A STUDY IN THE PROMISES OF GOD

IN

CHRIST

A STUDY IN THE PROMISES OF GOD
Dear Friends,

God’s promises to us are given throughout Scripture, inviting us to believe more deeply in who he is. His promises come from his character; he is loving, good, holy, never-changing, and so much more. He always fulfills his promises to us, never once denying these promises for those who believe in Jesus.

These promises are rooted in the character of God and fulfilled in the person of Jesus. The second person of the Trinity is the one who fulfills every one of God’s promises to us. These promises are rich and true because of Jesus. And we cannot forget about the third person of the Trinity, the Holy Spirit, who is promised to those who believe in Jesus and who holds us near to the heart of God the Father.

In this study, we will spend time in the Bible, looking at a few of the many promises God has for us. Through his Word, we pray each of you will grow deeper in understanding and believing these promises of God. We pray you will see how Jesus fulfills each promise and believe he will never fail you. Our prayer is also that you will grow in this community of women that is your Anchor group, and you will share with one another your stories and struggles, your hopes, and your confidence in Jesus. We pray, by the power of the Holy Spirit, that each of you will be transformed to be more like Christ, that you might live and love others so they might know Jesus.

His divine power has given us everything we need for a godly life 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, having escaped the corruption in the world caused by evil desire. 2 Peter 1:3–4

Fall 2017 Anchor Teaching Team

FORMAT

In each chapter of this study you will find the following sections:

LIFT UP: PRAY
We want our study to be rooted in prayer. Spend time in silence and prayer before you begin your study for the week. Spend as much time in prayer as you want. Use the prayer given, pray other prayers, sit with God in the silence and begin your time in study just being with God. You can repeat this as much as you want and however you want!

DIG IN: STUDY
It’s time to dig into the Scriptures! There are various Scriptures under each chapter, with questions to help you dig in and understand. These lists are in no way exhaustive. Slow down and take time meditating on God’s Word and considering what God is saying through his Word. Within the study, there are opportunities to reflect and hear from God. What the Holy Spirit leads and speaks to you will always align with the Bible, which is his Word to us. Enjoy these practices!

The study for the week is to be completed the week BEFORE the topic is taught. (For example: Complete the homework on “Salvation” before the September 20 meeting.)

During our Wednesday morning gathering, you will hear teaching on the topic you studied the week before. You will also have time in small groups to discuss the study and share what action(s) God is calling you to.

MOVE: ACT
These questions were created to reflect back on the Scriptures and consider how God is calling you to move. This movement might be a slow one, it might be an immediate one. This movement might be a deepening one or a movement in your understanding of God. In this section consider how God is calling you to move.

GOING FURTHER
At the end of each chapter, you will find additional Scripture to read and study. We invite you to go further in learning and believing these promises of God!
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Lord, we come to you as your daughters, kneeling before your mighty throne. Meet us where we are this very moment, cloaking us in your hand as we open your Word. Our ears want to hear your voice, our minds want to search the incomprehensible, and our hearts want to be ignited by your divine fire, for we are nothing and can do nothing without you. God Almighty, tell us of your mighty love that came to save us, and teach us how to follow in the same footsteps. Our lives are in your very hands, so use us to magnify your Son! Build our arms up to carry that cross, shape our hearts to never stop thirsting for you, and overwhelm our souls with your Spirit. Lord, take us under your wing as we lay our crowns down at your feet, for we are entirely yours, and you are entirely ours. Amen.
1. List the hardships the main subject faces in Isaiah 53.

2. What does the above list tell you about his character?

3. Read the passage in Acts. Who does this passage say the main subject in Isaiah 53 is?

4. How can recognizing these things affect the way you approach God as Savior?
COLOSSIANS 2:6–15

1. According to verse 13, what is our condition before God makes us alive? Describe what you think this means.

2. Slowly read over this passage once more. If no one is exempt from the condition in verse 13, how does God bring life to his people?

3. Spend time in prayer, asking the Holy Spirit to show you if you are holding back from living life fully in Jesus. Is there something you are afraid of, something you do not want to let go of, or something else? As the Holy Spirit reveals these things to you, ask him to help you “nail it to the cross.”
MARK 8:31–36

1. What does Jesus say to do to follow him (v. 34)?

2. What is Jesus offering when we deny ourselves (v. 35–36)?

3. Where has Jesus been leading you? How will you follow?
MOVE

WHICH of the Scriptures impacted you the most this week? How so?

HOW does knowing and trusting the promise of Salvation help you face a current situation, belief, or feeling?

HOW will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

HOW will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

GOING FURTHER

- Psalm 73:21–24
- Isaiah 49:16
- John 3:16
- John 10:1–21
- Romans 10:9–10
- 1 Corinthians 15:55
- 2 Corinthians 1:20–22
- 2 Timothy 1:8–14
- 1 John 5:11–12
- Revelation 22:17
NOTES ON SALVATION
Gracious God, you have given us the promise of the restoration and re-creation of all things. You have promised to make all things new here on Earth. As we live on the Earth now, we find some things are already being made new, yet some things have yet to be restored. Thank you for your ability and promise to bring beauty and goodness even out of the darkest times. Give us the courage and strength to live now, participating in your redeeming work, as we look forward to all things being made new. In Jesus’ mighty name and by the power of the Holy Spirit. Amen.
DIG IN

REVELATION 21:1–5

1. List the things that have passed away and what is new.

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2. What does the above list evoke in you?

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3. Imagine what it will be like to be with God (v. 3), with all the new things and without all the things that have passed away. Write or draw what you imagine.

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4. Spend time in prayer meditating on what you wrote or drew. In prayer, ask God to show you how he wants this picture to shape you in a present circumstance. Write down what he says.

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COLOSSIANS 3:1–4

1. What are the things “above” (v. 12–17)?

2. Of these things that are “above,” which one(s) come easily to you? Which one(s) do you find more challenging?

3. How does knowing you have been “raised with Christ” (v. 1) and your life is “hidden with Christ in God” (v. 3) give you confidence in God to help you live out the more challenging things you listed above (v. 9–15)?

4. Spend time in prayer thanking God for what he has done in you, what he is doing in you, as well as what he will do in the future.
1 CORINTHIANS 15:51–58

1. Describe what will happen to us. Describe what will happen to death (v. 51–56).

2. Why will this happen (v. 57)?

3. How can these things (your answer to question #1) influence how you will live in the days and weeks to come?

4. Is there someone who can use your encouragement through these Scriptures? If so, set yourself a reminder and commit to encouraging him/her this week.
GOING FURTHER

- Romans 8:18–30
- 1 Corinthians 13
- 2 Corinthians 4:16–18
- Philippians 3:20–21
NOTES ON REDEMPTION
Holy God, we praise you because you are God in three persons. Your existence as God the Father, God the Son, and God the Holy Spirit is both miraculous and mysterious. Your Holy Spirit is completely perfect and holy, yet you enable the person of the Holy Spirit to completely indwell in us imperfect humans through the death, resurrection, and ascension of Jesus. This great tension exists in us as we seek to understand who the person of the Holy Spirit is and at the same time correctly embrace His power in us. Lead us, Lord, to a fresh perspective and new understanding of this person of the Holy Spirit. May your Spirit of Truth fall afresh on us now. Amen.
1. What do we have to do to receive the gift of the Holy Spirit? For whom is this promise?

2. Does the simplicity of all we have to do to receive the Holy Spirit surprise you? Why or why not?

3. What is the significance of the Holy Spirit being given as a gift?

4. What do you do with a gift you have received? What have you done with the Holy Spirit? Have you used this gift? Ignored this gift? Kept it hidden? Is there something more you need to do with the gift of the Holy Spirit? If so, take time to talk to someone about this. Maybe a person at your Anchor table or a good friend.
1. What does the Holy Spirit do for us when we believe in Jesus (v. 13)?

2. How does this influence your view of security in eternity?

3. Has there ever been a time in your life when you questioned your salvation?

4. How can this truth enable you to live with more peace and less fear? Ask God, in prayer to deepen your peace in his love and security found in the Holy Spirit.
1. List the things Jesus told the disciples the Holy Spirit would do once he went away (v. 8, 13, 14).

2. How do these many roles of the Holy Spirit shape how you view the person of the Holy Spirit?

3. Which of these roles are you most comfortable with the Holy Spirit doing in your life? Which ones make you least comfortable? Why?

4. Tell someone the roles you are uncomfortable with the Holy Spirit taking. Ask them to help you grow in allowing the Holy Spirit to work in your life.

JOHN 16:5–15
**MOVE**

**WHICH** of the Scriptures impacted you the most this week? How so?

**HOW** does knowing and trusting the promise of the Holy Spirit help you face a current situation, belief, or feeling?

**HOW** will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

**HOW** will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

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**GOING FURTHER**

- John 14:16–17
- Acts 1:8
- Romans 8:26–27
- Romans 12:4–8
- 1 Corinthians 12:4–11
Lord, thank you that you are our Creator and because of that you know us completely. You know exactly what we need before we even speak it. You are the only one who can meet our needs and fill us up. This is such a comfort to us, but often we forget and chase after other means, people, and things to satisfy our inner needs. As we are surrounded by and tempted by so many temporal means, help us, Lord Jesus, to look to you for our total satisfaction in life. Thank you that in you we can find the true contentment and rest we are searching for. Amen.
1. What actions are required of us?

2. What is the result of these various actions?

3. Do you find it difficult to do any of these actions? Why or why not?

4. Ask the Lord to help you have courage, to trust, and to go after him. Share this prayer with a friend so he or she can encourage you as you grow in faith.

PSALM 34:8–10
1. Summarize this portion of Israel's story.

2. What did God do for his people?

3. Describe a time when you were weary and thirsty. Was it difficult for you to believe and/or feel God's goodness and fulfillment? What was that like? Did you have people who could walk with you through this hard time, or were you alone? Pray for eyes to see when someone else is going through a hard time, and ask God if he is calling you to walk with them through it. If so, do it!

4. Has there ever been a time you have been surprised by God's fulfillment? Describe this time. Pray for the opportunity to share this story with another to encourage them.
1. What is the Lord calling us to do?

2. What question does he ask of us (v. 2)?

3. What do you spend money on to give you satisfaction or contentment? How long does the feeling last? What do you do when the feeling is gone?
MOVE

WHICH of the Scriptures impacted you the most this week? How so?

HOW does knowing and trusting the promise of Satisfaction help you face a current situation, belief, or feeling?

HOW will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

HOW will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

GOING FURTHER

- Psalm 63:1–5
- Psalm 81:10
- Psalm 84:10
- Psalm 90:14
- Psalm 103:5
- Psalm 107:1–9
- Jeremiah 31:14, 25
- John 10:10
- Philippians 4:11–13, 19
- 1 Timothy 6:6–7
Heavenly Father, we come to you desiring your wisdom, yet we confess that much of the time we settle for earthly advice. As we walk through our days, we are bombarded with questions that need answers and are confronted with situations that require a decision or response. So often we find ourselves saying, “Someone, anyone, just tell me what I’m supposed to do!” God, help us not to be content with anything less than your perfect wisdom for our lives. As we turn to your Word, Father, we pray your Holy Spirit would open our hearts and minds to the truth—that you alone are the source of all wisdom, and more than that, you desire to share your wisdom with us out of your deep love for us. We pray that you would guide us into a new understanding of your wisdom, the gift it is to us, and the peace that comes from trusting it. In Jesus’ name we pray. Amen.
1. List the ways God is described in these verses.

2. What questions are asked in verses 34–35? What is the answer to these three questions? What does this answer tell you about God?

3. What do the truths about God you recorded above evoke in you? Why?

4. Take time to reflect on the characteristics of your Heavenly Father found in this passage, and ask him what truth he wants you to hold on to. Write that truth down. How can this truth impact the way you respond the next time you are faced with a difficult circumstance?
PROVERBS 3:13–18

1. List the ways wisdom is described in these verses. Circle three words or phrases from your list that stand out to you.

2. Are these words/phrases you would typically use to describe God’s wisdom? How do these verses encourage you to see God’s wisdom in a new way?

3. How have you experienced the blessing of God’s wisdom in your life?

4. Spend time meditating on the beautiful, life-giving image of God’s wisdom. Ask him how he wants to grow wisdom in you, and write down what you sense him telling you.
PROVERBS 3:21–26

1. What are the results of keeping wisdom and discretion (v. 22–26)?

2. How does knowing this comfort you?

3. What are practical ways to keep sight of God’s wisdom?

4. Is there something in your life presently that requires you to trust God is a willing source of sound wisdom and that he desires for your heart to be at peace? Write down what you need to surrender to him, and ask him for his divine wisdom and the gift of his peace.
MOVE

WHICH of the Scriptures impacted you the most this week? How so?

HOW does knowing and trusting the promise of Wisdom help you face a current situation, belief, or feeling?

HOW will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

HOW will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

GOING FURTHER

- Psalm 111:10
- Proverbs 2:1–6
- Proverbs 3:5–8
- Isaiah 55:8
- Matthew 26:36–46
- 1 Corinthians 1:30–31
- 1 Corinthians 2:6–10
- James 1:2–8
God, you give us true rest. May we actively pursue what that really means in our life. Thank you for the salvation we have in you. Thank you that we can find refuge in you. Thank you that spiritual rest lies in worship, in trusting, and in dwelling upon your character. Wherever we have made much of ourselves in regards to our accomplishments and tasks, help us give way to resting in who you are. Help us, Lord, to slow down and rest as you desire. Thank you for loving us as we are. We pray that we would rest in your plan. Amen.
1. What does God do on the seventh day?

2. How is rest described in these verses?

3. What difference do these Scriptures make in your understanding of rest? How can this change your view of rest as well as how often you rest?

4. If this type of rest is absent from your life, what are some first steps you can take towards this type of rest? How can you encourage someone else to rest?
1. Who is Jesus extending an invitation to in these verses? What does he offer?

2. What are we charged to do in verse 29? Why?

3. What burdens are you coming with today? What does this Scripture invite you to do?

4. Spend time reflecting on ways you can submit to God’s yoke and praise him for the spiritual rest and peace that only he can provide.
PSALM 62: 1–2, 5–8

1. What is repeated in these verses? Why do you think it is repeated?

2. How does the author describe rest in this passage? How does he describe waiting? Are either (or both) hard for you? In what way(s)?

3. By resting and waiting in him, what security do you find for your life?

4. List the promises you find in these verses. Sit in silence, meditate, and rest in these promises.
MOVE

WHICH of the Scriptures impacted you the most this week? How so?

HOW does knowing and trusting the promise of Rest help you face a current situation, belief, or feeling?

HOW will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

HOW will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

GOING FURTHER

• Isaiah 40:29–31
• Isaiah 14:3–4
• Hebrews 11:28–30
• Psalm 55:6
• Hebrews 3:7–19
• 2 Corinthians 2:13–14
Almighty God, we praise you because in your presence there is fullness of joy. Thank you for the endless amount of joy with which you are able to fill our souls. Your Scriptures are full of the ways you bring us gladness, joy, enjoyment, rejoicing, praise, and gratitude. You sent your son Jesus so that we may have life and live it abundantly. But if we are honest, there is so much pain and sorrow in this world and in our own lives that it is sometimes hard to see the joy and find reasons to rejoice. Open our eyes, Lord, to the true source of Christian joy and what that looks like lived out on this side of heaven. Amen.
## DIG IN

**LUKE 2:8–14**

1. What did the angel of the Lord bring to the shepherds?

2. What is the good news of great joy?

3. What does this truth tell us about joy?

4. Where do you find joy in life? How does this line up with what this Scripture teaches about where joy is found?
HABAKKUK 3:17–19

1. List the circumstances of the speaker.

2. What is the speaker's response?

3. What do these Scriptures reveal to us about the relationship between joy and personal circumstances?

4. Have you ever found yourself in this tension, where a circumstance in your life has brought deep grief or sorrow, yet you still experience great joy? Describe this time.
1. Describe or illustrate the cycle that happens in this Scripture.

2. In this process, what is our role, and what is God’s role?

3. Describe a time in your life when you tried to play God’s role of providing peace and joy. How did that work out?

4. In what ways can you adjust your expectations of people in your life, things you desire, or plans you have set in light of how we are truly filled with joy?
**MOVE**

**WHICH** of the Scriptures impacted you the most this week? How so?

**HOW** does knowing and trusting the promise of Joy help you face a current situation, belief, or feeling?

**HOW** will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

**HOW** will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

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**GOING FURTHER**

- Psalm 16:11
- Psalm 51:12
- Psalm 126:1–3
- Proverbs 17:22
Father God, you tell us in your Word that you alone are our source of strength, yet we seek for our daily strength in so many other places. We feel weak and tired so much of the time and allow fear and failure to keep us from serving you. Your Word tells us your grace is sufficient for us and we can do all things because Christ gives us strength, yet we struggle to believe this.

We pray that you would use our weaknesses to keep us close to you, so that we rely, trust, and hope in you alone. Only in our weakness does the perfect fullness of your power show. Father God, through us, display your unending and amazing power and strength to the world. Help us know that we have a never-ending supply of strength and power to overcome troubles and trials. This power and strength give us confidence to serve you, saying, that when we are weak, we are strong. Thank you for your power and strength, which you continually provide. Amen.
DIG IN

ISAIAH 40:28–31

1. How does this passage describe God? What does God provide? What is the result of God’s provision?

2. What is a characteristic of people who are renewed in their strength?

3. Describe a time you relied on God for strength. Describe a time you relied on yourself for strength. Were there different results when you relied on God and when you relied on yourself? If so, write down the differences. Do these differences show you something new about relying on God’s strength?

4. Where do you need God’s strength today? In what area of your life do you need to rely on the promise of his strength?
PHILIPPIANS 4:10–13

1. What has Paul (the author) learned (v. 11–12)? How has he learned it (v. 13)?

2. How does this differ from where we are advised to seek strength?

3. What situations has Paul (the author) been in? How can this give you hope that God has the strength for any and every situation? What are ways you can learn to rely on God’s strength no matter the situation?

4. Spend some time meditating on the strength of the everlasting Almighty God. Picture being filled with his power and might. Now picture how you can face your everyday trials with this strength inside of you.
1. What does Paul say keeps him from becoming proud? What is the Lord’s response to Paul when he begs for the “thorn” to be removed?

2. Why is Paul able to take pleasure in his weaknesses (v. 10)?

3. Think of a time when you have begged the Lord to remove a thorn in your flesh. What was his response? Looking back, how did this interaction with the Lord help strengthen you?

4. What are some thorns in your flesh today? Have you talked to God about them? How can you find strength in these weaknesses? How will you allow your weaknesses to show the world God’s strength?

2 CORINTHIANS 12:7B–10
MOVE

WHICH of the Scriptures impacted you the most this week? How so?

HOW does knowing and trusting the promise of Strength help you face a current situation, belief, or feeling?

HOW will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

HOW will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

GOING FURTHER

- Nehemiah 8:9–10
- Psalm 27:1
- Psalm 46:1–3
- Daniel 10:15–19
- Habakkuk 3:19
- 1 Peter 5:10–11
Lord, thank you that you are an all-present God. You promise us repeatedly that you will never leave us or forsake us. We long to count on you to be with us whenever and wherever we go, but often our circumstances cause us to feel isolated and alone. We look for your presence but can’t seem to find it or feel it. Help us to know you are there and to feel your presence in our lives as acutely as the disciples felt Jesus’ presence as he walked with them. Thank you that you have given us your Spirit to ensure that you will always be in us and with us. Amen.
DIG IN

DEUTERONOMY 31:1–8, JOSHUA 1:5–9

1. In the Deuteronomy passage, to whom is Moses speaking? What is about to happen?

2. What does Moses tell the Israelites God will do?

3. What charge does Moses give his people, and what reason does he give for their ability to do it?

4. In the Joshua passage, who is talking to Joshua? What is about to happen?

5. What charge and what promise does God give to Joshua and to the Israelites?

6. How can these verses bring you comfort as you approach challenges in your own life?
ISAIAH 43:1–3A

1. Who is speaking in the passage? To whom is he speaking?

2. What situations does the Lord describe? What does he promise in these situations?

3. Notice the personal/intimate language. Have you felt that intimacy with the Lord? Describe it.

4. How can God’s promise from these verses give you confidence and security in a current situation?
1. What key question is the psalmist asking?

2. What do these verses say about God’s presence and where we go?

3. What do these Scriptures say about God regarding light and darkness?

4. Have you felt God’s presence in the midst of your darkness before? Explain this.

5. How can these verses prompt you to walk with people who are walking through a dark or unknown time? How can you remind them of God’s presence in the darkness?
MOVE

WHICH of the Scriptures impacted you the most this week? How so?

HOW does knowing and trusting the promise of Presence help you face a current situation, belief, or feeling?

HOW will you invite others to be part of the transformation God desires for you? (e.g., Anchor Small Group, prayer, etc.)

HOW will you offer to be part of another person’s transformation? (e.g., Anchor Small Group, prayer, etc.)

GOING FURTHER

- I Chronicles 28:20
- Psalm 16:11, 23:4
- Matthew 18:20
- Matthew 28:19–20
- John 1:14
- Hebrews 13:5–6
- Revelation 21:3