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# God's Powerful Promises

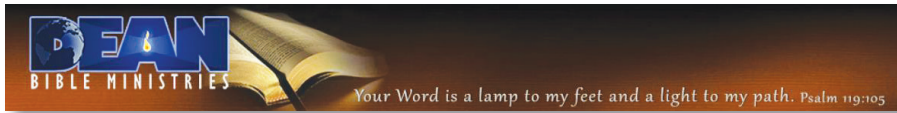
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### Got questions about life?

In a world where everything seems to be getting worse by the day, are you looking for truth and stability to grab on to? Are you tired of hearing what a Christian should be doing without being given the “nuts and bolts” of how? Or, do you wonder if God even exists and, if so, how to find answers to questions about Him?

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# God’s Powerful Promises

Dr. Robert L. Dean, Jr.

## Your Favorite Promises/Scriptures

*“The grass withers, the flower fades, but the word of our God stands forever.”*

Isaiah 40:8

*“For with You is the fountain of life; in Your light we see light.”*

Psalm 36:9

*“The entrance of Your words gives light; it gives understanding to the simple.”*

Psalm 119:130

*“Sanctify them by Your truth. Your word is truth.”*

John 17:17

*“The entirety of Your word is truth, and every one of Your righteous judgments endures forever.”*

Psalm 119:160

## Grief and Loss

*“But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.”*

1 Thessalonians 4:13–14

*“Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption. Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed—in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed.”*

1 Corinthians 15:50–52

*“Precious in the sight of the LORD is the death of His saints.”*

Psalm 116:15

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*“And now, Lord, what do I wait for? My hope is in You.”*

Psalm 39:7

*“Show me Your ways, O LORD; Teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation; on You I wait all the day.”*

Psalm 25:4–5

*“For we walk by faith, not by sight.”*

2 Corinthians 5:7

## **The Word of God**

*“Your word I have hidden in my heart, that I might not sin against You.”*

Psalm 119:11

*“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.”*

Hebrews 4:12

*“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”*

2 Timothy 3:16–17

*“But as it is written: ‘Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.’ ”*

1 Corinthians 2:9

*“I am a stranger in the earth; Do not hide Your commandments from me.”*

Psalm 119:19

*“Your word is a lamp to my feet and a light to my path.”*

Psalm 119:105

*“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”*

Proverbs 3:5–6

*“I will love You, O LORD, my strength. The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.”*

Psalm 18:1–2

*“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, Though the mountains shake with its swelling.”*

Psalm 46:1–3

*“My soul melts from heaviness; strengthen me according to Your word.”*

Psalm 119:28

## Waiting on the Lord

*“But those who wait on the LORD Shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”*

Isaiah 40:31

*“Wait on the LORD; Be of good courage, and He shall strengthen your heart; Wait, I say, on the LORD!”*

Psalm 27:14

*“I wait for the LORD, my soul waits, and in His word I do hope.”*

Psalm 130:5

*“Let integrity and uprightness preserve me, for I wait for You.”*

Psalm 25:21

*“For in You, O LORD, I hope; You will hear, O Lord my God.”*

Psalm 38:15

God has made hundreds of wonderful promises to you! That is right, to you. The Bible is not just a book of ancient history or events that involve other people; it is also God’s own Word to each one of us. In those pages God made thousands of promises, many are just for you. These are promises you can rely on in every situation and every circumstance of life. God is always faithful; He will never falter or fail to deliver on His promises.

## What is a Promise?

A promise is a solemn pledge, an assurance, or a guarantee that someone will do exactly what he says he will do. The quality of this assurance is only as solid as the character of the one who promises and his ability to bring about the results. Humans are incapable of making unbreakable promises because they frequently have flawed characters, insufficient resources, inadequate information, or the inability to control circumstances to fulfill their guarantees. Only God can make an unshakable, unbreakable, unconditional, unchangeable promise. God knows everything and thus knows all the circumstances surrounding His promise and your life. He will not make a promise He cannot keep. He is all-powerful, so He has the ability to accomplish what He promises. In addition, He is perfect righteousness; therefore, He can never, ever go back on His Word once it is given.

*“For the word of the LORD is right, And all His work is done in truth. He loves righteousness and justice; The earth is full of the goodness of the LORD.”*

Psalm 33:4–5

How do we know God will keep His Word? We know because God is truth and He never lies (Numbers 23:19). He promised Noah that He would protect him in the flood, and He did. He told Abraham his descendants would be enslaved in Egypt for 400 years, but that He would free them to bring them back to the land God promised Abraham. God did exactly what He promised. He promised Joshua victory over superior armies, and Joshua won. He promised to protect David and make him king. Though Saul did all he could to murder David, David was never harmed. Above all, God promised Israel a Messiah, a Savior, who would save the world from sin. And God fulfilled that promise as well. God fulfilled all of these promises and many more.

Some of the hundreds, if not thousands, of promises in the Bible are for specific individuals in specific situations: promises to Noah or Abraham or Moses. Others are for specific groups of people and were fulfilled in times past. Many promises are timeless guarantees embodying eternal principles that can be relied upon constantly by all of God's people down through the centuries. These are the promises contained in this booklet.

### The Promise of All Promises

We cannot hold God to a promise if we are not the one to whom He has made the promise. The pledges God makes to man are, with one exception, promises He makes to those who are in His family. The exception relates to those promises God makes about how to become a member of His family. Joining God's family is not a matter of physical birth, racial heritage, moral excellence, spiritual sensitivity, denominational association, or anything else we accomplish. God does not adopt us on the basis of our talent, position, social standing, accomplishments, intelligence, or birth. From the wealthy to the poor, from the mighty and powerful to the weak and simple, all enter into God's family the same way. The clearest promise of this is found in the fourth gospel of the New Testament, the Gospel of John.

*"But as many as received Him [Jesus Christ], to them He gave the right to become children of God, to those who believe in His name:"*  
John 1:12

When the Apostle John penned his Gospel, he began with a brief introduction telling his readers that Jesus of Nazareth was in fact eternal deity who "became flesh and dwelt among us" (John 1:14).

*"He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God."*  
John 3:18

Those who receive Him are those who believe Jesus is who He claimed to be—the Son of God who provided eternal salvation by dying for our sins.

*"The LORD is near to all who call upon Him, to all who call upon Him in truth."*

Psalm 145:18

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

John 16:24

*"And whatever things you ask in prayer, believing, you will receive."*  
Matthew 21:22

*"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened."*

Matthew 7:7–8

*"Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."*

1 John 5:14–15

### Strength

*"He gives power to the weak, and to those who have no might He increases strength."*

Isaiah 40:29

*"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*

John 16:33

*"For with God nothing will be impossible."*

Luke 1:37

*"The LORD is good, a stronghold in the day of trouble; and He knows those who trust in Him."*

Nahum 1:7



*“But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. All we like sheep have gone astray; we have turned, every one, to his own way; and the LORD has laid on Him the iniquity of us all.”*

Isaiah 53:5–6

*“For the Lord will not cast off forever. Though He causes grief, yet He will show compassion according to the multitude of His mercies. For He does not afflict willingly, nor grieve the children of men.”*

Lamentations 3:31–33

*“Keeping mercy for thousands, forgiving iniquity and transgression and sin,”*

Exodus 34:7a

*“In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.”*

Ephesians 1:7

## Power of Prayer

*“If I regard iniquity in my heart, The Lord will not hear.”*

Psalms 66:18

*“It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear.”*

Isaiah 65:24

*“This poor man cried out, and the LORD heard him, and saved him out of all his troubles. The eyes of the LORD are on the righteous, and His ears are open to their cry. The righteous cry out, and the LORD hears, and delivers them out of all their troubles.”*

Psalms 34:6, 15, 17

*“Pray without ceasing.”*

1 Thessalonians 5:17

*“Call to Me, and I will answer you, and show you great and mighty things, which you do not know.”*

Jeremiah 33:3

The reason the eternal, perfect, second Person of the Trinity became a man was because the human race was spiritually helpless and hopeless. Every one of us is born separated from God because of sin. The Bible calls this spiritual death. We are born physically alive, but spiritually dead (Ephesians 2:1).

Sin is often misunderstood today. It is not restricted to some horrible, unimaginable act; neither is it to be identified as simply some socially unacceptable behavior or belief. Though these may be sins, sin is much more insidious and subtle. The words for sin in the original languages of the Bible mean to “miss the mark.” Sin is any word, thought, or deed that “misses the mark” of the perfect character of God. Sin occurs when man disobeys his Creator and seeks to live independently of Him. We must all acknowledge that we have sinned, but beyond that we must recognize that we were born into this state of sin. We were all born sinners.

*“For all have sinned and fall short of the glory of God,”*

Romans 3:23

Since we were all born spiritually dead, this status must be changed. We cannot do anything to save ourselves because of our spiritual death. Only God can do this. This change from spiritual death to spiritual life is called regeneration or being “born again.”

*“Not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,”*

Titus 3:5

Jesus Himself explains what is meant by being born again in a conversation with a man called Nicodemus. Nicodemus was a well-known Pharisee and teacher of the Bible at the time of Jesus. He heard about the miracles Jesus performed and what Jesus taught and knew these miracles were signs prophesied in the Old Testament about the Messiah, God’s promised Savior for all mankind. Nicodemus went to see Jesus to find out the truth for himself.

Like many people who are not exactly sure where to begin when asking questions about spiritual things, Nicodemus began by simply telling Jesus

that he recognized from His miracles that Jesus was from God. To this Jesus gave a reply that went to the heart of the matter.

*“Jesus answered and said to him, ‘Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.’”*

John 3:3

Jesus explained to Nicodemus that a person was born again by believing in Jesus, trusting that Jesus could save him from his sins. Using the Old Testament Messianic title “Son of Man” to refer to Himself, Jesus said, “even so must the Son of Man be lifted up [crucified], that whoever believes in Him should not perish but have eternal life,” (John 3:14–15). This is God’s wonderful promise of salvation. He would provide a solution for the sinful human race, available to all, but not based on human ability, privilege, power, position, or religious ritual, but on simply accepting a free gift. We accept that gift by believing that Jesus Christ died on the cross for our sins. As a result of trusting in Christ, God gives us new life, eternal life, and makes us spiritually alive. If you have never trusted Christ as your Savior, perhaps this is the time for you to do so. Here are just a few of the promises God has made to you about giving you salvation.

*“For the Son of Man has come to seek and to save that which was lost.”*

Luke 19:10

*“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”*

John 3:16

*“Believe on the Lord Jesus Christ, and you will be saved,”*

Acts 16:31

*“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.”*

Romans 5:8

*“Come to Me, all you who labor and are heavy laden, and I will give you rest.”*

Matthew 11:28

*“The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?”*

Psalm 27:1

*“For in the time of trouble He shall hide me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock.”*

Psalm 27:5

*“I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.”*

Psalm 4:8

*“Whenever I am afraid, I will trust in You. In God, I will praise His word, in God I have put my trust; I will not fear. What can flesh do to me?”*

Psalm 56:3–4

*“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, Though the mountains shake with its swelling.”*

Psalm 46:1–3

## Forgiveness

*“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

*“I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins.”*

Isaiah 43:25

*“As far as the east is from the west, so far has He removed our transgressions from us.”*

Psalm 103:12

*“Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool.”*

Isaiah 1:18

## Trust in God

*“Delight yourself also in the LORD, and He shall give you the desires of your heart. Commit your way to the LORD, trust also in Him, and He shall bring it to pass.”*

Psalm 37:4–5

*“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”*

Proverbs 3:5–6

*“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, for in Yahweh, the LORD, is everlasting strength.”*

Isaiah 26:3–4

## Fear

*“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.”*

Isaiah 41:10

*“And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”*

Deuteronomy 31:8

*“Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today.”*

Exodus 14:13a

*“Do not let your heart faint, do not be afraid, and do not tremble or be terrified because of them; for the LORD your God is He who goes with you, to fight for you against your enemies, to save you.”*

Deuteronomy 20:3b-4

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”*

2 Timothy 1:7

*“Jesus said to her, ‘I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?’ ”*

John 11:25–26

*“Jesus said to him, ‘I am the way, the truth, and the life. No one comes to the Father except through Me’.”*

John 14:6

*“But these [the signs in the ‘Gospel of John’] are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.”*

John 20:31

*“He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.”*

John 3:18

*“He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him.”*

John 3:36

*“Nor is there salvation in any other, for there is no other name [Jesus] under heaven given among men by which we must be saved.”*

Acts 4:12

*“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.”*

Ephesians 2:8–9

*“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,”*

Romans 5:1

*“And this is the testimony: that God has given us eternal life, and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life.”*

1 John 5:11–12

*“Being justified freely by His grace through the redemption that is in Christ Jesus, whom God set forth as a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed,”*

Romans 3:24–25

### What Happens After Salvation?

After salvation each of us is like a newborn. And just like a baby must begin to grow, so must we. Spiritual growth is very similar to physical growth. We must take in healthy nourishment to develop spiritually. We must learn to walk. Just as infants stumble and fall as they learn to stand up and walk, so Christians will also stumble and fall spiritually, which means we will still sin. We have new life in Christ, but we still have our same sin nature and will continue to commit many of the same sins we have committed. However, we must remember that Jesus Christ already paid the penalty for those sins on the cross. This means we cannot lose our salvation. We can be assured that since we did nothing to be saved, we can do nothing to lose that salvation. Many promises in the Bible assure us that we are eternally secure in our salvation because Christ paid for all of our sins on the cross.

### Assurance of Salvation

*“Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy,”*

Jude 1:24

*“And I give eternal life to them, and they shall never perish; and no one shall snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father’s hand.”*

John 10:28–29

*“Hence, also, He is able to save forever those who draw near to God through Him, since He always lives to make intercession for them.”*

Hebrews 7:25

*“To obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you, who are protected by*

### God’s Faithfulness

*“I have been young, and now am old; yet I have not seen the righteous forsaken, nor his descendants begging bread.”*

Psalms 37:25

*“Through the LORD’s mercies we are not consumed, because His compassions fail not. They are new every morning; Great is Your faithfulness.”*

Lamentations 3:22–23

*“When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.”*

Isaiah 43:2

*“And my God shall supply all your need according to His riches in glory by Christ Jesus.”*

Philippians 4:19

*“Forever, O LORD, Your word is settled in heaven. Your faithfulness endures to all generations; You established the earth, and it abides. They continue this day according to Your ordinances, for all are Your servants.”*

Psalms 119:89–91

*“The LORD is my shepherd; I shall not want.”*

Psalms 23:1

*“For the LORD loves justice, and does not forsake His saints; they are preserved forever,”*

Psalms 37:28

*“Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, ‘I will never leave you nor forsake you.’”*

Hebrews 13:5

*beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”*

1 Corinthians 10:13

*“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,”*

Ephesians 3:20

*“Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy.”*

1 Peter 4:12–13

*“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.”*

2 Corinthians 1:3–4

*“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”*

Matthew 11:28–30

*“He heals the brokenhearted and binds up their wounds.”*

Psalm 147:3

*“In the multitude of my anxieties within me, Your comforts delight my soul.”*

Psalm 94:19

*“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”*

Revelation 21:4

*the power of God through faith for a salvation ready to be revealed in the last time.”*

1 Peter 1:4–5

*“For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day.”*

2 Timothy 1:12

*“For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”*

Romans 8:38–39

*“The LORD redeems the soul of His servants, and none of those who trust in Him shall be condemned.”*

Psalm 34:22

Though we are secure in our salvation; nevertheless, when we sin, our fellowship or ongoing rapport with God is broken. Just as disobedience by a child affects the relationship with the parent, so our sin hinders our relationship with God. However, since those sins are completely paid for by Christ on the Cross, forgiveness or recovery is based on His finished work on the cross. God simply says that we are to admit our wrongdoing to Him, and we are instantly forgiven. This promise is one of the most important promises for the Christian way of life.

*“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

“Confess” means to admit or to acknowledge that we have committed a sin. God’s grace is so bountiful that He not only forgives the sins we admit or acknowledge, but also the ones we do not remember or do not even know are sins.

When we are in fellowship with God the Father; God the Holy Spirit is the active Agent of our spiritual growth working together with the Word of God.

*“As newborn babes, desire the pure milk of the word, that you may grow thereby,”*

1 Peter 2:2

*“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever.”*

2 Peter 3:18

As you study the Bible, you will become more and more familiar with the glorious promises which God has given to us. As we learn these promises, they, too, are used by God the Holy Spirit to produce growth in us.

*“His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.”*

2 Peter 1:3–4

### Claiming God’s Promises

To claim a promise means that we are holding God to a promise He has made to us in His Word. We trust Him to keep His Word. In effect we are saying, “God, you promised me this. Now I am telling you I believe your promise and am confident you will fulfill it.”

God is faithful and will always fulfill His promises whether we claim them or not. But when we claim them in times of adversity, then we remind ourselves of God’s promises, His eternal principles, and His promised care, strength, and guidance. This process begins by focusing our faith on a specific promise of God.

Faith always focuses on an object. Trusting God is not faith in faith, but faith in specific revealed statements in the Word of God. In times of difficulty and heartache, we stabilize our thoughts and emotions by focusing on God’s unchanging Word and His immutable character. The first step is to make sure that we have these promises and principles stored in our soul, so we can apply them when we need them.

The second step is to think through the promise. This is what the Bible means by meditation: to concentrate on God’s Word and what the verses

### God’s Character

*“He is the Rock, His work is perfect; for all His ways are justice, a God of truth and without injustice; righteous and upright is He.”*

Deuteronomy 32:4

*“If God is for us, who can be against us?”*

Romans 8:31b

*“Jesus Christ is the same yesterday, today, and forever.”*

Hebrews 13:8

*“In everything give thanks; for this is the will of God in Christ Jesus for you.”*

1 Thessalonians 5:18

*“God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?”*

Numbers 23:19

### God’s Comfort

*“When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.”*

Isaiah 43:2

*“Therefore the LORD will wait, that He may be gracious to you; and therefore He will be exalted, that He may have mercy on you. For the LORD is a God of justice; blessed are all those who wait for Him.”*

Isaiah 30:18

*“You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance.”*

Psalms 32:7

*“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted*

## Anxiety and Worry

*“Casting all your care upon Him, for He cares for you.”*

1 Peter 5:7

*“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.”*

Isaiah 41:10

*“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”*

John 14:27

*“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*

Philippians 4:6–7

*“And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”*

Deuteronomy 31:8

*“Cast your burden on the LORD, and He shall sustain you; He shall never permit the righteous to be moved.”*

Psalms 55:22

*“And we know that all things work together for good to those who love God, to those who are called according to His purpose.”*

Romans 8:28

*“We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.”*

2 Corinthians 4:8–9

mean. To do this, we should read through the promise in its scriptural context. We should think about what the promise states, examine the reasoning and the basis of the promise. Often a promise is grounded on an aspect of the character of God—His love, His omnipotence, His righteousness, His justice, or His omniscience. For example, many promises encompass a rationale that God has known about our problems through all eternity. In His omnipotence, He is greater than any trauma or obstacle we face in life. In His grace, He has freely provided for us: therefore, “If God is for us, who can be against us?” (Romans 8:31b).

One particular promise familiar to many is 1 Peter 5:7 “Casting all your care upon Him for He cares for you.” If we look at the context, we can think through the promise. Beginning in 1 Peter 5:5, Peter writes, “Likewise you younger submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for ‘God resists the proud, but gives grace to the humble.’ ”

Peter commands the young to be oriented to authority. This is the essence of humility: to be properly oriented to the authority God has set over you in the home, in the workplace, in the church, “because God resists the proud, but gives grace to the humble.” Then verses six and seven state, “Therefore, humble yourselves under the mighty hand of God that He may exalt you in due time, by casting all your care upon Him, for He cares for you.” The promise informs us how to humble ourselves. “By casting all our cares upon Him,” we let Him care for us. The rationale underlying the promise develops the thought of God’s steadfast love and care for the believer. Therefore, we should put our worries and concerns on Him; let God handle the situation in His time and then relax about it.

This promise is frequently used in times of stress, anxiety, worry, and concern. However, the passage goes on to say in 1 Peter 5:8, “be sober, be vigilant, because your adversary, the devil, walks about like a roaring lion, seeking whom he may devour.” And what was the devil’s primary sin? Arrogance.

He wanted to replace God and to be worshipped as God. The subject of 1 Peter 5 is the importance of being under the authority of God, of not being arrogant. To avoid arrogant self-reliance, we are told to cast our cares on Him because He cares for us.

By understanding the details of the promise, we can develop the underlying rationale for the promise, the doctrinal basis for the promise, which

is God's love for each of us as His children, members of His royal family. Because God cares and is infinitely more capable of handling our problems, we conclude that we need to stop worrying about the details of life. Put it in the Lord's hands and leave it there.

In the following pages are a number of God's promises, categorized according to topic, which you can use and apply to the appropriate situation.

You can make maximum use of these promises if you commit them to memory.

## The Importance of Knowing Promises

*"His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust."*

2 Peter 1:3-4

## God's Protection in Adversity

*"God is our refuge and strength, a very present help in trouble."*

Psalm 46:1

*"The LORD also will be a refuge for the oppressed, a refuge in times of trouble."*

Psalm 9:9

*"Though I walk in the midst of trouble, You will revive me; You will stretch out Your hand against the wrath of my enemies, and Your right hand will save me."*

Psalm 138:7

*"O LORD, my strength and my fortress, My refuge in the day of affliction,"*

Jeremiah 16:19

*"'For I,' says the LORD, 'will be a wall of fire all around her, and I will be the glory in her midst.'"*

Zechariah 2:5

*"The eternal God is your refuge, and underneath are the everlasting arms:"*

Deuteronomy 33:27

*"The LORD is good, a stronghold in the day of trouble; and He knows those who trust in Him."*

Nahum 1:7

*"Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need."*

Philippians 4:11-12

*"He shall deliver you in six troubles, Yes, in seven no evil shall touch you."*

Job 5:19

*"That your faith should not be in the wisdom of men but in the power of God."*

1 Corinthians 2:5

*"And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."*

2 Corinthians 12:9-10

*"And my God shall supply all your need according to His riches in glory by Christ Jesus."*

Philippians 4:19

*"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing."*

James 1:2-4