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God's Promises

*"Plans fail for lack of counsel, but with many advisers they succeed." [Proverbs 15:22 \(NIV\)](#)*

The bible is so rich with so many promises from God that we can count on and rely on as we walk through life. I encourage you to read some of them shared below, and reflect/meditate on specific ones as it relates your personal circumstances and emotions as outlined below. Continue to re-read them, meditate on them and even memorize them. Ask the Holy Spirit of God to help you own them in the depths of your heart friend! I also encourage you to read the full context of each scripture within the full passage it is found in the bible so you can better grasp the power of each promise.

### Feel Guilty

- **2 Samuel 14:14** – <sup>14</sup> Like water spilled on the ground, which cannot be recovered, so we must die. But that is not what God desires; rather, he devises ways so that a banished person does not remain banished from him.
- **Psalms 130:3-4** – <sup>3</sup> If you, LORD, kept a record of sins, Lord, who could stand? <sup>4</sup> But with you there is forgiveness, so that we can, with reverence, serve you.
- **Romans 8:1-2** - <sup>1</sup> Therefore, there is now no condemnation for those who are in Christ Jesus, <sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you <sup>[a]</sup> free from the law of sin and death.
- **1 Corinthians 6:11** – <sup>11</sup> And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.
- **Ephesians 3:12** – <sup>12</sup> In him and through faith in him we may approach God with freedom and confidence.
- **Hebrews 10:22-23** - <sup>22</sup> let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. <sup>23</sup> Let us hold unwaveringly to the hope we profess, for he who promised is faithful.

### Feel Dejected

- **Psalms 130:7** – <sup>7</sup> Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption.
- **Isaiah 65:24** – <sup>24</sup> Before they call I will answer; while they are still speaking I will hear.
- **Matthew 11:28-30** – <sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."
- **Romans 8:26-27** – <sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. <sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.
- **Hebrews 4:16** – <sup>16</sup> Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
- **James 4:8** - <sup>8</sup> Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

- **James 4:10** – <sup>10</sup> Humble yourselves before the Lord, and he will lift you up.
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### **Feel Despair**

- **Psalm 119:116** – <sup>116</sup> Sustain me, my God, according to your promise, and I will live; do not let my hopes be dashed.
  - **Isaiah 57:15** – <sup>15</sup> For this is what the high and exalted One says— he who lives forever, whose name is holy: “I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.
  - **Jeremiah 32:17** – <sup>17</sup> “Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.
  - **Hebrews 10:35** – <sup>35</sup> So do not throw away your confidence; it will be richly rewarded.
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### **Are Disappointed**

- **Psalm 22:4-5** – <sup>4</sup> In you our ancestors put their trust; they trusted and you delivered them. <sup>5</sup> To you they cried out and were saved; in you they trusted and were not put to shame.
  - **Isaiah 49:23** – <sup>23</sup> Kings will be your foster fathers, and their queens your nursing mothers. They will bow down before you with their faces to the ground; they will lick the dust at your feet. Then you will know that I am the LORD; those who hope in me will not be disappointed.”
  - **Matthew 19:25-26** – <sup>25</sup> When the disciples heard this, they were greatly astonished and asked, “Who then can be saved?” <sup>26</sup> Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”
  - **Mark 9:21-24** – <sup>21</sup> Jesus asked the boy’s father, “How long has he been like this?” “From childhood,” he answered. <sup>22</sup> “It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us.” <sup>23</sup> “If you can?” said Jesus. “Everything is possible for one who believes.” <sup>24</sup> Immediately the boy’s father exclaimed, “I do believe; help me overcome my unbelief!”
  - **John 15:7** – <sup>7</sup> If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.
  - **Ephesians 3:20** – <sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,
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### **Are Depressed**

- **Deuteronomy 31:8** – <sup>8</sup> 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.”
  - **Psalm 34:18** – <sup>18</sup> The LORD is close to the brokenhearted and saves those who are crushed in spirit.
  - **Isaiah 49:13-15** – <sup>13</sup> Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the LORD comforts his people and will have compassion on his afflicted ones. <sup>14</sup> But Zion said, “The LORD has forsaken me, the Lord has forgotten me.” <sup>15</sup> “Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!
  - **Romans 5:5** – <sup>5</sup> And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.
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## Are Persecuted

- **Genesis 50:20** – <sup>20</sup> You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.
  - **Psalms 37:1-2** – <sup>1</sup> Do not fret because of those who are evil or be envious of those who do wrong; <sup>2</sup> for like the grass they will soon wither, like green plants they will soon die away.
  - **Matthew 5:10-12** – <sup>10</sup> Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. <sup>11</sup> “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.
  - **2 Corinthians 4:8-12** – <sup>8</sup> We are hard pressed on every side, but not crushed; perplexed, but not in despair; <sup>9</sup> persecuted, but not abandoned; struck down, but not destroyed. <sup>10</sup> We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. <sup>11</sup> For we who are alive are always being given over to death for Jesus’ sake, so that his life may also be revealed in our mortal body. <sup>12</sup> So then, death is at work in us, but life is at work in you.
  - **2 Timothy 1:11-12** – <sup>11</sup> And of this gospel I was appointed a herald and an apostle and a teacher. <sup>12</sup> That is why I am suffering as I am. Yet this is no cause for shame, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him until that day.
  - **1 Peter 3:13-14** – <sup>13</sup> Who is going to harm you if you are eager to do good? <sup>14</sup> But even if you should suffer for what is right, you are blessed. “Do not fear their threats<sup>[a]</sup>; do not be frightened.”<sup>[b]</sup>
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## Are Anxious

- **Psalms 55:22** – <sup>22</sup> Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.
  - **Isaiah 41:13** – <sup>13</sup> For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.
  - **Matthew 6:25** – <sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”
  - **Matthew 11:28-29** – <sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
  - **Philippians 4:6-7** – <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
  - **1 Peter 5:7** – <sup>7</sup> Cast all your anxiety on him because he cares for you.
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## Are Filled With Longing

- **Psalms 37:4** – <sup>4</sup> Take delight in the LORD, and he will give you the desires of your heart.
  - **Psalms 84:11** – <sup>11</sup> 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.
  - **Psalms 103:5** – <sup>5</sup> who satisfies your desires with good things so that your youth is renewed like the eagle’s.
  - **Luke 12:29-31** – <sup>29</sup> And do not set your heart on what you will eat or drink; do not worry about it. <sup>30</sup> For the pagan world runs after all such things, and your Father knows that you need them. <sup>31</sup> But seek his kingdom, and these things will be given to you as well.
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## Are Sick

- **Psalm 23:4** – <sup>4</sup> Even though I walk through the darkest valley,<sup>[a]</sup> I will fear no evil, for you are with me; your rod and your staff, they comfort me.
  - **Psalm 73:26** – <sup>26</sup> My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
  - **Isaiah 57:18** – <sup>18</sup> I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel's mourners,
  - **Matthew 8:16-17** – <sup>16</sup> When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. <sup>17</sup> This was to fulfill what was spoken through the prophet Isaiah: "He took up our infirmities and bore our diseases."<sup>[a]</sup>
  - **John 16:33** – <sup>33</sup> "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."
  - **Romans 8:37-39** – <sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons,<sup>[a]</sup> neither the present nor the future, nor any powers,<sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
  - **James 5:14-15** – <sup>14</sup> Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. <sup>15</sup> And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.
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## Are Impatient

- **Psalm 27:13-14** – <sup>13</sup> I remain confident of this: I will see the goodness of the LORD in the land of the living. <sup>14</sup> Wait for the LORD; be strong and take heart and wait for the LORD.
  - **Psalm 37:7** – <sup>7</sup> Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.
  - **Psalm 37:9** – <sup>9</sup> For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.
  - **Romans 2:7** – <sup>7</sup> To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life.
  - **1 Timothy 1:16** – <sup>16</sup> But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.
  - **Hebrews 6:12** – <sup>12</sup> We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.
  - **2 Peter 3:9** – <sup>9</sup> The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.
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## Are Confused

- **Psalm 32:8** – <sup>8</sup> I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.
- **Isaiah 42:16** – <sup>16</sup> 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.
- **Jeremiah 33:3** - <sup>3</sup> 'Call to me and I will answer you and tell you great and unsearchable things you do not know.'

- **John 8:12** – <sup>12</sup> When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”
  - **John 14:27** – <sup>27</sup> 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.
  - **1 Corinthians 2:15-16** – <sup>15</sup> The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments, <sup>16</sup> for, “Who has known the mind of the Lord so as to instruct him?”<sup>[a]</sup> But we have the mind of Christ.
  - **James 1:5** – <sup>5</sup> If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.
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### **Are Tempted**

- **Job 23:10-11** – <sup>10</sup> But he knows the way that I take; when he has tested me, I will come forth as gold. <sup>11</sup> My feet have closely followed his steps; I have kept to his way without turning aside.
  - **1 Corinthians 10:13** – <sup>13</sup> No temptation<sup>[a]</sup> has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted<sup>[b]</sup> beyond what you can bear. But when you are tempted,<sup>[c]</sup> he will also provide a way out so that you can endure it.
  - **Hebrews 2:18** – <sup>18</sup> Because he himself suffered when he was tempted, he is able to help those who are being tempted.
  - **Hebrews 4:15-16** – <sup>15</sup> For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. <sup>16</sup> Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
  - **James 1:2-4** – <sup>2</sup> Consider it pure joy, my brothers and sisters,<sup>[a]</sup> whenever you face trials of many kinds, <sup>3</sup> because you know that the testing of your faith produces perseverance. <sup>4</sup> Let perseverance finish its work so that you may be mature and complete, not lacking anything.
  - **James 1:13-14** – <sup>13</sup> When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; <sup>14</sup> but each person is tempted when they are dragged away by their own evil desire and enticed.
  - **1 Peter 5:8-10** – <sup>8</sup> Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup> Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. <sup>10</sup> And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.
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### **Are Weak**

- **Psalms 72:13** – <sup>13</sup> He will take pity on the weak and the needy and save the needy from death.
- **Isaiah 41:10** – <sup>10</sup> 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.
- **Romans 8:26** – <sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.
- **1 Corinthians 1:7-9** – <sup>7</sup> Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. <sup>8</sup> He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ. <sup>9</sup> God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

- **2 Corinthians 4:7-9** – <sup>7</sup> But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. <sup>8</sup> We are hard pressed on every side, but not crushed; perplexed, but not in despair; <sup>9</sup> persecuted, but not abandoned; struck down, but not destroyed.
  - **2 Corinthians 12:9-10** – <sup>9</sup> But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. <sup>10</sup> That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
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## **Are Afraid**

- **Psalms 4:8** – <sup>8</sup> In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.
  - **Psalms 23:4** – <sup>4</sup> Even though I walk through the darkest valley,<sup>[a]</sup> I will fear no evil, for you are with me; your rod and your staff, they comfort me.
  - **Isaiah 35:4** – <sup>4</sup> say to those with fearful hearts, “Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.”
  - **Romans 8:37-39** – <sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons,<sup>[a]</sup> neither the present nor the future, nor any powers,<sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
  - **2 Corinthians 1:10** – <sup>10</sup> He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us,
  - **2 Timothy 1:7** – <sup>7</sup> For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
  - **Hebrews 13:6** – <sup>6</sup> So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”<sup>[a]</sup> <sup>6</sup> So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”<sup>[a]</sup>
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## **Obey**

- **Exodus 14:23** – <sup>23</sup> The Egyptians pursued them, and all Pharaoh’s horses and chariots and horsemen followed them into the sea.
  - **Matthew 16:27** – <sup>27</sup> For the Son of Man is going to come in his Father’s glory with his angels, and then he will reward each person according to what they have done.
  - **John 8:31-32** – <sup>31</sup> To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. <sup>32</sup> Then you will know the truth, and the truth will set you free.”
  - **John 14:21** – <sup>21</sup> Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”
  - **John 14:23** – <sup>23</sup> Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.
  - **James 1:25** – <sup>25</sup> But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.
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## **Are In Need**

- **Isaiah 58:11** – <sup>11</sup> The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.



- **John 6:35** – <sup>35</sup> Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.
  - **2 Corinthians 9:10-11** – <sup>10</sup> Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. <sup>11</sup> You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.
  - **Ephesians 3:20-21** – <sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.
  - **Philippians 4:19** – <sup>19</sup> And my God will meet all your needs according to the riches of his glory in Christ Jesus.
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## Grieve

- **Psalms 119:50** – <sup>50</sup> My comfort in my suffering is this: Your promise preserves my life.
  - **Psalms 119:76-77** – <sup>76</sup> May your unfailing love be my comfort, according to your promise to your servant. <sup>77</sup> Let your compassion come to me that I may live, for your law is my delight.
  - **Jeremiah 31:13** – <sup>13</sup> Then young women will dance and be glad, young men and old as well. I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow.
  - **Matthew 5:4** – <sup>4</sup> Blessed are those who mourn, for they will be comforted.
  - **John 16:20-22** – <sup>20</sup> Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. <sup>21</sup> A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. <sup>22</sup> So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.
  - **1 Thessalonians 4:13-14** – <sup>13</sup> Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. <sup>14</sup> For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.
  - **Revelation 21:3-4** – <sup>3</sup> And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. <sup>4</sup> ‘He will wipe every tear from their eyes. There will be no more death<sup>[a]</sup> or mourning or crying or pain, for the old order of things has passed away.”
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## Suffer

- **Psalms 34:19** – <sup>19</sup> The righteous person may have many troubles, but the LORD delivers him from them all;
- **Nahum 1:7** – <sup>7</sup> The LORD is good, a refuge in times of trouble. He cares for those who trust in him,
- **John 16:33** – <sup>33</sup> “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.”
- **Romans 8:16-17** – <sup>16</sup> The Spirit himself testifies with our spirit that we are God’s children. <sup>17</sup> Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.
- **1 Peter 2:20-21** – <sup>20</sup> But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. <sup>21</sup> To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.

- **1 Peter 4:12-13** – <sup>12</sup> Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. <sup>13</sup> But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.
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## **Doubt**

- **Psalm 34:22** – <sup>22</sup> The LORD will rescue his servants; no one who takes refuge in him will be condemned.
  - **John 3:18** – <sup>18</sup> Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.
  - **John 11:25-26** – <sup>25</sup> Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; <sup>26</sup> and whoever lives by believing in me will never die. Do you believe this?"
  - **Romans 4:5** – <sup>5</sup> However, to the one who does not work but trusts God who justifies the ungodly, their faith is credited as righteousness.
  - **1 John 4:15-16** - <sup>15</sup> If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. <sup>16</sup> And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.
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