

TRACIE MILES

God,
Our Promise
Keeper

Proverbs 31 Ministries

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Proverbs 31
MINISTRIES

GOD, OUR PROMISE KEEPER

Numbers 23:19

God is not a man, so he does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act?

Has he ever promised and not carried it through? (NLT)

What is a promise?

Some people think a promise is nothing more than a good intention spoken aloud, but not something to be held accountable for. Something to be broken. Something to be discarded if other things get in the way.

But when God makes a promise, He keeps it. He does more than just express wishful thinking, or statements He thinks we want to hear. He is trustworthy 100% of the time.

The word “promise” comes from the Hebrew words ‘amar’ and ‘dabar’, which mean “to say” or “to speak”. When God speaks, He is serious about what He says.

He is a God of promises and His promises are the heart of the Bible. He shares many unconditional promises, meaning that nothing we can do will stop His promise from being fulfilled. Thank goodness, His trustworthiness does not depend on our faithfulness.

God’s promises include 2 Timothy 3:16 “*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,*”. He is, was and will forever be our Promise Keeper. And His Words are true.

On the following pages, you will find some scriptures and thought provoking questions to help you begin to truly embrace God’s promises and claim them over your life.

PROCLAIM YOUR PROMISE

Circle the promise below that speaks loudest to your heart today.

***Jeremiah 29:11** 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.”*

***Matthew 11:28** “Come to me, all you who are weary and burdened, and I will give you rest.”*

***Isaiah 49:28-29** Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.*

***Proverbs 1:33** “ but whoever listens to me will live in safety and be at ease, without fear of harm.”*

***John 14:27** 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.*

***Romans 6:23** For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

What situation in your life could this promise be most applicable to?

How might your perspective or attitude be different if you truly proclaimed that promise?

STAND ON YOUR PROCLAIMED PROMISE

Search God’s Word for a specific promise that is especially meaningful to you in light of a situation you are currently facing (or use the one circled on the prior page).

For example, if you are currently struggling with a marriage situation, search verses about trusting God with your marriage. If you are struggling with finding purpose and direction in life, search for verses about hearing God’s voice. In need of hope for a seemingly hopeless situation? Search verses that promise hope and joy.

1 John 5:14-15 assures of this promise: *“This is the confidence we have in approaching God: 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 what we asked of him”*

When we pray God’s promises over our situations, instead of just complaining or telling God about them, we take steps to transforming our attitude completely, and will eventually begin to feel like a victor in Christ instead of a victim of a broken world.

When God’s Word is spoken from our lips, especially in prayer, we invite His power and supernatural intervention into our hearts and lives and He can begin to put miracles and answers into motion.

Write out a prayer proclaiming your selected promise over a difficult situation(s) that you are struggling with. Commit to God that you will stand firm on believing this promise. Also ask God for patience to wait for His timing for fulfillment of this promise in your life. Pray for spiritual clarity to see and know when He is supernaturally at work. Expectantly wait for Him to work, as you patiently wait and consistently proclaim His truths.

TRUST IN GOD’S FAITHFULNESS AS A PROMISE KEEPER

Hebrews 10:35-36 *So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised. (NIV)*

If you have ever been hurt by the broken promise of a friend, loved one, or coworker, you know that it hurts more than anything else. The sting of betrayal cuts deep, and damages relationships. Although we want to trust others, we must keep in mind that only God alone is fully trustworthy.

We serve and love a God who keeps His promises. Hebrews 10:22-25 from The Message Bible says this:

“So let’s do it—full of belief, confident that we’re presentable inside and out. Let’s keep a firm grip on the promises that keep us going. He always keeps his word. Let’s see how inventive we can be in encouraging love and helping out, not avoiding worshiping together as some do but spurring each other on, especially as we see the big Day approaching.”

Up until the day God keeps His promise to send Jesus back to earth, He will be faithful to keep His promises, each and every one. He is always faithful and we can always trust Him.

Yet we must remember that some of God’s promises require commitment on our part. Instead of just sitting back waiting on God to act, He calls us into a deeper relationship with Him while we trust for Him to fulfill His promises. For example, Hebrews 10:35-36 instructs us to be confident, obey His commands for living and live within His will. He also encourages us to persevere and not give up on the situation, or on Him.

In what areas have you struggled in trusting God?

Jot down your thoughts about how proclaiming this promise and entrusting those circumstances into God’s hands will help you find peace and hope.

WAITING ON GOD’S PROMISES TO BE FULFILLED

Have you been praying about a situation, and starting to wonder if God hears your prayers and if He is going to answer them? Do you ever get tired of waiting on God to act?

You are not alone. Sometimes we grow weary of praying about a particular problem and as a result, may fall into the trap of assuming that God either doesn’t hear or doesn’t care. But nothing could be farther from the truth. He is always working out the answers to our prayers even when we cannot see His activity. He may change our situation immediately or we may be required to wait, but in the waiting phase, there are two choices we can make:

- 1) **We can wait passively.** Hoping that God answers our prayers, but doubting that He really will. After more time has passed than we would like, we give up altogether and just accept that we have to live with the situation the way it is.

- 2) **We can wait expectantly.** Hoping that God answers our prayers, yet when we don’t see any changes taking place, still remaining hopeful and trusting in God’s sovereign promises. Always eagerly wondering if ‘today is the day’ that we will see God’s intervention, honestly believing that the day will come eventually, but all in God’s perfect timing. Waiting with great faith.

Which style of waiting have you been practicing lately with respect to your unanswered prayers? Passively or Expectantly

Write a prayer to God expressing your gratitude that He hears your prayers, and asking Him for the ability and the desire to wait expectantly for Him to act on your behalf. Commit to trusting Him, maybe for the first time, about a particular adversity you are dealing with. Then circle a verse on the following page and proclaim that promise, while also proclaiming your trust in Him over your life and in this situation.

Verses (NLT) to proclaim about trusting God (or research your own verses):

2 Samuel 7:28 For you are God, O Sovereign LORD. Your words are truth, and you have promised these good things to your servant.

Psalm 9:10 Those who know your name trust in you, for you, O LORD, do not abandon those who search for you.

Psalm 13:5 But I trust in your unfailing love. I will rejoice because you have rescued me.

Psalm 28:7 The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

Psalm 31:14 But as for me, I trust in You, O LORD, I say, "You are my God."

Psalm 40:4 Oh, the joys of those who trust the LORD, who have no confidence in the proud or in those who worship idols.

Psalm 56:3 But when I am afraid, I will put my trust in you.

Isaiah 2:22 Don't put your trust in mere humans. They are as frail as breath. What good are they?

Isaiah 26:4 Trust in the LORD always, for the LORD GOD is the eternal Rock.

John 14:1 Don't let your hearts be troubled. Trust in God, and trust also in me.

Romans 15:13 I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

KEEPING THE FAITH

Make note of each circumstance in your life that is currently making you weary, fearful, stressed or anxious; or a circumstance where you have admittedly not been trusting God to intervene.

Then write out a brief promise to God that you will trust in His promises about that situation from this day forward.

Search God's word for specific scriptures which can apply to that situation and offer hope, and record the scripture reference (use the ones on the prior page if desired).

Refer back to this table each time you begin to feel anxious or are losing trust or hope in God's promises with respect to a situation you list below. Allow this activity to continually fuel your desire to keep the faith and stand firm on the promises you have chosen. Record when God answers your prayers and spend time thanking Him for keeping His promises in the divine way He chose, even if it was different than you asked for or anticipated. Remember, His ways are not our ways, but they are always the best ways.

YOUR SITUATION	YOUR COMMITMENT TO TRUST PRAYER	SELECTED SCRIPTURE PROMISE	ANSWERED PRAYERS

Write any additional thoughts, relevant scriptures, commitments or prayers here. Or use this space to journal and pour out your feelings to God.

YOUR PERSONAL LIFE TIMELINE

Socrates once said, “The unexamined life is not worth living.” That may or may not be true, but having a personal timeline certainly helps bring light to where we have been and shed light on where we want to be. Examining one’s life simply means understanding our own personal history- the beautiful story of our life – so that we can see how God is shaping us for the future.

Every person has a personal timeline that began the moment they entered into this world. Timelines consist of all the experiences of our lives, from birth to the present - including the good, the bad and the ugly. But when given proper thought and attention, timelines can foster growth, healing, life meaning, understanding, and direction; and hopefully, a stronger faith as we see how God’s hand has touched every aspect of our lives, and how He has kept His promises.

Putting a timeline on paper provides a unique opportunity to see important information about our lives that we may have forgotten, or see events in a brand new perspective – God’s perspective. It enables us to recognize turning points, achievements, obstacles overcome, prayers answered, divine intervention and how those events have molded us into who we are today.

To create your own personal timeline, follow the steps below on a separate sheet of paper.

1. Take your current age and divide it by three. This gives you 3 segments for your timeline. (for example if you are 33 years old, the first segment would be birth to 11 yrs, etc.)
2. Consider what format you want to do your timeline in. For example, a table with three columns and multiple rows; a spreadsheet; or a horizontal line with date markers from left to right.
3. Ponder three to five major events or decisions in your life that you remember for each segmented time period. Include things such as:
 - traumatic events
 - sweet memorable events
 - births and/or deaths
 - school
 - major life transitions
 - important decisions
 - marriage
 - change of life direction
 - new career choices
 - accomplishments
 - mistakes made
 - positive or negative milestones
 - important people or influences
 - friends or siblings
 - an especially discouraging time
 - an especially joyful time
 - relationships beginning or ending
 - accidents or illnesses
 - unexpected surprises
 - divorce
 - meeting a best friend
 - winning a contest
 - overcoming an addiction or stronghold

Write out a list of these events in the three age appropriate categories, preferably in chronological order.

4. Look at your list and see if you can remember approximate dates or years and record them beside the appropriate event. Try to keep the events listed in order, and record any important details you remember as well. Although some memories might be painful to recall or think about, remember that this is an exercise to see where God has been at work. He never left your side and He has a divine reason and purpose for all things.
5. Know that you should not expect to finish your timeline in one sitting. You may need to come back to it in a few days, or keep it with you and record thoughts and memories as they pop up. A timeline grows with each additional day that we live on this earth.
6. Once you feel your timeline is where you want it to be, ask yourself these questions:

LOOKING BACK:

- What one thing (or several things) stands out the most on my timeline?
- From a hindsight perspective, how do I feel about that experience?
- What life lessons have I learned from that experience?
- What evidence that God was with me is apparent to me now?
- Has God used this experience in a positive way in my life – to positively impact me, someone else or my service for His kingdom?

LOOKING FORWARD:

- Is there a promise in God's Word that is applicable to this experience?
- How has this experienced helped positively shape my life and who I am today?
- What has God taught me through this experience?
- How has this timeline opened my eyes to a specific spiritual truth?
- Has God used any of my experiences to equip me for what I am doing today, or for what I feel called to do in the future?
- How might I allow this timeline perspective to alter my goals and purposes in life, if at all?

7. At the end of your timeline of events, write down at least one goal or aspiration you have in your life. Explain why it matters to you and why you desire to meet that goal(s). Then surrender this dream to God and commit to trusting His ways and His timing to help you make this goal become a reality in your life. Consider selecting a special spiritual promise and claiming it over this goal.

Revisit your goal from time to time to record how and where God is at work.

Consider making your timeline an ongoing project. As new life experiences occur, jot them down. Our timelines don't have to be just about the past, but also about the present, so that we will stay continually aware of what God is doing over the course of our life as He prepares us for the future. If desired, add additional hopes, dreams and future goals.



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If these activities have been helpful or thought provoking, you may want to consider purchasing a copy of Tracie's new book, [Stressed-Less Living: Finding God's Peace In Your Chaotic World](#), where you will have access to many other self assessments and reflection activities to help you grow in your relationship with Christ and discover real and lasting peace.

Mark your calendar for the release of Tracie's new book in the Fall of 2014, *Your Life Still Counts*. This book is focused on helping women make peace with their past by embracing God's forgiveness, and recognizing how God uses our past experiences to equip us for a unique purpose that He planned and orchestrated before we were born.

[Subscribe to her blog](#) for updates about future contests, giveaways, special challenge series, specific release dates and weekly blog posts.

Joshua 21:45

Not a single one of all the good promises the LORD had given to the family of Israel was left unfulfilled; everything he had spoken came true.