

# LIFE CHANGING PROMISES

## A Bible study focused on God's amazing promises.

"Because of His glory and goodness, God 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 (human) desires." II Peter 1: 3 - 4

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### Study Suggestions for this series

**PREPARATION** -As you begin each lesson, you will find that it is enormously helpful to calm your mind and spirit and get in touch with The One who invites you to come into His presence. He takes delight in having His children humbly bow before Him and express their honest desire to get to know Him better. There are suggestions at the beginning of each lesson to help you focus on Jesus and His unfailing love for you.

**INFORMATION** - Read the suggested Scripture passage. Take your time. This is not an academic assignment or a textbook. This is God's Holy Word – His love letter to you. If possible read it in 2 or 3 different translations. You may want to underline the promise and make note of some of the words, phrases or ideas that catch your attention.

**MEDITATION** - The heart of the lesson is found in this section. There will be several questions for you to consider. These questions have no right or wrong answers. They are meant to help you to understand the passage and to discover the truths that the Holy Spirit wants to teach to you. Feel free to focus on the questions that seem most interesting to you. Take time to reflect on the phrases and verses that catch your attention.

**APPLICATION** - Finally, you will want to listen quietly for the still, small voice of the Lord. His promises are meant for you to acknowledge, to believe, and to integrate into your thinking and your actions through prayer. Some of them will meet a felt need that you have at the present time, while others will be more meaningful in the future. Perhaps God will use you to encourage someone else through these promises, too. A promise is God's gift to you, so your part is to gratefully receive it.

# LIFE CHANGING PROMISES

## EVERYTHING WE NEED

### Lesson 1

*“His divine power has given us everything we need for life and godliness . . .” - II Peter 1: 3*

Words of encouragement and warnings! There is a sense of urgency that comes through in Peter’s second letter to those who shared his faith in Jesus Christ. No doubt it was written shortly before his execution. His language was both strong and direct as he explained to them that it is in coming to really KNOW the Lord Jesus Christ that they would be both protected from error and enabled to experience His resurrection power in their lives. While in much of this letter Peter used very direct commands, such as “make every effort . . .” and “be on guard . . .”, it was in the opening verses and in the closing sentence that he made it very clear to them (and to us) that our strength and our life come, always and only, through knowing God and trusting the promises that He has given to us in His Word.

**Preparation** - *What are the desires of your heart at this time in your journey? Take some time to reflect on the goodness and greatness of the One who longs to uphold you in your weakness and reassure you of His unconditional love today.*

#### **Information – Read II Peter 1: 1 – 4**

Read these 4 verses, the introduction to this letter, in several translations.

Take time to write out these verses by hand and to read them out loud.

If possible, post verses 3 and 4 where you can see them every day and be reminded of these truths.

#### **Meditation**

1. To whom is Peter writing this letter and what do you notice about his opening greeting to them – verses 1 – 2?
2. When you think about God’s “divine power”, what comes to your mind? In what ways has God demonstrated His power so that mankind, so that you personally, can begin to grasp His “omnipotence”? Begin a list and add to it as you get new ideas. Are there Bible stories that illustrate God’s limitless power throughout history?
3. As you reflect on verse 3, what are the 2 attributes that Peter used to explain why God initiated a relationship with us? You will notice some variations in different translations that will help you think about who God is. What are other synonyms for these descriptive words? When you think of the God whom you know, what are the adjectives that you would use to describe Him?  
Psalm 33  
Psalm 145  
Acts 17: 24 - 28  
Romans 11: 33 – 36  
I John 4: 7 – 10
4. Because of God’s “glory and goodness”, He not only called us to Himself but He gave us “great and precious promises”. According to these verses, what are the 2 purposes for the promises that God has given to us?
5. As you consider what Peter is trying to convey to these believers in these opening statements, how would you summarize these verses? How important is it to get to KNOW (experientially not just theoretically) God and to trust that His promises are really true for you in the circumstances of your life?

**Application** – Peter’s final prayer and desire for these believers is that they would “grow in the grace and knowledge of our Lord and Savior Jesus Christ”. Could it be that in discovering and relying on His promises to you this prayer would be answered? Could it be that this is all He is asking of you and He will accomplish the rest?

# LIFE CHANGING PROMISES

## The Promise of PEACE

### Lesson 2

*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*

**Preparation** - *What are the desires of your heart as you come to Jesus today? He is The One who knows you by name and has invited you to be His child, His beloved, His precious possession. You can come to Him just as you are. He knows what is troubling you and wants to offer His peace to you. Ask Him to open your heart and mind to His desires for you.*

### **Information - Read John 14 a few times.**

The context and setting - Where is Jesus? To whom is He talking? What are the emotions and events at this time?  
You may want to go back to the previous chapter in order to understand what things have just happened.

The content – How does this one verse fit in with the rest of Jesus’ speech? What is He saying to them? What does He want them to understand and to believe? What might keep them from really hearing Him?

### **Meditation**

1. What did Jesus want them (and us) to understand about His departure and the coming of the Holy Spirit?
2. What reassurance does Jesus give them about the real source of what He is telling them?
3. As you review chapter 14, what are some of the instructions that Jesus gave to His disciples? How do these challenges fit together with His promises?
4. As you focus on verse 27, Jesus makes a contrast between the kind of peace He gives and the kind that the is given through the world we live in. What do you think He is saying?
5. Feeling “troubled and/or afraid” are emotions that all of us experience, aren’t they? Is it possible to really choose another way to think and to live? How?

### **Application –**

“Peace I leave with you; My (own) peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your heart be troubled, neither let it be afraid – stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled. (John 14: 27 - Amplified Bible)  
What would change TODAY if you believed this promise?

How could God’s peace be a reality for you in the future?

Additional verses: Psalm 29: 11, Psalm 119: 165, Isaiah 26: 3-4,  
John 16: 33, Romans 15: 13, Galatians 5: 22, Philippians 4: 6 – 7, II Thessalonians 3: 16

# LIFE CHANGING PROMISES

## *The Promise of GUIDANCE*

### Lesson 3

*Trust in the LORD with all your heart and lean not on your own understanding;  
in all your ways acknowledge Him and He will direct your paths.” Proverbs 3: 5 - 6*

**Preparation** - *What would be the desires of your heart as you come to Jesus today? He is The One who knows not only your past and the present, but He knows all about the future. You can honestly share with Him the things that are on your mind and heart today and then simply offer to put your small hand into His so that He can lead you one step at a time.*

**Information - Read Proverbs 3: 1 – 10.** Read these verses in various translations and write out verses 5 – 6.

The context and setting – In the first 9 chapters of the book of Proverbs, Solomon described and explained the concept of wisdom. These concepts form the basis and motivation for the short insights found in the rest of the book. They give us helpful and insightful guidelines for how to live life. What do you notice about the context of these verses?

The content – Many of the promises of God are given to those who are willing to believe God. What do you notice about this idea in this passage and especially in verses 5 – 6?

### **Meditation**

1. What are the 5 actions that one needs to identify as being wise in this passage? (verses 1, 3, 5-6, 7 and 9)  
Re-write them in your own words.
2. What will the results be for following this advice? (verses 2, 4, 6, 8, 9) How motivating are these ideas?  
How do they relate to man’s deep need for security, prosperity, identity, and purpose?
3. “With all your heart” is a common phrase in Scripture. We are to seek, love, fear, serve, obey, and know the Lord, to be glad and rejoice, and to work, “with all our heart”. What do you think that this implies or means?  
Does Proverbs 4: 2 – 7 help you understand it?
4. Read Psalm 32: 8 – 10. The promise in verse 8 is similar to Proverbs 3: 5 – 6. How does the warning in the next verses help you think about this promise and your response?

### **Application –**

“Lean on, trust and be confident in the Lord with all your heart and mind, and do not rely on your own insight or understanding. In all your ways know, recognize and acknowledge Him, and He will direct and make straight and plain your paths. Be not wise in your own eyes; reverently fear and worship the Lord and turn away from evil.

Amplified Bible – Proverbs 3: 5 - 7

How would trusting God for His guidance make a difference for you TODAY?

What might change if you trusted Him for TOMORROW, too?

Additional verses: Joshua 1: 8 – 9, Psalm 25: 4 – 9, Psalm 37: 3 – 6 & 23 - 24, Proverbs 16: 3 & 9, Isaiah 30: 21, Isaiah 42: 16  
John 8: 12, John 10: 3 – 4, Acts 8: 29, Ephesians 2: 8 – 10 and 5: 8 – 10, Colossians 2: 6 - 7

# LIFE CHANGING PROMISES

## *The Promise of STRENGTH*

### Lesson 4

*I can do everything through Him who gives me strength. Philippians 4: 13*

**Preparation** - *What would be the desires of your heart as you come to Jesus today? He already knows just how you are feeling today and He understands. He is waiting with open arms to hold you close and to reassure you of His Almighty power and yet His tender compassion. Are you willing to surrender? To let go of your need to feel "in control"?*

**Information - Read Philippians 4: 10 – 20.** Read these verses in various translations and then write out verse 13.

The context and setting – As Paul concludes this letter of encouragement to the people in Philippi, what do you notice about his own situation? Do you remember what happened to Paul when he first visited them? (Acts 16: 11 – 40) How would these experiences help them to grasp as a reality what Paul is writing to them?

The content – What do you think that Paul wants the Philippians to grasp as they hear this part of his letter to them? You might want to read more of this letter to help you put into perspective Paul's heart and intent.

### **Meditation**

1. Why did Paul use his own circumstances to illustrate this promise?
2. Paul seemed to link the idea of his God-given strength with his gratefulness and his contentment. Do you think that there could be a correlation between these attitudes and his experience?
3. Paul was eager for these Philippians to experience the deep joy of their faith in Christ. How would his prayer for them in chapter 1 help them to understand how they could experience God's strength personally?
4. How would Paul's description in verse 19 of what he knows to be true of God help them to find the strength that they need to accept their own circumstances with joy and contentment and purpose?
5. Read II Corinthians 12: 9 – 10. How do these verses help you to understand the truth of this promise?

### **Application –**

"I have strength for all things in Christ Who empowers me - I am ready for anything and equal to anything through Him Who infuses inner strength into me, [that is, I am self-sufficient in Christ's sufficiency]. Philippians 4: 13 – Amplified Bible

Our culture says, "YOU can do it. Believe in yourself." Jesus says, "I can do it through you. Trust in ME."  
Where are you going to find your strength TODAY? TOMORROW? Talk over your struggles and desires with Jesus.

Additional verses: Psalm 29: 11, Psalm 46: 1, I Chronicles 16: 11, II Chronicles 16: 9, Isaiah 40: 28 – 31, Habakkuk 3: 19  
I Corinthians 1: 24 – 25, Ephesians 1: 19 – 23, II Timothy 1: 7, I John 4: 4

# LIFE CHANGING PROMISES

## The Promise of GOD'S FAITHFULNESS

Lesson 5

*The faithful love of the LORD never ends! His mercies never cease.  
Great is His faithfulness; His mercies begin afresh each morning.*

*Lamentations 3: 22 - 23*

**Preparation** - *What would be the desires of your heart as you come to the Lord today? Are there disappointments or unexpected circumstances that are making you feel insecure or anxious? Are there problems that you cannot seem to solve? Bring them to The One Who is "the same yesterday, today, and forever". Let Him show you His unending mercy and grace.*

**Information - Read Lamentations 3: 1 – 42.** Read these verses in various translations. You may want to read the whole book of Lamentations in order to begin to grasp the enormity of Jeremiah's grief both for the fallen city of Jerusalem and for the enormous price that the Israelites are now paying for their disobedience and disregard for God. It is in the very center of his weeping and his grief, that he is able to express both his lament and the one place where hope can be found.  
The context and setting – How would you describe it?

The content – What did Jeremiah believe about the LORD? How did this give him a glimmer of hope - Lam. 3: 21?

### **Meditation**

1. Jeremiah did what often makes Christians extremely uncomfortable. He put into poetic form, into words, the anguish and utter despair that he was feeling emotionally. He did not hide or deny it or put on a "happy face". What are some of his descriptive phrases that caught your attention? Why?
2. What do you think made Jeremiah able to turn his lament to the possibility of hope – 3: 21? What did he believe about the LORD that had the power to give him courage and strength?
3. In Lamentations 3: 24, Jeremiah said, "the Lord is his inheritance" or "portion." How did this give him hope?
4. In Lam. 3: 25 – 27, there are 4 action words that describe what we need to do in response to God's love, mercy, and faithfulness. Try to put these verses into your own words and to explain what they mean to you.
5. Charles Swindoll summarizes the dominant message of Lamentations in the following way: "Sin always has its consequences." How tragic for the people of Israel to have to learn this over and over again. How amazing that in spite of their repeated rebellion and choices, God is willing to forgive and to extend his mercy. What is your story?

### **Application – "How enduring is God's loyal love; the Eternal has inexhaustible compassion.**

**Here they are, every morning, new! Your faithfulness, God, is as broad as the day."** Lam. 3:22-23 – The Voice

Today – Is there anything that is keeping you from trusting the details of your life and dreams to God? Confess it!

Tomorrow – Why not start reminding yourself of this promise every new day? What would change?

Additional verses: Deuteronomy 7: 7 – 9, I Kings 8: 56, Psalm 89: 19 – 37, Psalm 119: 89 – 90, Psalm 145: 13

I Corinthians 1: 9 & 10: 13, II Corinthians 1: 19 – 20, II Thessalonians 3: 3, II Timothy 2: 10 – 13, Hebrews 10: 23



# LIFE CHANGING PROMISES

## The Promise of "A FUTURE and A HOPE"

Lesson 7

*“. . .For I know the plans I have for you,” says the Lord.  
They are plans for good and not for disaster, to give you a future and a hope.”*

*Jeremiah 19: 11*

**Preparation** - As you think about tomorrow and your future, what would be the desires of your heart as you come to Jesus today? He is The One who knows your hopes and dreams and He also understands your fears and concerns. Let Him reassure you that He is the unchanging, ever faithful One who can see beyond tomorrow and knows what is best for you today.

**Information - Read Jeremiah 29: 1 - 23** Read these verses in various translations and then write out verses 11 - 13.  
The context and setting – What is it?

The content – How will Jeremiah’s letter be an encouragement to the exiled Israelites?

### **Meditation**

1. The Hebrew word, *Sabaoth*, is sometimes translated *hosts* and means *armies*. What do you picture in your mind when you read the name “the Lord of hosts” or “the Lord of Heaven’s Armies”?
2. Because of their sinful choices and rebellious ways, the Lord allowed His people to be relocated (exiled) in a foreign country for 70 years. What temptations did Jeremiah point out to them?
3. What instructions did Jeremiah give them about the importance of prayer?
4. There are serious warnings for those who “refuse to listen to the Lord”. What are they? Why do you think Jeremiah keeps repeating these ideas?
5. In what ways did Jeremiah’s reminders of God’s faithfulness in the past help the Israelites believe that He would continue to keep His promises to them in the future – Jeremiah 30: 1 – 3, 18 – 22?

**Application** – “For I know the plans I have for you,” says the Eternal, “plans for peace, not evil, to give you a future and hope –never forget that.” (Jeremiah 29: 11 – The Voice)

What is the source of your hope today? Hope that will surpass your unpredictable circumstances and relationships. There is a wonderful prayer in Romans 15: 13. Change the pronoun “you” to either “me” or “I”, so that the Holy Spirit can give you more than enough of the kind of hope that comes from knowing Jesus Christ personally – today and until you see Him face to face.

Additional verses:

Psalm 23, Psalm 62: 1 – 2 and 5 – 8, Psalm 103: 1 – 5 and 11 – 19, Isaiah 40: 27 – 31, Isaiah 43: 1 - 2

Romans 8: 28 and 35 – 39, II Corinthians 1: 21 – 22, II Cor. 4: 16 - 18, Hebrews 10: 19 – 23, Hebrews 12: 1 - 3



# LIFE CHANGING PROMISES

## *The Promise of GOD'S TENDER CARE*

Lesson 8

*Give all your worries and cares to God, for He cares about you.* 1 Peter 5: 7 NLT

**Preparation** - *To whom do you turn when you need some comfort or consolation? When you want someone to listen and to understand? The hymn writer reminds us that "No one cares for me like Jesus. There's no other friend so kind as He." Why not start your study time by sharing your feelings and your concerns, your questions and your fears with Him?*

**Information - Read I Peter 5: 1 - 14** Read these verses in various translations. Read these verses out loud.

The context and setting – Why did Peter write this letter? To whom is it addressed? What is the central theme?

The content – As you read these final verses in this letter, what does Peter want the people to remember?

### **Meditation**

1. As you glance at the first 4 chapters in this letter, what themes seem to be on Peter's mind?
2. What are some of Peter's instructions about relationships within the church – verses 1 – 6?  
How does verse 7 fit in with these instructions?
3. How would verses 8 and 9 be an encouragement to these believers who were suffering because of their faith?
4. Peter had already written some other words of comfort and consolation in this letter. What did he say?  
I Peter 1: 3 – 5  
I Peter 1: 8  
I Peter 2: 9 – 10  
I Peter 3: 12 (Psalm 34: 15)  
I Peter 4: 11
5. How do you "cast all your care upon Jesus" or "give all your worries to Jesus"? What does that mean?

**Application** – **"Cast the whole of your care – all your anxieties, all your worries, all your concerns, once and for all – on Him; for He cares for you affectionately, and cares about you watchfully.** I Peter 5: 7 – Amplified Bible

Today is a good time to begin learning more about this promise, isn't it? Where will you begin to do your part so that He can show you how much He cares for you? Just go to Him in prayer each time you start to wonder.

Tomorrow it will be easier! Your burden will be lighter and your trust in His promises will increase as you recall how He has always been faithful to you.

Additional verses: Deuteronomy 33: 26 – 27a, Psalm 91:14 – 16, Psalm 121, Psalm 145: 8 – 20, Proverbs 2: 8, Zephaniah 3: 17  
Matthew 10: 28 – 31, John 14: 9 – 12, Romans 8: 22 – 27, II Corinthians 1: 3 – 7, II Thessalonians 2: 16, I John 3: 1

# LIFE CHANGING PROMISES

## The Promise of ETERNAL LIFE

Lesson 9

*For God loved the world so much that He gave His one and only Son,  
so that everyone who believes in Him will not perish but have eternal life. John 3: 16*

**Preparation** - As you come to meet with Jesus today, take some time to reflect on His amazing love for you. How does knowing that you are His child and heir make you feel? In the quietness of these moments let Him put His arms around you and assure you of His goodness and His grace – which will last for all eternity.

**Information - Read John 3: 1 - 21** Read these verses in various translations.

The context and setting – Who is talking to Jesus in these verses? What are his questions?

The content – Try to summarize what Jesus is teaching in your own words.

### **Meditation**

1. Read John 2: 13 – 25 so that you will begin to understand why Nicodemus came to see Jesus privately. What would this have been like for both of them?
2. How does Jesus use what Nicodemus already knows to explain the concept of “born again”? Numbers 21: 4 - 9
3. Nicodemus came to Jesus because he was seeking answers and in coming to Jesus, he found what he was seeking. Read John 7: 50 – 51 and John 19: 39 – 42. How was he different from most of the Pharisees?
4. The Jews knew that they were God’s chosen people, so when Jesus said, “God so loved the world . . .” what did He mean?  
Genesis 22: 15 – 18, Galatians 3: 5 – 9, Revelation 7: 9 - 10
5. When do you believe that the gift of “eternal life” begins? Is it a promise for the future? Is it a quality of life for the present? Is it both?  
John 10: 10  
John 16: 24  
John 17: 1 – 3, 22 - 26  
I Timothy 6: 11 - 16

### **Application –**

“For God so greatly loved and dearly prized the world that He [even] gave up His only-begotten (unique) Son, so that whoever believes in (trusts, clings to, relies on) Him may not perish – come to destruction, be lost – but have eternal (everlasting) life.  
John 3: 16 – The Amplified Bible

No more sickness or death. No more tears or good-byes. No more darkness or destruction.  
No more weeds or thistles. No more loneliness or inadequacies. No more temptation or failure.  
No more wondering and worrying about the future. SAFE in the presence of Jesus – forever.  
How does this change your outlook today? Your concerns about the future?

Additional verses: Psalm 17: 14 – 15, Psalm 21: 1 – 7, Psalm 23: 6, Isaiah 59: 21,  
John 11: 25 – 26, John 14: 1 – 2, Romans 6: 23, Philippians 3: 17 – 21, I Thessalonians 4: 13 – 18,  
Titus 3: 4 – 8, Hebrews 9: 13 – 15, I John 3: 1 – 3, I John 5: 13, Revelation 22: 1 – 6

# LIFE CHANGING PROMISES

## The Promise of ANSWERED PRAYER

Lesson 10

*The LORD is close to all who call on Him. Yes, to all who call on Him in truth.  
He grants the desires of those who fear Him; He hears their cries for help and rescues them.*

*Psalm 145: 18 - 19*

**Preparation** - *When Jesus was on earth, He often invited His followers to "ask and to keep on asking". He also assured them that their Heavenly Father would hear and would respond. Have you found this to be true in your own life? Do you have any doubts? Why not begin your study by asking God to teach you something that will enrich your prayer life and your relationship to Him? It would please Him to answer your prayer!*

**Information - Read Psalm 145.** Read these verses in various translations

The context and setting – What kind of a Psalm is this? Who was the author? What do you remember about him?

The content – Imagine this Psalm set to music so that the Israelites could praise God together. Try it . . .

### **Meditation**

1. Make a list of all of the ways that David describes his God and King.
2. How had David experienced God's power and seen His mighty deeds? (His story starts in I Samuel 16.)
3. David knew how to pray when it felt like danger and death could be imminent and then he knew how to express to the Lord his thanksgiving and praise in song – II Samuel 7: 18 – 29 and II Samuel 22. What can you learn about prayer from his example?
4. Why do you think David says, "The LORD is close to all who call on him, yes, to all who call on him **in truth**"?
5. How would you explain this phrase? "The LORD grants the desires of those who fear Him. He hears their cries for help and rescues them". Do you think that Jesus expressed a similar idea in Matthew 21: 21 – 22 and John 15: 7? What do you think Jesus meant when He said these things?

### **Application –**

"Come boldly to the throne of our gracious God where you will receive His mercy and will find grace to help when you need it most." Hebrews 4: 14 – 16.

Today – Take some time to read Hebrews 4: 14 – 16 several times so that you can absorb its truth.  
Listen to that still small voice of the LORD. What would He like you to understand and to do?

Tomorrow – Are you willing to keep on trusting, to keep on waiting, to keep on believing His promises?

Additional verses: I Chronicles 7: 12 – 15, Psalm 32: 5 – 9, Psalm 55: 16 – 18 and 22, Jeremiah 33: 2 – 3  
Matthew 6: 5 – 13, Matthew 7: 7 – 11, John 16: 24, James 5: 16, II Thessalonians 1: 11- 12, I John 3: 21 – 22,  
I John 5: 14 – 15,