



God's Many Promises

180 Promises from the King James Bible

godsmanypromises.com

Before you start

These are promises, not advice.

Everything inside the quotation marks is scripture, King James Version, word for word. The few lines underneath each one are mine — not commentary so much as a finger pointing at the part that's easy to read past. Familiar verses are the ones we skim hardest.

You don't have to read this front to back. The fifteen sections are named for conditions rather than doctrines, so find the one that matches where you actually are and start there. Read one. Read it again slower.

Nothing is asked of you here. There's no sign-up, no reply, nothing to send back. Print it, keep it, hand it to somebody who needs it.

— *Clinton B. Mayers*

Find where you are

Fifteen sections, named for conditions rather than doctrines.

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Salvation

When you're not sure you qualify.

“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”

JOHN 3:16

Whosoever. He could have named a list. He could have set a standard high enough to keep most people out. Instead He used the widest word available, and you are inside it.

don't think I qualify · feel too far gone

“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.”

ROMANS 10:9

Say it, and mean it. That's the whole requirement. No waiting period, no committee, nothing to clean up first. Notice it doesn't say *might* be saved.

want to be saved · not sure how to start

“For whosoever shall call upon the name of the Lord shall be saved.”

ROMANS 10:13

Twelve words. There's no room in a sentence that short to hide a condition you might fail. He left nothing out that you'd have to go find.

feel unworthy · afraid I did it wrong

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.”

EPHESIANS 2:8-9

Not of yourselves. If you could earn it, you would spend your life afraid of the day you stopped earning enough. A gift can't be taken back for poor performance.

trying to earn it · afraid of losing it

“Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.”

ACTS 16:31

Paul said this to a jailer at midnight, hours after an earthquake, with the man's sword still in his hand. If it held that night, it holds tonight.

at the end of my rope · worried for my family

“But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.”

JOHN 1:12

Received, not achieved. And what you're given isn't a status on paper — it's a place in a family. You go from someone He knows about to someone He belongs to.

feel like an outsider · nobody's family

“Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost.”

TITUS 3:5

Read the first half slowly. Paul goes out of his way to rule out the thing you're most tempted to lean on. Not the good you've done. His mercy.

my past is too much · trying to make up for it

“Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.”

JOHN 5:24

Hath. Present tense. Not will have someday if it goes well. And is *passed* — already done, already behind you. The verdict was read and you were not condemned.

afraid of judgment · waiting to find out

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

2 CORINTHIANS 5:17

The old things aren't being managed or supervised. They're passed away. Whoever you were before is not the person God is dealing with now.

can't escape who I was · ashamed of my past

“Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.”

REVELATION 3:20

He knocks. He doesn't force the door, and He doesn't walk away either. And what He comes in for is supper — sitting down together, unhurried, like family.

feel far from God · don't know if He wants me

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.”

ROMANS 5:8

While. Not after you sorted yourself out. Not once you'd shown promise. He moved first, at your worst, before you knew enough to ask.

don't deserve it · not good enough yet

“All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out.”

JOHN 6:37

In no wise. Not for any reason, under any circumstance, no matter what you bring with you through the door. If you come, you stay.

afraid He'll turn me away · been rejected before

Forgiveness

When you can't stop replaying it.

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”

1 JOHN 1:9

Faithful and just. Not merely willing — obligated, by His own character. Forgiveness isn't something you talk Him into. It's something He has already bound Himself to.

carrying guilt · afraid to confess

“As far as the east is from the west, so far hath he removed our transgressions from us.”

PSALM 103:12

North and south have ends — you can reach a pole and start coming back. East and west never meet. David picked the one direction that has no reunion.

can't forgive myself · it keeps coming back

“Come now, and let us reason together,
saith the LORD: though your sins be as
scarlet, they shall be as white as snow;
though they be red like crimson, they
shall be as wool.”

ISAIAH 1:18

He names the worst color twice before He answers it. He is not being told about your sin. He is the one who brought it up, and He brought it up to settle it.

too ashamed to pray · deep regret

“He will turn again, he will have
compassion upon us; he will subdue
our iniquities; and thou wilt cast all
their sins into the depths of the sea.”

MICAH 7:19

Not set aside where you can go look at them.
Cast into the depths. There is no shore where
they wash back up.

old sin keeps surfacing · haunted by the past

“For I will forgive their iniquity, and I will remember their sin no more.”

JEREMIAH 31:34

The God who knows everything says He will not remember. That is not a lapse — it is a decision. He is choosing not to bring it up.

God must still be angry · replaying my failures

“I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.”

ISAIAH 43:25

For mine own sake. Not because you finally deserved it. He does it because of who He is, which means it doesn't depend on who you've been.

feel unforgivable · trying to earn it back

“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”

ROMANS 8:1

Now. Not eventually, not once you've proven something. The condemnation you're still expecting was already lifted, and you've been carrying a sentence that isn't yours.

waiting for punishment · living under guilt

“For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.”

PSALM 86:5

Ready. Not reluctant, not needing to be persuaded. He is waiting for you to ask the way a father waits at a window.

afraid to ask again · think I've used it up

“Blessed is he whose transgression is forgiven, whose sin is covered.”

PSALM 32:1

David calls it blessedness, and he had more to be forgiven than most. The man who wrote this had done real damage. He still got to write the word *blessed* about himself.

don't feel forgiven · shame after failure

“In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace.”

EPHESIANS 1:7

Have. Present possession. Not applied for, not pending review. It is already in your hands.

feel like it's conditional · unsure where I stand

“Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.”

ACTS 3:19

Notice what follows the blotting out — refreshing. He doesn't clear the record and leave you standing there. He clears it so you can breathe again.

exhausted by guilt · need a fresh start

“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”

EPHESIANS 4:32

The measure is set at the end of the sentence. You are asked to forgive the way you were forgiven — which means you already know how much is possible.

can't forgive someone · holding a grudge

Eternal Life

When you're afraid of what comes next.

“Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live.”

JOHN 11:25

He said this standing outside a grave, four days late, to a woman who had already buried her brother. He was not speaking in theory.

grieving · afraid of dying

“In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.”

JOHN 14:2

If it were not so, I would have told you. He anticipates the doubt and answers it before you can raise it. And the place is not general — it is being prepared.

afraid there's nothing after · lost someone

“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.”

REVELATION 21:4

He does it Himself. Not an angel, not a servant. The same hands. And notice the list is not shortened — every single one of them goes.

in pain · lost a child · worn out by suffering

“And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.”

JOHN 10:28

Never, and no man. Two absolutes in one sentence. Whatever grip you imagine losing, the grip that matters isn't yours.

afraid of falling away · feel unsteady in faith

“For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.”

2 CORINTHIANS 5:1

Paul calls this body a tent. Tents come down. But he uses the present tense for the house — you already have it, whether or not you've moved in.

aging · body failing · facing surgery

“These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life.”

1 JOHN 5:13

That ye may *know*. John says plainly why he wrote it down — not so you'd hope, or wonder, or feel it on good days. So you would know.

want assurance · doubting my salvation

“And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.”

JOHN 6:40

I will raise him up. He doesn't leave it to a process. He names Himself as the one who does the lifting.

afraid of the end · lost hope

“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.”

ROMANS 6:23

Wages are what you've earned. A gift is not. Paul sets them side by side so you can see which one you're being handed.

feel I deserve punishment · trying to earn heaven

“O death, where is thy sting? O grave,
where is thy victory?”

1 CORINTHIANS 15:55

Paul is taunting a defeated enemy. Not denying that death comes — asking what it has left to threaten you with.

afraid of death · facing a diagnosis

“Surely goodness and mercy shall
follow me all the days of my life: and I
will dwell in the house of the LORD for
ever.”

PSALM 23:6

All the days, and then for ever. The sentence doesn't stop where your life does. It keeps going past the last day and never comes back to an ending.

nearing the end · comfort in old age

“In hope of eternal life, which God, that cannot lie, promised before the world began.”

TITUS 1:2

That cannot lie. Not will not — cannot. And it was promised before there was anyone to promise it to. It was settled before you existed.

doubting the promise · need something certain

“For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ.”

PHILIPPIANS 3:20

Paul wrote this from a cell. Your citizenship isn't where your body currently is. He knew that better than most.

feel out of place · don't belong here

Faithfulness

When everyone else has changed.

“It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

LAMENTATIONS 3:22-23

Jeremiah wrote this watching his city burn. New every morning is not a cheerful sentiment — it's what a man said on the worst morning of his life.

worn down · nothing left to give

“Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.”

HEBREWS 13:5

Two promises where one would do. He said it twice in the same breath, as if He knew you'd need to hear it more than once.

feel abandoned · alone

“And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.”

DEUTERONOMY 31:8

He goes before. Whatever you're walking into tomorrow, He is already standing in it, and He got there first.

dreading tomorrow · facing the unknown

“If we believe not, yet he abideth faithful: he cannot deny himself.”

2 TIMOTHY 2:13

Even when your faith fails, His doesn't. His faithfulness isn't a response to yours — it's a fact about Him that your bad weeks cannot touch.

my faith is weak · doubting

“God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?”

NUMBERS 23:19

You have been let down by people who meant it at the time. This verse exists to tell you He is not in that category.

been let down · hard to trust

“God is faithful, by whom ye were called unto the fellowship of his Son Jesus Christ our Lord.”

1 CORINTHIANS 1:9

He called you. If the calling was His idea, then keeping it is His responsibility, not yours.

feel like a failure · afraid of disappointing Him

“My covenant will I not break, nor alter the thing that is gone out of my lips.”

PSALM 89:34

Not break, and not alter. He will not go back on it, and He will not quietly adjust the terms later.

afraid the rules changed · feel disqualified

“For I am the LORD, I change not;
therefore ye sons of Jacob are not
consumed.”

MALACHI 3:6

Everything else in your life has moved.
People, health, work, the world. He is the one
fixed point, and He says so plainly.

everything is changing · nothing feels stable

“Let us hold fast the profession of our
faith without wavering; for he is
faithful that promised.”

HEBREWS 10:23

Hold fast — because of Him, not because of
your grip. The reason given for holding on is
His faithfulness, not your strength.

ready to quit · barely holding on

“Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.”

PHILIPPIANS 1:6

He finishes what He starts. You are not a project He got interested in and set down.

feel unfinished · not making progress

“Thy mercy, O LORD, is in the heavens; and thy faithfulness reacheth unto the clouds.”

PSALM 36:5

David reaches for the largest thing he can see and says it still isn't big enough. That's the honest limit of the comparison.

feel small · needing perspective

“There failed not ought of any good thing which the LORD had spoken unto the house of Israel; all came to pass.”

JOSHUA 21:45

This is a man at the end of his life writing down the tally. Not one thing failed. He checked.

wondering if it's true · need evidence

Protection

When you don't feel safe.

“He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.”

PSALM 91:1

The shadow is close cover. You don't stand in someone's shadow from across a field. This is a promise about nearness as much as safety.

afraid · feel exposed

“The LORD shall preserve thee from all evil: he shall preserve thy soul. The LORD shall preserve thy going out and thy coming in, from this time forth, and even for evermore.”

PSALM 121:7-8

Going out and coming in. That's every leaving and every returning — the whole ordinary shape of a day, covered at both ends.

worried about travel · sending a child out

“No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn.”

ISAIAH 54:17

It doesn't say no weapon will be formed. It says it won't prosper. You may still see it coming. It will not finish what it started.

under attack · being slandered

“God is our refuge and strength, a very present help in trouble.”

PSALM 46:1

Very present. Not on His way. Not available if contacted. Already here, before you called.

in crisis · need help now

“The name of the LORD is a strong tower: the righteous runneth into it, and is safe.”

PROVERBS 18:10

The tower doesn't come to you. You run. That's the only action asked for in the whole verse.

don't know where to turn · overwhelmed

“The angel of the LORD encampeth round about them that fear him, and delivereth them.”

PSALM 34:7

Encampeth. Not passes by, not checks in. Sets up camp and stays the night.

afraid at night · feel unguarded

“But the Lord is faithful, who shall
stablish you, and keep you from evil.”

2 THESSALONIANS 3:3

Two verbs. He steadies you, and He guards
you. One is about your footing, the other
about what's coming at you.

feel unsteady · under pressure

“I will both lay me down in peace, and
sleep: for thou, LORD, only makest me
dwell in safety.”

PSALM 4:8

David wrote this while men were hunting him.
Sleep is the most defenseless thing a person
does, and he did it anyway.

can't sleep · lying awake afraid

“When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned.”

ISAIAH 43:2

Through. Not around, not instead of. The promise is not that you'll avoid it — it's who is in it with you.

going through hard times · in the middle of it

“Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance.”

PSALM 32:7

A hiding place and songs at the same time. He doesn't just conceal you — He makes it possible to sing where you're hidden.

want to disappear · need shelter

“The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him.”

NAHUM 1:7

He knoweth them. Not knows about. In the day of trouble you are not a number He is protecting — you are someone He knows.

feel invisible · nobody sees what I'm carrying

“The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?”

PSALM 27:1

Two questions, no answers given. David isn't looking for one. He's asking them to hear how small the fear sounds out loud.

anxious · fear won't let go

Healing

When your body won't cooperate.

“He healeth the broken in heart, and
bindeth up their wounds.”

PSALM 147:3

Bindeth up is what you do by hand, close,
slowly. It is not a word for distance. He treats
a heart the way a physician treats a wound.

heartbroken · grieving · lost love

“But he was wounded for our
transgressions, he was bruised for our
iniquities: the chastisement of our
peace was upon him; and with his
stripes we are healed.”

ISAIAH 53:5

Written seven hundred years before it
happened, in the past tense. The prophet
wrote it as though it were already finished,
because to God it was.

suffering · need healing

“For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD.”

JEREMIAH 30:17

Restore. That word assumes something was there before and is coming back. He is not offering you a lesser version of yourself.

sick · long illness · want to feel like myself

“And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.”

JAMES 5:15

Body and soul in the same sentence. James won't separate them, and neither does God.

praying for healing · sick and ashamed

“I am the LORD that healeth thee.”

EXODUS 15:26

Not the Lord who heals. The Lord *that healeth thee* — He attaches the healing to a name and the name to you.

need healing · feel forgotten

“Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases.”

PSALM 103:2-3

Forget not. David is talking to himself, and the thing he's afraid of forgetting is what God has already done.

losing hope · forgetting past mercies

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

MATTHEW 11:28

The invitation is addressed to the tired. Not the qualified, not the strong. If you're carrying too much, that's the ticket in.

exhausted · burned out · can't keep going

“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”

PSALM 34:18

He is nearest at the point you'd assume He'd be furthest. Broken is not the thing that pushes Him away. It's what draws Him close.

heartbroken · feel far from God

“But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.”

MALACHI 4:2

The last picture is young animals let out of a barn — legs working, running for no reason. That's what he thinks healing looks like.

want my strength back · recovering

“O LORD my God, I cried unto thee, and thou hast healed me.”

PSALM 30:2

Two clauses. He cried, God healed. David records no waiting, no negotiation. Sometimes that's the whole account.

praying and waiting · need an answer

“I have seen his ways, and will heal him: I will lead him also, and restore comforts unto him and to his mourners.”

ISAIAH 57:18

And to his mourners. The healing reaches past the sick person to the people sitting with them. God notices who else is tired.

caring for someone sick · caregiver worn out

“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted.”

LUKE 4:18

Jesus read this aloud in His hometown synagogue and said it was about Him. Healing the brokenhearted was in the job description He claimed.

emotional pain · deep sadness

Strength

When you've got nothing left.

“But they that wait upon the LORD
shall renew their strength; they shall
mount up with wings as eagles; they
shall run, and not be weary; and they
shall walk, and not faint.”

ISAIAH 40:31

The order goes down, not up — soar, run,
walk. He ends with walking, because most
days that's what's actually required.

exhausted · running on empty

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

ISAIAH 41:10

Three times He says *I will*, and each one is a different verb. Strengthen, help, uphold. He is not repeating Himself — He is covering every way you might fall.

afraid · overwhelmed · about to break

“I can do all things through Christ which strengtheneth me.”

PHILIPPIANS 4:13

Paul wrote this in prison, having just said he'd learned to be content hungry or full. The all things he meant included the hard version.

facing something too big · doubting myself

“He giveth power to the faint; and to them that have no might he increaseth strength.”

ISAIAH 40:29

To them that have no might. Not the low, not the running-short. The empty. That's who this is addressed to.

nothing left · can't do it anymore

“And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.”

2 CORINTHIANS 12:9

Paul asked three times for the thorn to go. This was the answer, and he stopped asking — not because he gave up, but because the answer was better.

weakness won't lift · unanswered prayer

“Neither be ye sorry; for the joy of the LORD is your strength.”

NEHEMIAH 8:10

Nehemiah said this to people weeping over how far they'd fallen. He didn't tell them to try harder. He told them where the strength comes from.

discouraged · ashamed of failing

“It is God that girdeth me with strength, and maketh my way perfect.”

PSALM 18:32

Girdeth is what you do before work — belt tightened, sleeves up. He doesn't hand you strength. He puts it on you.

facing a hard day · need to keep going

“Finally, my brethren, be strong in the Lord, and in the power of his might.”

EPHESIANS 6:10

In the Lord, and in His might. Paul is careful to name the source twice, because he knows where you'll look first.

trying to be strong alone

“My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.”

PSALM 73:26

He admits the failure before he claims the promise. You don't have to pretend the first half isn't true to get the second.

body failing · aging · heart is tired

“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

JOSHUA 1:9

Joshua was taking over from Moses. God didn't tell him he was ready. He told him who was going with him.

starting something new · not qualified

“The eternal God is thy refuge, and
underneath are the everlasting arms.”

DEUTERONOMY 33:27

Underneath. Not out ahead where you have
to reach them. Below you, already there, for
the fall you haven't taken yet.

afraid of falling · feel unsupported

“Wait on the LORD: be of good
courage, and he shall strengthen thine
heart: wait, I say, on the LORD.”

PSALM 27:14

He says wait twice, and puts the courage in
the middle. The waiting is the hard part, and
he knows it.

waiting a long time · impatient

Peace

When your mind won't quiet down.

“Thou wilt keep him in perfect peace,
whose mind is stayed on thee: because
he trusteth in thee.”

ISAIAH 26:3

Perfect peace, while the trouble is still in the room. Not a promise that the hard thing will lift by morning — a promise that you can be held steady in the middle of it. Notice what it hangs on. Not how strong your faith feels today. Just where your mind is resting.

anxious · can't settle down

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

JOHN 14:27

He drew a line between His peace and the other kind. The world's peace depends on conditions holding. His doesn't.

circumstances falling apart · fragile calm

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

PHILIPPIANS 4:6-7

Passeth all understanding — meaning you won't be able to explain why you're calm. That's not a flaw in the peace. That's the proof of where it came from.

worried · can't stop thinking

“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”

JOHN 16:33

He promises trouble in the same sentence as peace. He is not pretending. He is telling you the trouble has already been outlasted.

hard season · nothing going right

“The LORD will give strength unto his people; the LORD will bless his people with peace.”

PSALM 29:11

Strength first, then peace. One to carry it, one to rest in it. He gives both.

worn out · need rest

“Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.”

ROMANS 5:1

Peace with God — the argument settled, the account closed. Every other peace is downstream of this one.

feel at odds with God · guilty

“And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”

COLOSSIANS 3:15

Rule is a strong word. Not visit, not soothe. Paul is describing something with authority over the noise.

mind won't quiet · conflict inside

“Great peace have they which love thy law: and nothing shall offend them.”

PSALM 119:165

Nothing shall offend them — the older sense is *nothing shall trip them up*. Peace here isn't a mood. It's sure footing.

easily rattled · thin-skinned lately

“Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”

MATTHEW 11:29

A yoke is for two animals. He is not handing you a load — He is offering to get under it beside you.

carrying too much alone

“Now the Lord of peace himself give you peace always by all means.”

2 THESSALONIANS 3:16

Always, by all means. Paul is refusing to limit it to a time or a method. Whatever it takes, whenever it is.

peace comes and goes

“And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever.”

ISAIAH 32:17

Quietness and assurance. Not excitement. The evidence God is at work is often that things have gone quiet.

nothing happening · long silence

“He maketh me to lie down in green pastures: he leadeth me beside the still waters.”

PSALM 23:2

Maketh me. Sheep don't lie down when they're anxious. Sometimes He has to make you rest before you'll do it.

can't rest · always going

Hope

When nothing looks like it's going to change.

“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.”

JEREMIAH 29:11

He said this to people already in exile, already seventy years from home. Hope wasn't offered instead of the hard road. It was offered along it.

no future in sight · long wait

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”

ROMANS 15:13

Abound. Not scrape by on. Paul is praying you'd have more hope than the situation calls for.

running low on hope

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

ROMANS 8:28

Work together — not each thing good on its own. Some of it is terrible. The promise is about what it is being made into.

nothing makes sense · senseless loss

“For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.”

PSALM 30:5

Night is named honestly. It endures. But the sentence keeps going, and the last word in it is joy.

in the dark · worst night

“Which hope we have as an anchor of the soul, both sure and steadfast.”

HEBREWS 6:19

An anchor doesn't stop the storm. It holds you where you are until it passes.

being tossed around · unstable

“Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him.”

PSALM 42:11

Yet. He can't praise Him today. He says he will. That's a man being honest and hopeful in the same breath.

depressed · can't feel it right now

“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.”

ROMANS 8:18

Paul had been beaten, shipwrecked and jailed. He isn't minimizing suffering. He's saying he did the comparison and it wasn't close.

suffering feels endless

“Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.”

ISAIAH 43:19

A way in the wilderness — where there isn't one. That is the only place a way has to be made.

no options left · starting over

“The LORD is my portion, saith my soul; therefore will I hope in him.”

LAMENTATIONS 3:24

Portion is what's left to you when everything is divided up. Jeremiah had lost the rest. He says what remained was enough.

lost everything · stripped down

“I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.”

PSALM 27:13

In the land of the living — not only afterward. David expected to see something good on this side of it.

waiting to see good again

“Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ.”

TITUS 2:13

The hope has a face. It isn't a better outcome you're waiting for — it's a person.

what am I waiting for

“Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the LORD shall be a light unto me.”

MICAH 7:8

When, not if. He grants the falling and the darkness, and still finishes the sentence the same way.

fell again · discouraged by failure

Guidance

When you don't know which way to go.

“Trust in the LORD with all thine heart;
and lean not unto thine own
understanding. In all thy ways
acknowledge him, and he shall direct
thy paths.”

PROVERBS 3:5-6

Lean not on your own understanding — not
because it's worthless, but because it isn't
enough to bear your weight.

big decision · don't know what to do

“I will instruct thee and teach thee in
the way which thou shalt go: I will
guide thee with mine eye.”

PSALM 32:8

Guided with an eye is how someone leads you
across a crowded room without a word. It
requires that you be watching Him.

need direction · feel lost

“Thy word is a lamp unto my feet, and
a light unto my path.”

PSALM 119:105

A lamp for the feet lights the next step, not
the whole road. That's less than you want and
exactly enough.

can't see the way forward

“And thine ears shall hear a word
behind thee, saying, This is the way,
walk ye in it, when ye turn to the right
hand, and when ye turn to the left.”

ISAIAH 30:21

Behind thee. The voice comes when you've
already started moving. Some direction only
arrives once you go.

waiting for a sign · stuck

“The steps of a good man are ordered by the LORD: and he delighteth in his way.”

PSALM 37:23

Steps, not the route. He is in the small movements, not only the large turns.

ordinary day · wondering if it matters

“Howbeit when he, the Spirit of truth, is come, he will guide you into all truth.”

JOHN 16:13

Guide into — a process, not a handout. You are being walked there, which takes time you may not have planned for.

confused · seeking truth

“And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden.”

ISAIAH 58:11

Satisfied in drought. Not after the rain comes. The dry season is named and the promise still holds inside it.

dry season · nothing growing

“The meek will he guide in judgment: and the meek will he teach his way.”

PSALM 25:9

The qualification isn't intelligence or experience. It's meekness — being teachable. That's available to anyone at any age.

too old to change · don't know enough

“A man's heart deviseth his way: but
the LORD directeth his steps.”

PROVERBS 16:9

You plan. He directs. Both are in the verse,
and neither cancels the other. Make the plan
and hold it loosely.

plans fell apart · things didn't go as expected

“For this God is our God for ever and
ever: he will be our guide even unto
death.”

PSALM 48:14

Even unto death. There is no stretch of road
at the end where the guiding stops and you
go on alone.

facing the end · afraid of the last part

“And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight.”

ISAIAH 42:16

He leads the blind by an unfamiliar road. Not knowing where you're going is assumed in the promise, not a disqualification from it.

no idea what's next · unfamiliar territory

“He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.”

PSALM 23:3

For His name's sake. The reason He keeps leading you well is tied to His reputation, not your performance.

feel like a burden · afraid He's tired of me

Wisdom

When you're in over your head.

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

JAMES 1:5

Upbraideth not. He does not sigh, or point out that you should have known. He gives liberally and says nothing about the asking.

don't know what to do · feel foolish

“For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding.”

PROVERBS 2:6

Wisdom is not a personality trait some people were issued. It comes out of His mouth, which means it is given, not born.

not smart enough · out of my depth

“The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.”

PROVERBS 9:10

The beginning. Not the whole of it — the place you start. If you've got that, you're not behind.

where do I even start

“In whom are hid all the treasures of wisdom and knowledge.”

COLOSSIANS 2:3

Hid, but named. Paul tells you exactly where the treasure is buried, which is an odd way to keep a secret.

searching for answers

“Because the foolishness of God is wiser than men; and the weakness of God is stronger than men.”

1 CORINTHIANS 1:25

Paul sets God's supposed foolishness against man's best and doesn't bother to argue the point.

world says I'm wrong · standing alone

“Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.”

PROVERBS 4:7

With all thy getting. Solomon assumes you're acquiring things. He's telling you which one to make sure of.

chasing the wrong things · reordering priorities

“The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments.”

PSALM 111:10

Have all they that *do*. Understanding follows obedience here, not the other way round. Sometimes you act first and see after.

waiting to understand before I obey

“For God giveth to a man that is good in his sight wisdom, and knowledge, and joy.”

ECCLESIASTES 2:26

Joy is in the list with wisdom and knowledge. Solomon didn't consider them separate gifts.

smart but unhappy · missing something

“And unto man he said, Behold, the fear of the Lord, that is wisdom; and to depart from evil is understanding.”

JOB 28:28

After thirty-seven chapters of argument, this is the answer. Short, and not what anyone in the book expected.

overthinking · argued out

“Happy is the man that findeth wisdom, and the man that getteth understanding.”

PROVERBS 3:13

Findeth and getteth — one is stumbled upon, the other is worked for. Both count.

want to grow · feel stagnant

“He giveth wisdom unto the wise, and knowledge to them that know understanding.”

DANIEL 2:21

Daniel said this about a God who removes kings and sets them up. The same hand that moves empires hands out wisdom.

world in chaos · trying to make sense of it

“But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.”

JAMES 3:17

Easy to be intreated — approachable, willing to listen. James makes that a test of whether wisdom came from God.

hard conversation · being stubborn

Prayer

When you don't know what to say.

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.”

MATTHEW 7:7

Three verbs, three promises, no conditions attached to any of them. Jesus made it as simple as He could and then left it alone.

don't know how to pray · feel unheard

“And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us.”

1 JOHN 5:14

He heareth us. Before any answer comes, that much is already settled. You were heard.

feel ignored · praying into silence

“Call unto me, and I will answer thee,
and shew thee great and mighty
things, which thou knowest not.”

JEREMIAH 33:3

Which thou knowest not. The answer may not be the one you drafted, because you were working from a smaller map.

want an answer · confused by God's response

“The LORD is nigh unto all them that
call upon him, to all that call upon him
in truth.”

PSALM 145:18

In truth — honestly, as you actually are. Not the polished version. He is near to the real prayer.

can't pray nicely · angry at God

“For where two or three are gathered together in my name, there am I in the midst of them.”

MATTHEW 18:20

Two or three. He set the number low on purpose. A small church, a kitchen table, two people on the phone.

small church · praying with one friend

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”

MARK 11:24

Believe that ye receive — present tense, before you see it. That's the part that costs something.

hard to believe · praying without faith

“Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”

ROMANS 8:26

When you can't find words, someone else is praying with sounds that don't have any. Wordlessness is not a failed prayer.

no words · too tired to pray

“The effectual fervent prayer of a righteous man availeth much.”

JAMES 5:16

Availeth much. James doesn't say it might help. He says it accomplishes something, and he wrote it plainly enough to be believed.

wondering if it does anything

“The righteous cry, and the LORD
heareth, and delivereth them out of all
their troubles.”

PSALM 34:17

Cry, not recite. This is the prayer that comes
out when composure is gone, and it's the one
being answered.

desperate · at the end

“Let us therefore come boldly unto the
throne of grace, that we may obtain
mercy, and find grace to help in time of
need.”

HEBREWS 4:16

Boldly, to a throne. The two words don't
normally go together. They do here because
of who is sitting on it.

afraid to approach God · feel unworthy

“Pray without ceasing.”

1 THESSALONIANS 5:17

Three words. Not a burden to add to the day
— permission to keep the conversation
running through it.

too busy to pray · feel guilty about prayer life

“But verily God hath heard me; he hath
attended to the voice of my prayer.”

PSALM 66:19

Attended to. He didn't just hear it in passing.
He turned toward it and gave it His attention.

need to know He listened

Provision

When the numbers don't work.

“But my God shall supply all your need according to his riches in glory by Christ Jesus.”

PHILIPPIANS 4:19

Look at what the supply is measured against. Not your paycheck. Not what you managed to set aside, or what the month has left in it. His riches. When you have counted what you have and come up short, you were counting the wrong account.

money running out · lost a job · can't pay the bills

“The LORD is my shepherd; I shall not want.”

PSALM 23:1

Six words, and then the conclusion. Not I *should not want*, or I try not to want. I shall not. David isn't describing how he feels about his circumstances. He's describing who is responsible for them.

anxious about the future · feeling unprovided for

“Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?”

MATTHEW 6:26

Jesus doesn't argue the point. He tells you to go look. The birds outside your window this morning did nothing to earn breakfast, and it came anyway. Then He asks the only question that matters: what do you think you're worth to Him?

worrying about money · can't sleep for worry

“And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.”

2 CORINTHIANS 9:8

Count the *alls*. All grace, all sufficiency, all things, every good work. Paul is not leaving room for you to wonder whether your particular need made the list.

feeling overlooked · not enough to go around

“The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.”

PSALM 34:10

The strongest hunter in the field goes hungry some days. That's the comparison being drawn. Strength runs out. Seeking Him does not.

did everything right and still short · exhausted from providing

“Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.”

PSALM 55:22

Cast is not set down gently. It's throw. You are not asked to carry it to Him carefully and hold one end. Put the whole weight on Him and let it go.

carrying too much · feels like giving up

“Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.”

PSALM 37:3

Two things you do, one thing He does. You trust, and you keep doing good in front of you today. The feeding is His half, and it isn't listed as your job.

don't know what to do next · tempted to cut corners

“Give us this day our daily bread.”

MATTHEW 6:11

He taught us to ask for today. Not the month, not the year, not the retirement account.

Today. There is mercy in that — you're only being asked to trust Him for the distance you can actually see.

overwhelmed by the future · too far ahead to plan

“Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.”

JAMES 1:17

No variableness. Nothing about Him shifts depending on the week you're having. The good things that have come to you were not luck, and the giver has not changed since the last one arrived.

feeling forgotten · good things feel random

“Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”

MATTHEW 6:34

Today has enough in it. That's not a scolding — it's permission. You're allowed to set tomorrow down until tomorrow.

can't stop worrying · lying awake

“He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?”

ROMANS 8:32

Paul is arguing from the greater to the lesser. If He already gave the costliest thing without being asked, what exactly do you imagine He's holding back now?

feel unworthy to ask · afraid to pray about money

“I have been young, and now am old;
yet have I not seen the righteous
forsaken, nor his seed begging bread.”

PSALM 37:25

An old man writing down what he actually
watched happen over a lifetime. Not a theory.
Testimony.

losing hope · been faithful a long time

Blessing

When you feel overlooked.

“The LORD bless thee, and keep thee:
The LORD make his face shine upon
thee, and be gracious unto thee: The
LORD lift up his countenance upon
thee, and give thee peace.”

NUMBERS 6:24-26

This was the blessing the priests were
commanded to say over the people. It has
been spoken over God's people for three
thousand years, and it is being spoken over
you now.

need a blessing · feel unseen

“Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ.”

EPHESIANS 1:3

Hath blessed. Past tense, already done. Paul isn't asking for it. He's telling you it happened.

waiting to be blessed · feel skipped over

“And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.”

PSALM 1:3

In his season. The tree isn't fruiting year round, and it isn't failing in the months it doesn't. Timing is part of the promise.

nothing happening yet · out of season

“Bring ye all the tithes into the storehouse, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.”

MALACHI 3:10

Prove me. The one place in Scripture where God invites you to test Him. He is that confident in what happens next.

afraid to give · tight month

“Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out.”

DEUTERONOMY 28:6

Coming in and going out — the two ordinary moments of any day. The blessing is on the doorway, not on some special occasion.

ordinary life · nothing remarkable

“The blessing of the LORD, it maketh rich, and he addeth no sorrow with it.”

PROVERBS 10:22

No sorrow with it. Not every gain arrives clean. Solomon is drawing a line between what God gives and what things cost you.

success that hurt · gained and lost

“For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.”

PSALM 84:11

No good thing withheld. Which means whatever you are not being given right now, He has not classified as good for you yet.

unanswered prayer · didn't get what I wanted

“Blessed are they which do hunger and thirst after righteousness: for they shall be filled.”

MATTHEW 5:6

The blessing is on the hunger, before anything is filled. Wanting it counts.

feel spiritually empty · want to want God more

“Blessed is every one that feareth the LORD; that walketh in his ways. For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.”

PSALM 128:1-2

You shall eat the labour of your hands — you get to enjoy what you worked for. That is not automatic in this world, and it is named here as a blessing.

working hard with nothing to show

“And I will make of thee a great nation,
and I will bless thee, and make thy
name great; and thou shalt be a
blessing.”

GENESIS 12:2

The last clause turns it around. Blessed, and then *a blessing*. It was never meant to stop with you.

what am I for · want to matter

“Give, and it shall be given unto you;
good measure, pressed down, and
shaken together, and running over,
shall men give into your bosom.”

LUKE 6:38

Pressed down and shaken together is how you fill a container when you're trying to fit more in. That's the picture He chose.

giving when short · generosity feels risky

“For thou, LORD, wilt bless the
righteous; with favour wilt thou
compass him as with a shield.”

PSALM 5:12

Compass him about — surrounded, not just
covered in front. The favour goes all the way
around.

feel exposed · under criticism

Righteousness & Reward

When doing right doesn't seem to pay.

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

MATTHEW 6:33

First, and then added. He isn't telling you the other things don't matter. He's telling you the order they arrive in.

priorities out of order · chasing security

“For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.”

2 CORINTHIANS 5:21

A straight trade. He took what was yours and you were given what was His. That is the whole transaction, and you contributed nothing to either side.

feel unrighteous · can't measure up

“Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.”

2 TIMOTHY 4:8

Paul wrote this near the end, expecting execution. *Not to me only* — he made sure you were named in it too.

nearing the end · did it matter

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

GALATIANS 6:9

In due season. Paul assumes the gap between the work and the harvest is long enough to get tired in.

tired of doing good · no results

“For God is not unrighteous to forget your work and labour of love, which ye have shewed toward his name.”

HEBREWS 6:10

Not unrighteous to forget. It would be *unjust* of Him to overlook what you've done. He is bound by His own fairness to remember.

feel unappreciated · nobody noticed

“I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness.”

ISAIAH 61:10

Clothed and covered — both done to him, not by him. He is describing what he's wearing, not what he made.

ashamed · feel exposed before God

“And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be.”

REVELATION 22:12

The reward is *with* Him. He doesn't send it ahead or leave it behind. It arrives when He does.

waiting for justice · long faithfulness

“And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ.”

PHILIPPIANS 3:9

Paul had the best religious résumé of anyone alive and called it loss. Not because it was bad, but because it wasn't the righteousness that counts.

relying on my record · religious but empty

“The wicked worketh a deceitful work:
but to him that soweth righteousness
shall be a sure reward.”

PROVERBS 11:18

A sure reward. Not a likely one. Solomon
watched enough of both to write it that way.

watching others get ahead · does honesty pay

“And he shall bring forth thy
righteousness as the light, and thy
judgment as the noonday.”

PSALM 37:6

As the noonday — when nothing is in shadow.
If you've been misjudged, there is a day
coming when the light is overhead.

falsely accused · misunderstood

“Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.”

1 CORINTHIANS 15:58

Not in vain. Paul puts it at the end of the great resurrection chapter, as if to say: because that is true, this is true.

feel useless · work seems pointless

“His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.”

MATTHEW 25:21

Faithful over a few things. The commendation isn't for scale. It's for faithfulness with whatever the few things were.

small life · feel insignificant

One more thing

There are a hundred and eighty promises in this book, and hundreds more that wouldn't fit — the same God, the same book, the same unreasonably generous habit of making promises He has no obligation to make.

If one of these landed today, the rest are waiting.

Where to find more

A promise every morning. One, delivered to your phone, before the day gets loud.

Find a promise. Search by what you're carrying, in the words you'd actually use — not by book and chapter.

Watch. Short readings, and longer ones for when you have the time.

No account. No email. Nothing to join.

godsmanypromises.com

God's Many Promises — 180 Promises from the King
James Bible

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