



WK 1

FEAR: I am unlovely & undesirable**PROMISE:** You are altogether beautiful, I delight in you- Song 4:7, Zeph. 3:17

WK 2

FEAR: I am abandoned & alone**PROMISE:** I will never leave you nor forsake you- Deut. 31:6

WK 3

FEAR: I am unimportant & insignificant**PROMISE:** You are invaluable & irreplaceable- Matt. 10:29-31

WK 4

FEAR: I am not in control of the future**PROMISE:** I have good plans for your life- Jer. 29:11

WK 5

FEAR: I am not enough**PROMISE:** My grace is enough for you- 2 Cor. 12:9

WK 6

FEAR: I am going to face death**PROMISE:** I give you eternal life & you will never perish- John 10:28**NOTE:** All scriptures are pulled from the NIV version unless stated otherwise

Promises of God

Overview

Theme Verse: “God’s way is perfect. All the Lord’s promises prove true. He is a shield for all who look to him for protection. For who is God except the Lord? Who but our God is a solid rock?” (Ps. 18:30-31 NLT).

Theme Song: “Build My Life” by Pat Barrett

Theme Devotional: A promise is “a declaration or assurance that one will do a particular thing or that a particular thing will happen” (Oxford Languages). A promise kept builds trust, dependency, and reliability. The Bible tells us “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging” (Ps. 46:1-3). God is our foundation and just as the timeless old hymn “Solid Rock” says, “On Christ the solid rock I stand, all other ground is sinking sand.” When we forget God’s promises to us, we become metaphorically like Peter who began to sink into the water when he took his eyes off of Jesus (Matt. 14:29-31). Often our own fears and insecurities can prevent us from trusting God and living in the peace and protection of his promises. If WE, as children of God, choose to believe and cling to his promises, we will see our perfect Father prove himself to be faithful in his perfect timing. As we keep our eyes on him, he will strengthen our faith, encourage us in our personal and relational struggles, and calm our deepest fears. There are thousands of promises God makes to his people in the Bible. During our time together we will look at some of the main fears we as women face and uncover the promises God offers as a remedy. Our hope is that through this study you will be empowered by the Holy Spirit to take your fears captive and stand confidently on the unchanging promises of God that anchor our identity in Christ.

Week 1

My Fear: I am unlovely and undesirable

Devotional: As women we often find ourselves wrestling and discontent with the image we see in the mirror. We live in a world that idolizes physical beauty which breeds a culture of comparison. The fear of being unlovely or undesirable can include more than our physical appearance. Perhaps it originates from a past of painful abuse or regret. God's word reminds us, "Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised" (Prov. 31:30). What makes a woman admirable is her heart posture towards God. A heart submitted to God shines light in this dark world and reflects the very nature of God. As we rest in Jesus, we become more and more like the lovely and desirable woman described in Proverbs 31, who extends her arms to the hurting and speaks with kindness and wisdom. By God's grace we become the woman whose beauty is all encompassing and whose value lies far deeper than just the surface.

Jesus has clothed us in white and our names have been written in the book of life (Rev. 3:5). Through his death and resurrection Jesus has made us pure and given us a new heart. The beauty that captivates our Creator is not what is seen on the outside, but rather what is on the inside, a reverence for Christ. This internal beauty radiates the love of God which in turn highlights our external beauty. As we grow closer in union with God, we can embrace the fact that we, are his chosen bride and he delights in us as a husband delights in the wife he adores, "You are altogether beautiful, my love; there is no flaw in you" (Song. 4:7 ESV).

God's Promise to me: *You are altogether beautiful and I delight in you- Song of Songs 4:7, Zephaniah 3:17*

Scripture Meditation: Isaiah 62:3-5; 1 Peter 3:3-6

Meditation Thoughts & Insights:

[illegible]

Weekly Challenge: Write this week's promise on a post-it note and stick it on your bathroom mirror. Say it aloud every morning and night this week and let its truth sink in.

Week 2

My Fear: I am abandoned and alone

Devotional: “Turn to me and be gracious to me, for I am lonely and afflicted” (Ps. 25:16). We have all experienced the feeling of being lonely. Even in our hyperconnected world, loneliness permeates society today more than ever. Ever since sin entered into God’s creation, it has and continues to, separate us from him and from one another. People abandon us physically and emotionally (sometimes at our lowest and most vulnerable places) and the wounds can cut deep. At different points throughout our lives we sense that no other person really understands our deepest thoughts and feelings.

However, God knows our hearts and our minds because he created us and he designed us to be relational. We need one another. The apostle Paul paints an elaborate picture of the communal church, "Now you are the body of Christ, and each one of you is a part of it" (1 Cor. 12:27). He elaborates on this concept and reminds his readers that each part of the body is unique and crucial to the health of the whole. We are all susceptible to experiencing isolation and the feeling of abandonment. Yet even in our darkest, loneliest times God's word assures us that we are not alone. Romans 8:38-39 says that "...**nothing** can ever separate us from God's love." Jesus is Emmanuel (God with us) and his last words to his followers were, "I am with you always even to the end of the Earth" (Matt. 28:20). He sent his Holy Spirit to live within us and be our guide. The inevitable times when others fail us, God remains faithful into eternity.

God's Promise to me: *I will never leave you nor forsake you- Deuteronomy 31:6*

Scripture Meditation: Psalm 27:10, Isaiah 43:1-5

Meditation Thoughts & Insights:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Weekly Challenge: Seek a friend out and spend time together. Ask God to reveal someone to you who may be struggling with loneliness.

Week 3

My Fear: I am unimportant and insignificant

Devotional: Have you ever been in a situation in which you were ignored? Can you recall the emotions you felt when someone chose to look past you or refuse to listen to you? It's easy to feel small and insignificant in those moments, but we must be on guard! If we choose to give in to the fear or belief that we are unimportant and insignificant, we give the devil a foothold into our lives. If Satan can convince us of the lie that our life doesn't matter, then he can succeed in one of his greatest goals. As a lion seeks to isolate his prey and devour it, so the enemy seeks to isolate the believer from the church and ultimately from God.

God's Word tells us that we are individually, intimately, and intricately designed by him and that he has a unique plan and purpose for each of our lives. Our personal feelings have no merit on this truth. "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Eph. 2:10). God has an irreplaceable role for each of us in his story; our value cannot be measured. His plans for us are greater than anything we could imagine for ourselves.. Jesus himself was disregarded and discredited by many, including his own family and friends, yet he did not let that deter him. On the contrary, he was unwavering in accomplishing the will of the Father and confidently stood up against those who opposed him. As God's beloved children, we too can stand in confidence as we live by faith, fully assured of our value in Christ, his only begotten and perfect Son.

God's Promise to me: *You are invaluable and irreplaceable-* Matthew 10:31

Scriptures: Psalm 139:13-18, Matthew. 10:29-31

Meditation Thoughts & Insights:

[illegible]

Weekly Challenge: Make some time in the morning each day this week to remember Jesus and the cross. Reflect on the sacrifice he made for you and your new identity in Him. Journal your thoughts.

Week 4

My Fear: I am not in control of the future

Devotional: Why do we worry so much? Life is full of the unknown and even as followers of Christ, we worry about the future. The truth is, most situations *are* out of our control. This reality can lead to anxiety and fear where our inclination is then to take situations into our own hands in an attempt to force our desired outcome. We often find ourselves like Martha, worried and concerned about many things, turning to God with frustration and demands, “...Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” (Lk. 10:40). In our distress, we forsake the one thing that truly matters: our souls were made to rest in God. Jesus responded to Martha, “Martha, Martha, you are worried and upset about many things, but few things are needed– or indeed only one. Mary has chosen what is better, and it will not be taken away from her” (Lk.10:41-42). Every day we awake with the opportunity to sit at Jesus’s feet like Mary or to rush past him with our own agenda like Martha; we choose what we fix our hearts and minds on.

God promises, “[I] will keep in perfect peace those whose minds are steadfast, because he trusts in me” (Isa. 26:3). We can choose to trust in his good and sovereign plans. Jesus demonstrates this type of trust in the garden of Gethsemane the night before he was crucified. He was under such extreme distress he sweated blood as he pleaded with God for another way. In the end he did not get what he so earnestly prayed for, but chose to submit to the Father’s plan regardless, trusting him. He showed an indescribable peace as he faced his arrest, condemnation, and crucifixion. To follow Jesus’ example means we submit to God every moment of every day; in every situation, big or small, we can choose to grasp for control, or grasp for God who is in control.

God's Promise to me: *I have good plans for your life- Jeremiah 29:11*

Scriptures: Philippians 4:6-7, Matthew 6:25-34

Meditation Thoughts & Insights:

[illegible]

Weekly Challenge : What are you worried most about? What do you think God wants to speak into this area of your life? Spend some time meditating on Jeremiah 29:11. Write down your thoughts.

Week 5

My Fear: I am not enough

Devotional: When it comes to facing the gravity of our own sin and reaping the consequences of our actions, there is a part within each of us that cringes. We question whether we measure up and fear what others would think of us if the layers were peeled back and we were seen for who we truly are. Humanity’s deeply rooted fear of being exposed originated in the garden of Eden when Adam and Eve chose to follow their own desires and defy God. Sin was ushered in and along with it, all the ways in which we attempt to cover our guilt and shame. For Adam and Eve, they became aware of their nakedness and sought to hide and cover themselves with fig leaves. Yet in his love and mercy, God sought them out and covered them with animal skins, foreshadowing how he would cover each of us who believes in the atoning sacrifice of Jesus Christ (Gen. 3:6-10, 21).

As God’s beloved children, we all have areas of sin in our life where we continue to walk in the dark, not allowing God’s truth and love to fully reign. But because we are adopted into the family of God, we are called to something greater. God says, “But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God” (John 3:21). God sees us for who we truly are and he knows what we truly need. Because Jesus paid the price for our sins on the cross we are now free to come directly to God as the loving Father he is. Repentance and confessing our sin to God and to one another is freeing- it brings healing to our souls and brings our hearts back into a right standing with God. 1 Pet. 4:8 tells us that “love covers over a multitude of sins”. Even though we are all sinners, through his son Jesus, God’s grace has made us more than enough.

God’s Promise to me: *My grace is enough for you- 2 Corinthians 12:9*

Scriptures: Psalm 32:1-6, James 5:16

Meditation Thoughts & Insights:

Weekly Challenge: Ask God to reveal an area of hidden sin in your life. Pray and confess those sins to God and perhaps a close friend you trust.

Week 6

My Fear: I am going to face death

Devotional: This world is not our home. Sin has created a separation from God and set the whole earth and all of humanity on a path of decay and destruction. Romans 6:23 tells us that, “the wages of sin is death.” It’s uncomfortable and painful to face the reality of death. If you have ever lost someone you love, you understand that there is something deep down that strongly rejects the concept of death. Why does it seem so wrong? Death is the shameful reminder of humanity's rebellion against God; it reveals how truly helpless, powerless, and broken we all are and solidifies our need for a savior.

Though sin has ushered in death, Jesus Christ ushers in new life! The apostle Paul tells us, "...but the free gift of God is eternal life in Christ Jesus"(Romans 6:23). Our new life begins the moment we knowingly receive this gift and the Holy Spirit enters into our hearts. If you believe in the gospel message, Ephesians 3:17 tells us "Christ will make his home in your hearts as you trust in him." "And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies" (Rom. 8:11). Through Christ we are born again spiritually and one day our physical bodies will be made anew as well. Jesus made this possible when he died on a cross and rose again, defeating sin, absolving our debt, and leaving believers victorious over death through faith in Him. Whenever we fear death, or hang our head in defeat, we can remember that because Jesus lives we stand in victory. Our spirits have been reborn and we are being re-made and perfected as we walk with him.. We can stand confidently on the promise that we are sealed with the Holy Spirit and one day we will live forever with God in heaven- our true home.

God's Promise to me: *I give you eternal life and you will never perish - John 10:28*

Scriptures: John 11:21-27, John 14:1-3

Meditation Thoughts & Insights:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

Weekly Challenge: When you find yourself contemplating the past or fixating on the future, shift your focus to eternity with God. This week, practice being present minded and eternally minded in your day to day life.