Holy Spirit can pull it up in the middle of the night when you wake up, and you're just filled with lies, or in the middle of a workday, or you're driving your car... Whenever lies pop in, you need to be able to call on Scripture to fight off Satan.

So as you're discipling others and wanting to grow, even for the sake of your own children one day, memorize scripture, have it in your mind, have it in your heart, know these promises from the Lord, so you can fight off those lies and know the truth.”

CREATIVE REVIEW

The Oxford Dictionary defines abstract art as “art that does not attempt to represent external reality, but seeks to achieve its effect using shapes, forms, colors, and textures.” What color (or colors) come to mind when you think about this verse? This week, using crayons or colored pencils color, why not try abstract art as you seek to reflect this? Feel free to color the page one color or to mix colors, as there may be more than one color that comes to mind. Have fun creating with Jesus as you ponder this promise.



5

God's Promise of Wisdom

God's Promise of Wisdom
James 1:5

If any of you lacks wisdom he should ask of God who gives generously to all without finding fault and it will be given to him.

James 1:5

Has this promise ever brought joy into my life!

Twenty years ago, I started praying this verse at the start of my one-on-one meetings. This took my discipling to a whole different level! I don't know what's going on in someone's heart. I don't know all that's been going on in their life, let alone how God is at work in them. But God does. Does it ever make sense to take Him up on this promise!

The results blew me away! Sometimes, the words He gave me to share made me want to take notes! I knew they did not come from me. And as I experienced the Lord doing this, it led to such joy! Now, every time I meet with someone, we first pray and ask the Lord to give us wisdom.

I don't only claim this promise for discipleship but in all of life. At fifty-nine, after walking with Jesus for forty-one of those years, I am even more aware of how much I lack wisdom: about what to say yes or no to, how to handle different situations (especially conflicts) that come up, how to apply God's Word in my daily life! Over and over, as I cry out to the Lord for wisdom, I am blown away at how He doesn't just give a little but exceedingly abundantly more than I could have asked for. What a generous giver He is!



TACKLE!

1. Memorize this verse!

Pray! Ask the Lord to help you memorize this verse for life because it has incredible potential to change your life!

Take it step by step, one phrase at a time - you never outgrow the need to do this!

And don't miss the topic! It will help you recall this verse when you need wisdom - when you wonder, "What was that verse on wisdom?!" it's so much more likely to pop up!

Be diligent to quote the reference twice, at the beginning and end of quoting the verse. This will be such a help later on, so when someone asks you where to find the verse, you aren't on the spot, stammering, "Well, somewhere in the Bible it says...!"

In Psalm 119, God's word is described as being as precious as silver and as costly as gold. You want to take excellent care in how you store it!

And here's what your scripture memory review grid can look like for this week:

day	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	Jam es 1:5	1Ja mes 1:5	Jam es 1:5	Jam es 1:5	John 1:12- 13	John 16: 24	1 Corint hians 10:13	1 ohn 1:9
M																			
T																			
W																			
Th																			
F																			
Sa																			
Su																			

This may initially seem like a lot to review daily, but consider what Psalm 1 says: "Blessed is the one . . . whose delight is in the law of the Lord and on his law he meditates day and night! That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

So the true goal isn't to recite your verse word perfectly seventy to one hundred times; that's how you start. Ultimately, the goal is to always have God's Word with you so you can meditate on it day and night and live it out!

2. Seek to understand the verse:

“If any of you lacks wisdom,”

Now, this is an interesting “if.” It's not “if you do this, then I'll. . . .” So what does this “if” reveal?

How many people do you think lack wisdom? Is that true for you? If so, when are you most aware of it?

Why do you think the promise begins this way?

“you should ask God,”

What is your role in experiencing this promise?

“who gives generously to all”

What do you learn about God from this promise?

Do you think of God as a generous giver? Why or why not?

What difference can knowing this about God make in your life?

“without finding fault,”

What does this mean?

What picture does this give you of God’s response when you come to Him because you lack wisdom?

“and it will be given to you.”

So what is God promising?

Does it say, “It will be given to him *sometimes*?”

What difference can knowing this make in your life?



TRUST!

Can you think of situations where you lack wisdom and can take God up on His offer?

How do you think God wants you to apply this promise this week?

Sometimes I struggle to think of an application after I've spent time reading God's Word or doing Bible study. But I've realized a great application can be to ask God for the wisdom to know how and when to apply what I've just learned from Him?!

Sharing with a friend what you plan to do and asking her to pray for you, asking the Lord to bless your efforts, can make a huge difference in your life! Who could you share your application with? Write her name below and later on write what happens as a result.

PROMISE BASED LIVING

(A true story!)

"I am so tired of hard things happening! I keep giving it all I've got to overcome, and things may go fine for a bit, but then bam! Another hard thing hits. And another! And another! Why keep trying? Why not just get in my car and drive off the highway?"

I find few things in ministry as difficult and scary as sitting with a woman who has lost hope. The stakes are so high. And I often have no idea what to say. This is when I am extra thankful for Jesus' promise in James 1:5, "If any of you lacks wisdom he should ask of God who gives generously to all without finding fault and it will be done for him." This has to be my most utilized promise!

In truth, my discipling of women went to a different level when I started taking the Lord up on this promise before meeting with anyone. Over and over, I have experienced Him being faithful to provide the wisdom I need when I ask. There are times I find myself taking notes on what He gives!

So, as I sat across from this precious sister in Christ who comes from a horrendous background but who prayed with me two years ago to enter into a relationship with Jesus, you better believe I was crying out to the Lord for wisdom.

Suddenly, the thought came to mind, "Share with her about pregnancy." Okay...? I wasn't sure where this was going, but I dove in, "Lisa, without God, when hard things happen, it can feel like a bunch of horrible random events, totally out of your control. But think of pregnancy."

She looked up, surprised,

"Once labor starts, you have no control over the frequency, intensity, or duration of contractions. That first one hits, and it is off the charts painful, so you start trying to do your Lamaze breathing and endure until it ends, then you rest for a few moments, so thankful to have made it, but then the next contraction hits."

She rubbed her abdomen, "I remember."

"But these aren't random pains; each one has a purpose. The womb has to contract on the top to open on the bottom so the baby can come out. The whole purpose of Lamaze breathing is to help you relax and not fight the contraction so your body can do what it was designed to do. All that pain is a necessary part of new life coming into the world."

With God, that's true for the hard things that happen to us, too. They may feel like random, pointless problems, but God is at work in the midst of them all, producing things greater than we can ever imagine."

Lisa rubbed the back of her neck. "You think?"

"Do you know Romans 8:28?"

When Lisa shook her head, I pulled out the Message Bible. It's not the Bible I normally use, but I brought it with me because after Lisa became a Christian, I gave her a copy of this version since she'd been unfamiliar with the Bible before. I turned to Romans 8:26-28 and read, "Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition..."

I gasped, "I didn't know that was in there!"

"You didn't?" she asked.

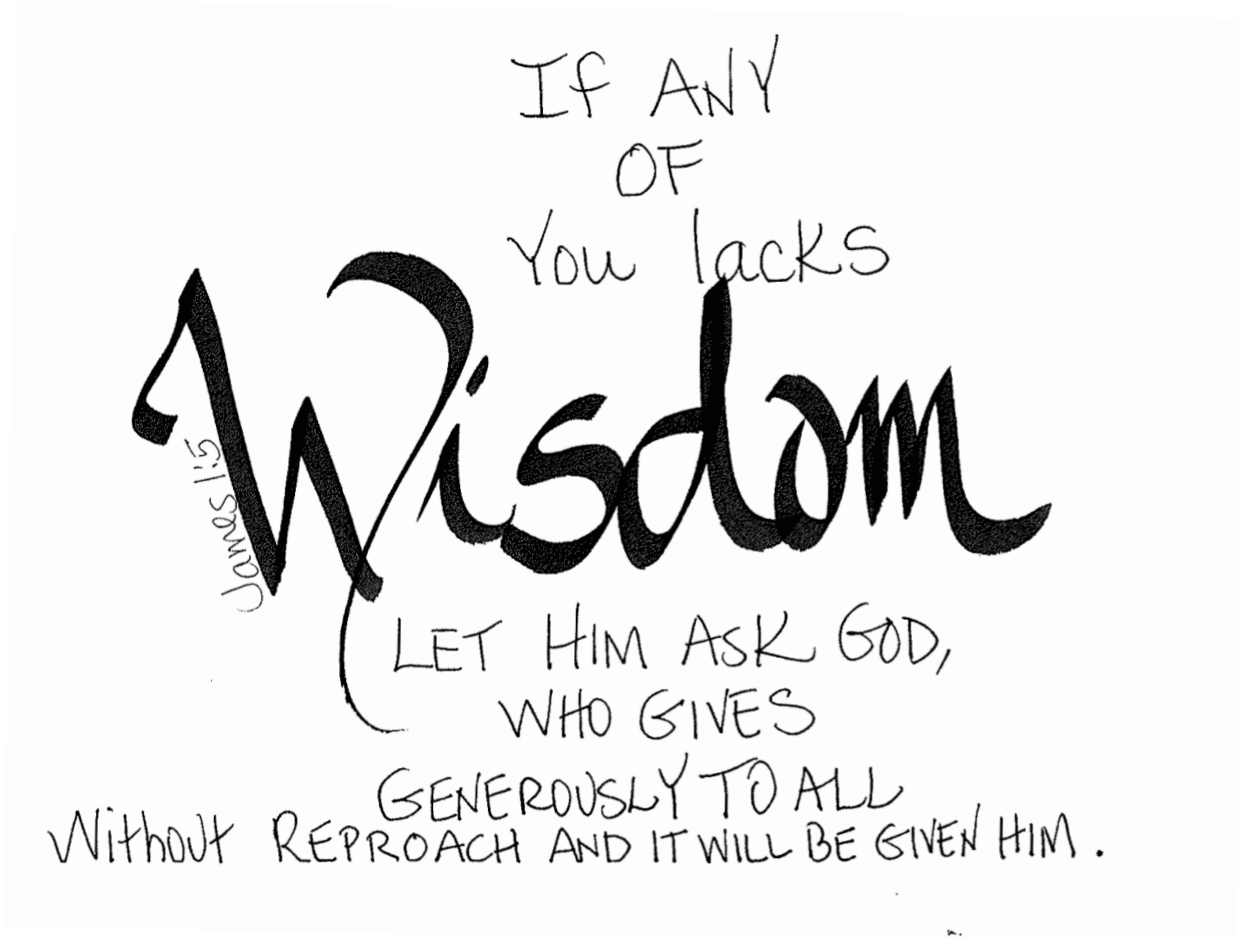
"No! Oh, friend, I asked Jesus to give wisdom to help me know what to share with you! He must really want you to hear this! Listen to how the verse continues, 'He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good.'"

I only wish you could've seen her smile as we parted. What an amazing God we serve!

CREATIVE REVIEW

I love this verse! Especially when I'm creatively seeking to go deeper with Jesus. I often don't know what will help His truth go from my head to my heart, so I ask the Lord to give me wisdom to know what to do. Without fail, I end up amazed as, time after time, the Lord gives ideas I never would've come up with on my own. He is such a generous God! We can ask for wisdom regarding anything!

Have fun this week by asking Him how He wants you to ponder this promise creatively. He may bring to mind one of the techniques introduced previously or something new! And remember, the goal isn't to create something museum-worthy but to enjoy a sweet time with Jesus reviewing His Word while considering it more deeply, especially how it relates to your life. Have fun!



NOT THE END!

There are thousands of promises in God's Word just waiting to be discovered! Here are a few more to get you started.

- **Strength:** I can do anything through Him who gives me strength (Phil 4:13).
- **Provision:** "My God will meet all your needs according to the riches of his glory in Christ Jesus" (Philippians 4:19 NIV).
- **Guidance:** He gently leads those who have young (Isaiah 40:11).
- **Presence:** He will never leave you or forsake you (Hebrews 13:5).
- **Comfort:** "The Lord is near to the brokenhearted and saves the crushed in spirit" (Psalm 34:18).
- **Hope:** "For those who love God all things work together for good, for those who are called according to his purpose" (Romans 8:28).
- **Security:** "I give them eternal life, and they will never perish, and no one will snatch them out of my hand" (John 10:28).
- **Rest:** "He is before all things, and in Him all things hold together" (Colossians 1:17).
- **Peace:** He will keep you in perfect peace if you stay focused on Him, because you trust Him (Isaiah 26:3).
- **Insight:** "Call to me and I will answer you, and will tell you great and hidden things that you have not known" (Jeremiah 33:3).
- **Completion:** "He who began a good work in you will carry it on to completion until the day of Christ Jesus" (Philippians 1:6).
- **Rescue:** "Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you." (Isaiah 46:4).
- **Help:** So do not fear, for I am with you; do not be dismayed for I am your God. I will strengthen you and help you: I will uphold you with my righteous right hand. (Isaiah 41:10)
- **Future:** "For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you. Plans to give you a hope and a future." (Jer. 29:11)
- **Acceptance:** Though my father and mother forsake me, the LORD will receive me. (Psalm 27:10)
- **Generous:** For the LORD God is a sun and shield, the LORD bestows favor and honor; no good thing does He withhold from those whose walk is blameless. (Psalm 84:11)

- **Trouble:** I have told you these things so that in me you may have peace. In this world you will have trouble, but take heart, I have overcome the world. (John 16:33)
- **Rescue:** “Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you” (Isaiah 46:4 NIV).
- **Help:** “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10 NIV).
- **Future:** God has plans to make you prosperous, not to harm you. His plans give you hope and a bright future (Jeremiah 29:11).
- **Acceptance:** Though your father and mother forsake you, the LORD will take you in (Psalm 27:10).
- **Generous:** “For the LORD God is a sun and shield, the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly” (Psalm 84:11).
- **Trouble:** “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33).

CONTINUING TO GROW IN TRUSTING GOD

What we've done these past five weeks can easily be replicated with any of these promises in a way that will continue to build trust in God.

1. MEMORIZE THE PROMISE
2. SEEK TO UNDERSTAND THIS PROMISE
Read the promise in context
What has (and hasn't!) God promised in this verse?
What is God's part? What is your part?
3. ASK JESUS FOR WISDOM ON HOW TO PRACTICALLY APPLY THIS PROMISE
in a way that helps you experience the faithfulness of God
4. DO WHAT JESUS LAYS ON YOUR HEART TO DO TO LIVE OUT THIS PROMISE
5. SHARE WITH OTHERS YOUR STORIES!

*I will sing of the steadfast love of the Lord, forever;
with my mouth I will make known your faithfulness to all generations.*

Psalms 89:1

