



DRAWING STRENGTH FROM GOD'S PROMISES

Prayer Focus: Ask the Lord to help every participant recognize promises they have received from God and renew their trust in the Lord to bring those promises to pass.

FELLOWSHIP AND WELCOME (15–20 MINUTES)

Welcome everyone as they walk in. Be sure to identify any new members who were not at the previous session, have them introduce themselves so everyone is acquainted, and be sure that they receive the appropriate materials—workbook and book.

In the small group, **serve refreshments and facilitate fellowship** between group members. In a class setting, talk with the attendees—ask how their week has been and maintain a focus on what God *has done* and *is doing*.

Encourage everyone to gather in the meeting place. If it is a classroom setting, make an announcement that it is time to sit down and begin the session. If it is a small group, ensure everyone makes their way to the designated meeting space.

OPENING PRAYER

WORSHIP (15–20 MINUTES)

When it comes to the worship element, it can be executed in both small group and church class settings. While a worship time is not mandatory, it is highly encouraged, as the fundamental goal of this curriculum is to foster each participant's increased understanding and outworking of the supernatural realm. This is where true, lasting transformation takes place. Worship is a wonderful way of opening each session and setting everyone's perspective on what the class is about—not accumulating more information, but pursuing the One who is at the center of it all.

PRAYER/MINISTRY TIME (5–15 MINUTES)

VIDEO/TEACHING (20 MINUTES)

SCRIPTURE

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 (25–30 MINUTES)

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. **Encourage group members to share examples of how they might have put these principles to work in their lives.**
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)? **Ask for a few people to share.**

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

ACTIVATION: IDENTIFYING PROMISES THAT NEED TO BE CULTIVATED AND STRENGTHENED

In the same way that you have seen God fulfill promises in your life, there are most likely promises that have *not* yet come to pass. Today, you will identify what some of these promises are and approach them with fresh faith.

1. Ask group/class to break up into individuals (this will be more of an individualized activation exercise).
2. Encourage everyone to have some kind of writing tool ready (paper, tablet, smartphone, etc.). They can also choose to write in their *Strengthen Yourself in the Lord* study guides.
3. Have everyone spend some time in prayer and reflection (5–15 minutes, however long seems appropriate), and encourage participants to meditate on promises that the Lord has given them.

Give participants the opportunity to share their promises, if they feel comfortable doing so.

Encourage participants to keep these promises in front of them *regularly* throughout the week—and throughout their lives!

Goal: To train participants to record promises of God and keep these promises in front of themselves constantly. Promises are God's way of keeping His people mindful of their destiny in Him.

PLANS FOR THE NEXT WEEK (2 MINUTES)

Encourage group members to stay up to date with their daily exercises in the *Strengthen Yourself in the Lord Workbook*.

CLOSE IN PRAYER

Week 2



VIDEO LISTENING GUIDE

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

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

How to Draw Strength from God's Promises

1. We are called to prayerfully meditate on God's promises—not make them happen by ourselves.
2. Let God's promises shape us so that we become people who anticipate the fulfillment of what God has declared over our lives.
3. Keep the truth of God's goodness as the cornerstone of theology.
4. Don't allow what you don't understand to dislodge what you do understand.
5. Avoid the traps of: 1) blaming God and 2) falling into guilt and shame.

6. Maintain your position of trust in the character 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 history with God.

The safest place for the believer is on the front lines of battle.