

God's Promises

In His Word, God gave us promises that we can rely on when we need hope and comfort. These promises reveal to us the deepest nature of God and tell us who God is in relation to His people.

When we have problems or when we are afraid, we often begin to imagine the worst-case scenario. We forget that our loving Father holds us in His hands. When fear and doubt about God's faithfulness seem overwhelming, here's a way to refocus:

1. Choose to trust that God is bigger, smarter and more loving than you can imagine. God loves us, and He always keeps His promises. Read and reread God's promises to you. Fill your mind with them.

*Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways acknowledge him,
and he will make your paths straight.* —Proverbs 3:5, 6

2. Resist the temptation to worship the problem—it's a common form of idolatry! It's easy to get so focused on a problem so that we talk about it endlessly instead of praying about it and focusing on God's ability to handle it.

Cast all your anxiety on him because he cares for you. —1 Peter 5:7

3. Regain your joy and peace: Focus on God—on who He is and what He has done for you—and worship Him. Keep His ability, not the problem's overwhelming nature, in the forefront of your mind.

*I lift up my eyes to the hills—
where does my help come from?
My help comes from the LORD,
the Maker of heaven and earth.
He will not let your foot slip—
he who watches over you will not slumber.*
—Psalm 121:1-3

4. Pray, thank God, and let Him take care of it!

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. —Philippians 4:6, 7



Loneliness

The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.

—ZEPHANIAH 3:17

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

—PSALM 34:18

Jesus said, "And surely I am with you always, to the very end of the age."

—MATTHEW 28:20

Yet I am always with you; you hold me by my right hand.

—PSALM 73:23

For the LORD will not reject his people; he will never forsake his inheritance.

Judgment will again be founded on righteousness, and all the upright in heart will follow it.

—PSALM 94:14, 15

Fear

The LORD is with me; I will not be afraid. What can man do to me? The LORD is with me; he is my helper. I will look in triumph on my enemies.

—PSALM 118:6, 7

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

—PSALM 23:4

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

—DEUTERONOMY 31:8

Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

—JOHN 14:27

Worry

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

—PHILIPPIANS 4:6, 7

Cast all your anxiety on him because he cares for you.

—1 PETER 5:7

So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

—MATTHEW 6:31-34

Contentment

Wait for the LORD; be strong and take heart and wait for the LORD.

—PSALM 27:14

God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them. We want each of you to show this same diligence to the very end, in order to make your hope sure. We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

—HEBREWS 6:10-12

Naked I came from my mother's womb, and naked I will depart.

The LORD gave and the LORD has taken away; may the name of the LORD be praised.

—JOB 1:21

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.

—PHILIPPIANS 4:12, 13

Security

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

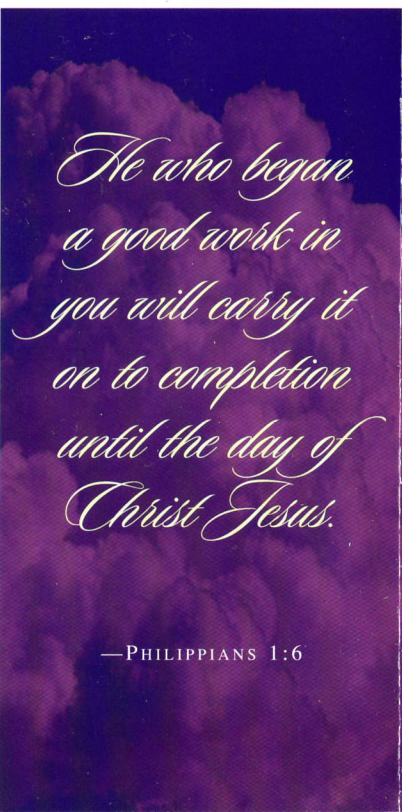
—PSALM 139:13-16

But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

—ISAIAH 40:31

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

—2 TIMOTHY 1:7



—PHILIPPIANS 1:6

Strength and Courage

The LORD is my light and my salvation—whom shall I fear?

The LORD is the stronghold of my life—of whom shall I be afraid?

—PSALM 27:1

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.

—DEUTERONOMY 31:6

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

Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

—JOSHUA 1:7, 8

Comfort

He heals the brokenhearted and binds up their wounds.

—PSALM 147:3

For the Lamb at the center of the throne will be their shepherd; he will lead them to springs of living water. And God will wipe away every tear from their eyes.

—REVELATION 7:17

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

—PSALM 23:4

Jesus said, "Blessed are those who mourn, for they will be comforted."

—MATTHEW 5:4

Peace and Joy

Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

—JOHN 14:27

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest."

—MATTHEW 11:28

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls.

—1 PETER 1:8, 9

Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

—JOHN 16:24

Now may the Lord of peace himself give you peace at all times and in every way.

—2 THESSALONIANS 3:16

Assurance of Salvation

And this is the testimony: 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. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

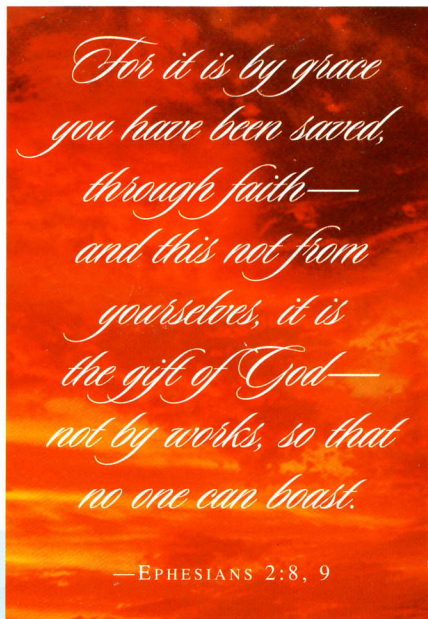
—1 JOHN 5:11-13

If you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.

—ROMANS 10:9

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

—JOHN 3:16, 17



Hope

“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 hope and a future.”

—JEREMIAH 29:11

Find rest, O my soul, in God alone; my hope comes from him.

He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.

—PSALM 62:5-8

I lift up my eyes to the hills—where does my help come from?

My help comes from the LORD, the Maker of heaven and earth.

He will not let your foot slip—he who watches over you will not slumber.

—PSALM 121:1-3

Why are you downcast, O my soul? Why so disturbed within me?

Put your hope in God, for I will yet praise him, my Savior and my God.

—PSALM 42:11

Confusion

Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God.

—1 JOHN 4:1, 2

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

The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

—PSALM 111:10

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

—ROMANS 12:2

Guidance

But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

—JOHN 16:13

I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.

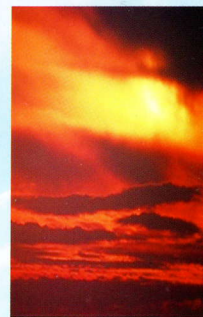
—ISAIAH 42:16

If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, “Surely the darkness will hide me and the light become night around me,” even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

—PSALM 139:9-12

In his heart a man plans his course, but the LORD determines his steps.

—PROVERBS 16:9



BIBLE PROMISES FOR HOPE AND COURAGE

From the psalms and prophets of the Old Testament to the Gospels and letters of the New Testament, the Bible contains promises from God that can comfort us in times of pain, give us strength in times of weakness, and give us hope in times of despair.

God's love is revealed in every page of Scripture. Every promise made is a window into the heart of the Ever-Present, Sovereign, Almighty God.

I lift up my eyes to the hills—where does my help come from?

My help comes from the LORD, the Maker of heaven and earth.

He will not let your foot slip—he who watches over you will not slumber.

—PSALM 121:1-3

But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

—ISAIAH 40:31

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

—PHILIPPIANS 4:6, 7

*Jesus said,
"Come to me,
all you who are
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—MATTHEW 11:28

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God's Goodness and Mercy

But I pray to you, O LORD, in the time of your favor; in your great love, O God, answer me with your sure salvation. Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters.

Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me. Answer me, O LORD, out of the goodness of your love; in your great mercy turn to me. Do not hide your face from your servant; answer me quickly, for I am in trouble.

—PSALM 69:13-17

Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy.

—MICAH 7:18

Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. His divine power has given us everything we need for life and godliness 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 you may participate in the divine nature and escape the corruption in the world caused by evil desires.

—2 PETER 1:2-4

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

—ROMANS 8:28

God's Provision

The LORD is my shepherd, I shall not be in want.

—PSALM 23:1

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

—JOHN 6:35

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

—ROMANS 8:32

*Therefore I
tell you, whatever
you ask for in
prayer, believe
that you have
received it, and it
will be yours.*

—MARK 11:24

God's Forgiveness

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

—1 JOHN 1:9

When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross.

—COLOSSIANS 2:13, 14

Praise the LORD, O my soul, and forget not all his benefits—
who forgives all your sins and heals all your diseases,
who redeems your life from the pit and crowns you with love and compassion.

—PSALM 103:2-4

The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him;

As far as the east is from the west, so far has he removed our transgressions from us.

—PSALM 103:8-12

Temptation

So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

—1 CORINTHIANS 10:12, 13

Because he himself suffered when he was tempted, he is able to help those who are being tempted.

—HEBREWS 2:18

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

—EPHESIANS 6:10-12

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.

—JAMES 1:12

God's Presence

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

—ISAIAH 43:2

The LORD is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them.

—PSALM 145:18, 19

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

—2 CORINTHIANS 4:8, 9

Anger

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

—EPHESIANS 4:26, 27

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

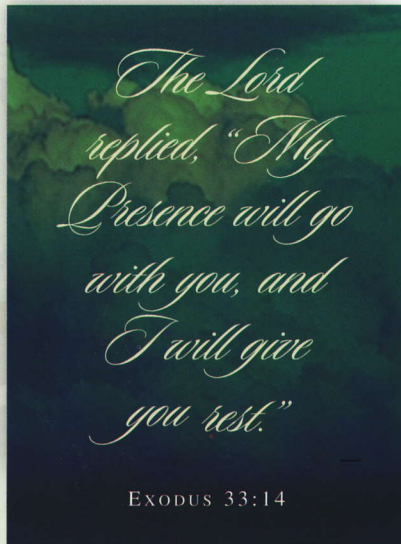
—JAMES 1:19, 20

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.

—ROMANS 12:17-19

A man of knowledge uses words with restraint, and a man of understanding is even-tempered. Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue.

—PROVERBS 17:27, 28



Understanding

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

—JAMES 1:5

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

—PROVERBS 3:5, 6

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD.

“As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

—ISAIAH 55:8, 9

“This is what the LORD says, he who made the earth, the LORD who formed it and established it—the LORD is his name: ‘Call to me and I will answer you and tell you great and unsearchable things you do not know.’”

—JEREMIAH 33:2, 3

Sharing Your Faith

How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, “Your God reigns!”

—ISAIAH 52:7

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

—MATTHEW 28:18-20

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.”

—MATTHEW 5:13-16

Jesus said, “I tell you, whoever acknowledges me before men, the Son of Man will also acknowledge him before the angels of God.”

—LUKE 12:8