



Session Two

DRAWING STRENGTH FROM GOD'S PROMISES

Whenever God speaks to us, His prophetic anointing is released in what He says. That word may come to you through another person, an anointed prayer that is being prayed over you, a passage of Scripture that leapt out at you as you read, a dream or vision, or by the still, small voice of the Spirit in your inner man. That anointing does not just tell you what will be; it is creating what will be. It's as if a railroad track is being laid down before you that leads directly to the fulfillment of the Word.

“Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust” (2 PETER 1:2–4).



Week 2

VIDEO LISTENING GUIDE

To strengthen ourselves in the Lord, we must stay connected to the _____ of God.

God gives us promises to draw and invite us into our _____.

How to Draw Strength from God's Promises

1. We are called to prayerfully _____ on God's promises—not make them happen by ourselves.
2. Let God's promises shape us so that we become people who _____ the fulfillment of what God has declared over our lives.
3. Keep the truth of God's _____ as the cornerstone of theology.
4. Don't allow what you don't understand to _____ what you do understand.
5. Avoid the traps of: 1) _____ God and 2) falling into guilt and shame.
6. Maintain your position of trust in the _____ of God and the promise of God in the middle of not having your answer or the needed breakthrough.
7. Draw strength from your personal _____ with God.

The safest place for the believer is on the _____
_____ of battle.

*Jerusalem has sinned gravely,
Therefore she has become vile.
All who honored her despise her
Because they have seen her nakedness;
Yes, she sighs and turns away.
Her uncleanness is in her skirts;
She did not consider her destiny;
Therefore her collapse was awesome*
(LAMENTATIONS 1:8-9).

SUMMARY

In the Book of Lamentations, the prophet Jeremiah provides readers with a startling example of what happens when we *do not live mindful of God's promises* for our lives. The problem for many believers is that they are not quite sure how to carry God's promises to the place of fulfillment. This is exactly what you will be exploring in this session—practical ways that you can draw spiritual strength from reviewing God's promises. Living mindful of these promises is essential nourishment for every believer because they serve constant notice that there is a great destiny awaiting us.

Consider it this way: Every prophetic promise is a snapshot of God's intended future reality for your life. How do you receive a promise? An omniscient God sees the future and sets a glimpse of that future before your *present*. This glimpse is designed to fuel strength and perseverance within you. Not only is a promise purposed to motivate you onward, empowering you to press past resistance and step into the future that God is inviting you into, promises keep you connected to your divine destiny in God and encourage you never to settle for anything that is beneath them. Israel did not stay mindful of her divine destiny, and as a result

her collapse was awesome. The opposite is also true. As you *consider* your destiny in God—as revealed by the great and precious promises that He gives—you are compelled onward to fulfill your potential and walk out your purpose!

DISCUSSION QUESTIONS

1. Consider Lamentations 1:8-9. Discuss why you think Israel fell because the people did not consider their destiny.
2. How do the promises of God keep you mindful of your destiny *in* God?
3. What is a promise of God? (Get some different answers and discuss.)
4. How do promises from God strengthen you to press onward toward fulfilling your destiny?
5. Review and discuss some of the ways that you can draw strength from God's promises.
6. What is your "history with God," and how can reminding yourself of this history keep you strengthened to keep standing on God's promises (even in the midst of difficulty, resistance, and circumstances)?
7. What promises have you received from God that have come to pass (that have pushed you toward fulfilling your destiny, calling, and purpose)?

After sharing stories of promises fulfilled, transition immediately to the *Activation Exercise*. The goal of sharing testimonies of promises that have come to pass is to strengthen faith to engage the activation exercise.

Day Six

RECOGNIZE THE POTENTIAL OF GOD'S PROMISES



“By faith Sarah herself also received strength to conceive seed, and she bore a child when she was past the age, because she judged Him faithful who had promised” (HEBREWS 11:11).

When you are born again, you inherit every promise of God for the believer.

David’s destiny to be king did not begin with his ascent to the throne but with God’s declaration of that destiny through the prophet Samuel. There were probably days in the wilderness when the only evidence he could present as proof that the word was true was his memory of what Samuel said and the oil dripping from his head. But the fact that David pursued his destiny to its fulfillment, without quitting and without taking shortcuts, is clear evidence that he believed what God had said. His faith was not based on circumstances, but on who he knew God to be from his history with Him. Like Sarah, he *“judged Him faithful who had promised”* (Heb. 11:11).

When you are born again, you inherit every promise of God for the believer. Peter tells us that these *“great and precious promises”* are the things that make us *“partakers of the divine nature”* (see 2 Peter 1:4)—they unlock our potential to become like Christ. However,

these promises don't just manifest on their own. There is a collaborative relationship that takes place between the Promiser and the recipients of the promises. Over the next few days, I want you to specifically look at a three-step process to *possessing* promises.

In one respect, you are *already* an inheritor of the promises of God. Scripture tells us this. This is what I want you to grasp in your heart today. Many Christians would live life in radically different ways if they truly believed 2 Peter 1:4 to be an available reality—that, because we are in Christ, we have inherited “*great and precious promises.*” Scripture encourages us to “*imitate those who through faith and patience inherit the promises*” (Heb. 6:12). Faith receives promises, and patience possesses them.

Over the course of this week, I want to take you on a journey from promise-realized to promise-possessed. Be encouraged—you have received the promises of God! What are they? The pages of Scripture are a wonderful place to start discovering them. After grabbing hold of these promises, you are ready to move from reception to possession. The promises are in your account, but through this journey of faith you will learn how to start making withdrawals *from* the account and experience measurable breakthrough.

David is such a fitting example of this process—he received a promise at his anointing by Samuel, but he did not actually possess this promise until years later. I am not saying that your promise is “years down the line.” You must trust that God’s timing is absolutely perfect, just as it was when David assumed the throne. The key is remaining steadfast during the journey.

REFLECTION QUESTIONS

1. What promises are you aware of that are *already* in your possession? Which ones have you seen come to pass, and which ones are you waiting to see come to pass?

2. What are some ways that you can keep yourself encouraged knowing that God *will* bring His promises to pass in your life?

EMPOWERMENT PRAYER

God, I want to fully realize what You have deposited in my account, so that I can access and withdraw what is in there! Would You highlight the promises You specifically want me to realize and take hold of? I also ask that You strengthen my faith to believe that You will bring every promise to pass in my life in Your perfect way and timing.

Day Seven

STEP 1: RECEIVE THE SPOKEN PROMISES OF GOD



“However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come. He will glorify Me, for He will take of what is Mine and declare it to you” (JOHN 16:13-14).

You start moving down that railroad track to your destiny by simply receiving the Word.

We first begin to possess a promise when it is spoken into our hearts by the Holy Spirit. Remember, the Holy Spirit is the one who takes what is Christ’s and declares it to us, telling us things to come (see John 16:13-14). The declaration of the Spirit is what places the promises of the Kingdom into our account. Whenever God speaks to us, His prophetic anointing is released in what He says.

That word may come to you through another person, an anointed prayer that is being prayed over you, a passage of Scripture that leapt out at you as you read, a dream or vision, or by the still, small voice of the Spirit in your inner man. That anointing does not just tell you what will be; it is *creating* what will

be. It's as if a railroad track is being laid down before you that leads directly to the fulfillment of the Word.

It is impossible for God to lie. His Word is always in complete agreement with His nature and character, and therefore His very words release His power to accomplish what He has said. This is what the angel declared to Mary: “*For with God nothing will be impossible*” (Luke 1:37). The word for “word” is *rhema*, which is the freshly spoken Word of God. The word *impossible* means “without ability.” An expanded literal translation of this verse could be, “No freshly spoken word from God will ever come to you that does not contain its own ability to perform itself!”

This latent power in the promises of God increases our understanding of why we can trust the faithfulness of the One who promises.

REFLECTION QUESTIONS

1. What are some personal promises you feel God has given to you? In what ways did you receive these promises from the Holy Spirit? (Describe how the promises came to you.)

2. What are some testimonies of spoken words from God that have come to pass in your life (or in the lives of people you know)?

Note: Spoken words do *not* exclusively mean audible words; these are those “words” you feel that God has specifically

Step 1: Receive the Spoken Promises of God

spoken to you. They were either impressed in your heart by the Holy Spirit, confirmed to you through a prophetic word, or deposited within you while reading the Scriptures.

EMPOWERMENT PRAYER

Father, I thank You that it is impossible for You to lie. Thank You for the promises You have spoken to me and over me. Thank You for the promises I have seen come to pass in my life and other people's lives. [Take time to mention those specific testimonies.] Help me to be a good steward of these promises. And Holy Spirit, continue to increase my ability to hear Your freshly spoken words. These are what I live by!

Day Eight

STEP 2: TRUSTING THE PROMISES AND THE PROMISER



“By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going. By faith he dwelt in the land of promise as in a foreign country, dwelling in tents with Isaac and Jacob, the heirs with him of the same promise; for he waited for the city which has foundations, whose builder and maker is God” (HEBREWS 11:8–10).

In order for promises to come to pass, we must demonstrate that we believe them by acting in response to what the promise is calling us into.

God’s promises are absolutely reliable because His Word is backed by His unchanging nature. Scripture reminds us that *“He who promised is faithful”* (Heb. 10:23). It is one thing to believe that God is faithful; it is another thing entirely to put our revelation of His faithfulness into action.

This explains why a practical demonstration of trust is precisely the next thing that needs to happen for you to possess your promises. When Heaven entrusts us with a word, there is a stewardship that comes with what we received. Prophetic words don’t often just come to pass on their own. Someone will receive a prophetic

word, by faith, and then should start acting upon the word that he or she received.

In order for promises to come to pass, we must demonstrate that we believe them by acting in response to what the promise is calling us into. The first essential action is faith, as faith is the only way that a promise is received. God can extend promises to His people, and they can be willfully rejected *if* they are not believed. This is why we spent Day 1 reviewing the truth that God *has* given us promises. We cannot afford to be stagnant with this information. As we consider the stunning reality that God has entrusted us with His promises, we recognize our vital role in carrying these promises full term.

One area that tends to hijack this process for many believers is the idea that in order to obey the Word, they first need to understand the Word. More often than not, the Word you receive will run contrary to logic or natural reasoning. Thankfully, you don't need to understand the Word in order to show the Lord that you trust His Word as truth. Consider the great patriarch of the faith, Abraham. He obeyed the Word of God, even though Scripture tells us that "*he went out, not knowing where he was going*" (Heb. 11:8). Abraham didn't *know*, but He still demonstrated that He trusted God's Word.

You start moving down that railroad track to your destiny by simply *receiving* the Word. That's what Mary did after hearing the amazing promise that she would bear the Christ-child. She responded to the angel, "*Let it be to me according to your Word*" (Luke 1:38). There was no way she could comprehend what the angel had said to her or see how it could possibly happen. All she needed to know was that the Lord had spoken and that she could trust Him. As a result of her faith, she will be called "blessed" for eternity. What a destiny!

REFLECTION QUESTIONS

1. What are some ways that biblical characters—including Abraham—demonstrated their belief in the words that God spoke to them?

2. Is there an action (or actions) that God is calling you to do in order to demonstrate your faith in His promises? Ask the Holy Spirit what this action might be and write it down below.

EMPOWERMENT PRAYER

Jesus, I thank You for releasing a steadfast faith in the promises You have given to me. May I receive Your promises in the same way that Mary did in saying, “Be it unto me according to Your word.” Thank You for Your promise...that I would receive it, partner with it and pursue it with active faith.

STEP 3: PATIENCE THAT INHERITS PROMISES



“And we desire that each one of you show the same diligence to the full assurance of hope until the end, that you do not become sluggish, but imitate those who through faith and patience inherit the promises” (HEBREWS 6:11-12).

Patience will protect you on the journey to seeing a promise received become a promise fulfilled.

The third thing that must happen for you to possess your promises is that your faith in the promise must be tested and proven.

Returning back to Hebrews 6:12, the author invites us to “*imitate those who through faith and patience inherit the promises.*” So far, we have discussed the vital element of faith as being our key to receiving promises. Faith receives the inheritance of a promise, while patience perseveres to see the promise fulfilled. Even though the language sounds similar, these are two different concepts—both part of the same process.

By faith, we believe that we are inheritors of God’s promises. Also by faith, we take certain actions to participate in the promises coming to pass. This is our collaborative relationship with God; true faith demands our response, for the response reveals

our faith. Why, then, do so many believers still surrender their promises? Endurance and patience. The enemy wars against the manifestation of your promise because he knows that your breakthrough equates to his downfall.

This explains why Paul gave this instruction to Timothy: “*This charge I commit to you, son Timothy, according to the prophecies made concerning you, that by them you may wage a good warfare*” (1 Tim. 1:18). When the Holy Spirit declares a promise into your account, He has also put a weapon into your arsenal. This tells us two things. First, you will often have to contend for that Word against someone who will try to steal it from you. Second, if you contend for the promise by using the promise, you will be victorious. Patient endurance produces strength to stay the course until breakthrough comes. It would be amazing to view our lives from a God’s-eye view. Chances are, some of the seasons where we need to contend and patiently persevere for our promise the most are the junctures where we are closest to seeing the promise coming to pass.

We can see this in the life of Christ. At His baptism, the Father made a declaration over him—“*This is my beloved Son in whom I am well pleased*” (Matt. 3:17). Then Jesus was led into the desert to be tempted by the devil, who said, “*If you are the Son of God...*” (Matt. 4:3). The enemy was directly challenging the Word God had spoken.

Jesus replied with Scripture: “*Man...[lives] by every word that proceeds from the mouth of God*” (Matt. 4:4). He stood on the promise of the Father on the basis of the fact that God was the One who had made the promise, and God’s words are the source of life. He refused to engage in pointlessly trying to determine His life outside of that word. He had enough proof that the Father’s word over His life was true, not because He could point to evidence of its manifestation, but because He had *heard* the word and *received* it.

REFLECTION QUESTIONS

1. How can we “wage a good warfare” using promises and prophetic words?

2. How would you describe what *patient perseverance* looks like practically? Can you think of an example in your own life where you had to *patiently persevere* to see a promise of God fulfilled? Describe.

EMPOWERMENT PRAYER

Jesus, You stood strong in the face of temptation to doubt God’s word and act on the enemy’s suggestions. You have given me the same ability to stand on Your word and hold fast to Your promises—even when things get challenging and the “heat” intensifies.

Father, as I go through difficult seasons—seasons that demand patience and perseverance—I ask You to send natural and supernatural encouragement to me as I wait patiently for Your promises to be fulfilled. You are faithful!

Day Ten

POSITIONED FOR PROMISE-FULFILLMENT



“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success” (JOSHUA 1:8).

One of the most dangerous things we can do is think of ourselves differently than God does.

Jesus rebuked the Pharisees in Mark 7:13 for “*making the Word of God of no effect through your tradition which you have handed down.*” In other words, the Pharisees insisted on defining themselves and their world according to human interpretation and practice rather than the Word of God. The words “of no effect” mean to *render powerless*, giving the picture of pulling the plug on the most powerful thing in the universe—the Word of God. Nothing can diminish the fact that His Word comes fully equipped. But we can shut off our access to that power by choosing to define our lives outside of what God has said.

Defining ourselves by the Word of God requires that we constantly train our minds to think in agreement with that Word. This means we have to remind ourselves of His promises often. But don’t stop there! Learn to *meditate* on them. Like Mary, we

must treasure them up and ponder them in our hearts (see Luke 2:19).

While Eastern meditation tries to get people to empty their minds, biblical meditation focuses on our filling our minds—and our mouths—with the truth. Joshua 1:8 says:

*This Book of the Law shall not depart from your **mouth**, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

One of the definitions for the Hebrew word for “meditate” is “to mutter.” Meditating involves repeating the words God has said *out loud*. As Joshua was told, this regular repetition of what God had said is the key to our ability to *do* the Word. When we declare the Word over our own life and prophesy our own destiny in agreement with Him, we release the anointing of the Spirit in a greater measure to bring the Word to pass. The verse says that when we do this, we are actually *making* our way prosperous. Meditating on the promises of God is something we can do and are responsible to do in order to determine where we’re going in life; it is a vital tool for strengthening ourselves in the Lord so we can walk in our identity and purpose. Meditating on the promises of God will strengthen you.

REFLECTION QUESTIONS

1. What is the difference between Eastern and biblical meditation? What are the effects of biblical meditation according to Joshua 1:8?

2. What are some verses, promises, and truths that you need to meditate on? Try declaring these over yourself in the mirror each morning and as you go about your day during the remainder of this study. This will help cultivate a lifestyle of positioning yourself for promise-fulfillment.

Write down some of the Scripture verses, promises, and Bible truths you need to specifically meditate on.

EMPOWERMENT PRAYER

God, I want my beliefs to line up with the steadfast truth of Your Word. I don't want to have thoughts in my mind about myself, about the world around me, and about the size of my circumstances that are not true. I ask You, Holy Spirit, to exchange any wrong thought patterns for the eternal truth of Your Word. Renew my mind. Retrain the way I think, so that my thoughts agree with Yours.

FOR DEEPER STUDY...

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