

God's Promises For You

By Alan W. Gruning, DO

Just think about this the next time you are feeling down, depressed, fearful, alone, anxious, or otherwise empty. While you were still lost, and not thinking about God at all, He was still thinking about you! He had a plan to save you, to set you free, and to give you a life of abundance and significance.

What follows are the promises from God's Word for you. *He sent His word and healed them and delivered them from their destructions.* Psalm 107:20. Read them, look up the verses for yourself, review them often, and claim them as your own. Learn to replace the lies of the devil with the truth from God's Word.

1. God knew you. *For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren.* Romans 8:29. God knew you when He created you, when He made you in your mother's womb. *I will give thanks to You, for I am fearfully and wonderfully made; wonderful are Your works, and my soul knows it very well.* Psalm 139:14 says you are fearfully and wonderfully made. You are a masterpiece, a special work of creative genius according to Ephesians 2:10. *For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.* God knew you while you were growing up and when you became a teenager. God knew you when you were good and when you were bad. God knew you while you were running towards Him and running away from Him. He has seen everything you have ever done or thought, including all of the sins you have ever committed. And yet He still loves you.

2. God predestined you to become the image of His Son, Jesus. *For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren.* Romans 8:29. That means He chose you to be His before you ever chose God. He did not have to choose you; He chose you because He wanted to, because of His great love for you. Believe it or not, you are very important to God, a one of a kind creation. And He wants you to become like Jesus.

3. God called you. *And these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.* Romans 8:30. This means you were sanctified, or set apart for His purpose. God called you out from the life you were living apart from Him and called you into a relationship with the Father. He did not have to do this. He did it because of His great mercy and love for you. He wants no one to perish, but all to come to eternal life. *The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance.* 2 Peter 3:9.

4. The Father drew you to Jesus. *No one can come to Me unless the Father who sent Me draws him; and I will raise him up on the last day.* John 6:44. There was still a problem. You did not care about God. You were still living your own life the way you wanted. The Father in Heaven had to draw you to Jesus. It was not your idea. It was His. Some people probably were praying for you. God heard and answered their prayers. If the Father had not drawn you to Jesus, you would still be lost. Why did God choose to draw you to Jesus? It is all about grace, the undeserved favor of God. You did not deserve it. His grace is greater than all your sins.

5. You were given the free gift of eternal life. The Bible says that we are all sinners. Romans 3:23 says *for all have sinned and fall short of the glory of God.* This means we do things and think things that are an offense to our holy God and violate his laws. Now, before you say that you are a pretty good person and not a bad sinner, let's take a look at God's standards, the 10 Commandments. Have you ever told a lie? What does that make you? A liar. Have you ever taken something that was not yours, even something

little? That makes you a thief. Have you ever used the name of God or Jesus as a cuss word? That is called blasphemy. Have you ever looked with lust on a person that you were not married to? Jesus said that was as bad as committing adultery. Have you ever hated someone in your heart? Jesus said that was the same as murdering them. By all accounts, you are a lying thief, a blasphemer, adulterer, and murderer at heart. On Judgment Day, will you be guilty or innocent in the sight of God? Guilty as charged. You are a sinner.

*For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord. Romans 6:23. The wages of our sins, or what we deserve to be paid for the sins we commit (in our actions and our thoughts), is death. This means eternal separation from God in a place called Hell, created for the devil and his rebellious angels, called demons. Our loving Father does not want any of His creation to go to Hell. Romans 5:8 says *But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.* God sent His Son, Jesus, God in the flesh, to die on the cross in our place and give us the free gift of eternal life in Heaven. How do we get this free gift? Just by taking it! *For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.* John 3:16 says that God so loved you that He gave His one and only Son, that if you believe in Jesus you will not perish, but you will have eternal life.*

It is all about Jesus. It is not about you or how good you are. You are a sinner and not good at all. Isaiah 64:6 says *For all of us have become like one who is unclean, and all our righteous deeds are like a filthy garment; and all of us wither like a leaf, and our iniquities, like the wind, take us away.* Your good deeds are like filthy rags to our holy God. You can't do enough good things to make up for all the sins you have committed in your life. You can't get the gift by being good. There is nothing you can do or pay to get it. It only comes by believing in Jesus and His death, burial and resurrection for you! It is truly a gift.

Ephesians 2:8-9 says *For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast.* If you could work your way to Heaven you would boast about how good you are. Salvation is by the grace of God alone. However, you have to choose to take this free gift. If you don't, then John 3:18 says that you are condemned to Hell because of your choice. *He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God.* It is that simple. Have you chosen to take the free gift of God?

6. The veil was removed. *But whenever a person turns to the Lord, the veil is taken away. 2 Corinthians 3:16.* The Father sent the Holy Spirit to intervene and convict you of your sins and your need for the Savior, Jesus. You decided to turn to the Lord Jesus. Whether it was a logical, controlled turning or you cried out in desperation because of the mess of your life, you chose to turn to Jesus. When you did, the Holy Spirit removed the covering that your enemy, Satan, had put over your eyes to blind you to the truth. Your eyes had been covered for many years. You had resisted every attempt He had made to reach you with the gospel, the good news. Thank the Lord that He did not give up on you. All of a sudden, you could finally see the truth.

7. You were born again. *Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." John 3:3.* When you confessed your sins, asked for forgiveness, and agreed to turn from your sinful way of living (repentance) to become a follower of Jesus Christ and pursue holiness, you were saved. Romans 10:9-10 says *that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation.* This means that you have to confess with your mouth that Jesus is your Lord and Savior, your Master and Owner, and that

you have to give Him the control of your life as His servant and slave. You also have to believe in your heart that the Resurrection is true and Jesus is alive and will return as He promised.

And He was saying to them all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it. Luke 9:23-24 says that if you want to be a follower of Jesus, you have to deny yourself, take up your cross daily and follow Him. That means you have to deny your agenda, plans, lusts, and desires and agree to live for Jesus. You have to carry your cross through the streets, publicly identifying with Jesus and not ashamed to follow Him. When you did these things, you were born again into the family of God. If you have not done these things, you need to right now! Otherwise, none of the rest of God's promises will apply to you. Just pray. God will hear your voice.

Jesus said in John 14:6 *I am the way, and the truth, and the life; no one comes to the Father but through Me.* You can only get to Heaven through Jesus. You can't get there by any other religion, person, beliefs, good works or anything you can do or pay. Do you believe that? Do you want His free gift of eternal life?

Here is a suggested prayer, to say out loud (confess with your mouth), if you want to be born again:

Father, thank You for loving me and never giving up on me. I confess I am a sinner and I want to repent of my sins and pursue holiness. Thank you Jesus for coming to this earth, dying on the cross, and shedding Your blood, for me. I give You the control of my life and want to follow You Jesus. Make me into the Christian You want me to be. Thank You for saving me Jesus. Amen.

Congratulations! If you prayed that prayer from your heart, you have been forgiven and born again into the family of God. The Holy Spirit has come to live in you. You have a home reserved in Heaven. You have peace with God.

8. You were justified by faith. *And these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified. Romans 8:30. When you gave your life to Jesus and trusted in His shed blood to save you, The Father justified you, making you holy and righteous in His sight. You could not enter Heaven in the sinful, filthy condition you were in. And there was nothing you could do to make yourself righteous. Now, you have been washed clean and your sins forgiven by faith in Jesus Christ alone. This makes you able to spend eternity with the Father in Heaven. Once there, you will be glorified with a new body, perfect and eternal. Praise the Lord!*

9. Jesus Christ now lives in you. *Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you—unless indeed you fail the test? 2 Corinthians 13:5. When you are born again, Jesus comes to live in you. We are to test ourselves to see if we are in the faith. If Jesus lives in you, you will be different and want to live differently. Your goals and priorities will change to be more like His. You will want to do what He wants you to do. You will want to be what He wants you to be. Does that describe you?*

10. You have the Holy Spirit living in you. *In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance, with a view to the redemption of God's own possession, to the praise of His glory. Ephesians 1:13-14. God has placed a seal on you that marks you as His child. The Holy Spirit is the deposit that guarantees your inheritance. The Holy Spirit is your Teacher, Counselor, Comforter and Helper. He will enable you to live the Christian life. You just need to cooperate with Him.*

11. You are a new creation. *Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. 2 Corinthians 5:17. The old life is gone and forgotten by God. He has forgotten your sins. As far as the east is from the west, so far has He removed our transgressions from us. Psalm 103:12. That means He remembers them no more. You are starting over, brand new in Jesus Christ. Therefore there is now no condemnation for those who are in Christ Jesus. Romans 8:1. Because you are forgiven and made new, you should never feel condemned by God for your past. The devil wants you to feel condemned; he is a liar and the father of lies. Don't listen to him. Listen to Jesus. The truth will set you free.*

12. You are adopted into God's family. *For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!" Romans 8:15. For you are all sons of God through faith in Christ Jesus. Galatians 3:26. God is now your Father and you are now His son or daughter, with all the rights and privileges of a family member. You can come to Him at any time and call Him "Abba" (daddy) and "Father." You can sit in His lap and enjoy His company, talking to Him about anything. Think of it, the God who created everything wants to have that kind of relationship with you.*

13. You are an heir. *And if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him. Romans 8:17. You will inherit a great fortune. You are a co-heir with Christ of all of Heaven. All that the Father has created in Heaven is there for your enjoyment. We can't begin to imagine all that the Father has for us there.*

14. You are seated in Heaven with Christ. *And raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus. Ephesians 2:6. Your home is now in Heaven and you are just visiting here on earth. Since Christ is seated on His throne, you are seated with Him on a throne.*

15. You have crowns. *In the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing. 2 Timothy 4:8 says you have been given a crown of righteousness. Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. James 1:12. Do not fear what you are about to suffer. Behold, the devil is about to cast some of you into prison, so that you will be tested, and you will have tribulation for ten days. Be faithful until death, and I will give you the crown of life. Revelation 2:10. Faithful followers have been given the crown of life. And when the Chief Shepherd appears, you will receive the unfading crown of glory. 1 Peter 5:4 says believers have been given the crown of glory. Instead of the crown of thorns that Jesus wore for you on the earth, you have been given golden crowns that you will wear in Heaven and will lay at His feet.*

16. You are more than a conqueror. *But in all these things we overwhelmingly conquer through Him who loved us. Romans 8:37. Through Christ, you can now conquer anything, including the devil, temptation, sin, habits, and evil. But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. 2 Corinthians 2:14 says that God leads us in triumph in Christ.*

17. You can resist temptation and sin. *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. 1 Corinthians 10:13. The Holy Spirit has given you the ability to resist temptation. You can exercise self-control, which is the exercise of inner strength, under the direction of sound judgment, which enables us to do, think, and say the things that are pleasing to God. This may mean getting rid of the things that tempt you to sin, such as old*

friends, places you go, things you watch on TV or the Internet, or things you read. It also means filling yourself with the things of God that will build up your spirit, such as reading the Bible daily, going to church, finding some Christian friends, watching Christian TV, listening to Christian music, etc. Remember, the battlefield is in the mind. Stop the thoughts before they enter your mind or you dwell on them. Thoughts lead to actions.

18. You can live a holy life. *Pursue peace with all men, and the sanctification without which no one will see the Lord. Hebrews 12:14. You are to pursue peace and sanctification (holiness). In fact, without holiness, no one will see the Lord! This is not an option to our holy God. He expects us to pursue a holy life. You have the Spirit of God living inside you and He has given you the ability to live a holy life. It is all about your obedience to the revealed will of God. You just have to cooperate with Him. As we covered above, He will give you the strength to resist temptation and sin. You just have to ask for His help.*

19. You can do all things. *I can do all things through Him who strengthens me. Philippians 4:13. Through Christ, everything is now possible for you to accomplish, not in your strength, but in His. In 2 Corinthians 12:9-10, God tells Paul that His grace is sufficient for every need we have. *And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.* He says that His power is made perfect in our weakness. So, Paul concludes that when we are weak, that is when we are strong because of God's power.*

20. God will supply all your needs. *And my God will supply all your needs according to His riches in glory in Christ Jesus. Philippians 4:19. You don't have to worry or be anxious about anything you need. God will supply it according to His riches in glory in Christ Jesus. God owns it all and has unlimited access to resources for you. Note this does not include your wants, but your needs.*

21. You will never be hungry or thirsty again. *Jesus said to them, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst. John 6:35. Jesus said that He was the bread of life and that whoever came to Him would no longer be hungry and whoever believed in Him would no longer be thirsty. This is true both in the physical realm and the spiritual realm.*

22. You can approach God boldly. *Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. Hebrews 4:16. As God's son or daughter, you can feel confident to approach the Father on His throne of grace at any time with any need. You will receive mercy and find grace to help in your time of need.*

23. You can ask for anything. *This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him. 1 John 5:14-15. If you ask for anything according to God's will, He hears your request and you will have what you asked for. If it is not God's will, you won't receive your request because it is probably not good for you or the wrong timing.*

24. Jesus is your intercessor. *Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them. Hebrews 7:25. Jesus takes your requests and needs and goes to the Father on your behalf. That is why we are instructed to pray in the name of Jesus. *If you ask Me anything in My name, I will do it. John 14:14.**

25. God is working all things out for your good. *And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. Romans 8:28.*

The Father, Son, and Holy Spirit are looking at every situation in your life and working things out for your good, if you love the Lord and have been called to His purpose. The Father and Son send ministering angels to help and guide you. The Holy Spirit of God lives in you and shows you the right path to be on.

26. God's plans are to give you hope and a future. *For I know the plans that I have for you, declares the Lord, plans for welfare and not for calamity, to give you a future and a hope.* Jeremiah 29:11. The Father wants only good things for you. He has plans for your life. His plans are to prosper you, not to harm you. He wants to give you a future full of hope knowing that He is with you.

27. You have a mansion in Heaven. *In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you.* John 14:2. Based on the description of the New Jerusalem in Revelation, scholars have estimated that your home there is perhaps 10,000 square feet-a mansion! There will be no bad views and you will not have to clean it since there is no dirt or dust.

28. Jesus will return to take you to Heaven. *If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also.* John 14:3. *For the Lord Himself will descend from heaven with a shout, with the voice of the archangel and with the trumpet of God, and the dead in Christ will rise first. Then we who are alive and remain will be caught up together with them in the clouds to meet the Lord in the air, and so we shall always be with the Lord. Therefore comfort one another with these words.* 1 Thessalonians 4:16-18. Jesus promised He would return and take you to the Father's house. Know the signs of the times. We are living in the last days. His return is very near.

29. You will have a new body, perfect, like Jesus Christ. *Behold, I tell you a mystery; we will not all sleep, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised imperishable, and we will be changed. For this perishable must put on the imperishable, and this mortal must put on immortality.* 1 Corinthians 15:51-53. *Who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself.* Philippians 3:21. Our eternal body in Heaven will be without pain, disease, flaws, and any imperfections. Some believe we will be 33 years old, like Jesus at His death. We will be able to transport anywhere in the universe instantaneously and pass through objects like Jesus did. I can't wait for the new body I was promised!

30. Jesus has given you an abundant life now. *The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.* John 10:10. You don't have to wait for Heaven to experience the peace, joy, and purpose God has for you.

31. Jesus will never leave you or forsake you. *Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "I will never desert you, nor will I ever forsake you."* Hebrews 13:5. You are never alone. Jehovah-shammah (The Lord is there) is always with you. In fact, the Holy Spirit of the living God lives inside of you! He is with you in the good times and the bad. He is with you when you are being persecuted or suffering for the Name of Jesus. He is with you when people hurt you and you are brokenhearted. He is with you when nothing seems to be going right and your world is falling apart. Jesus understands the pain you are going through. He went through all these things, too. He did it all for you.

32. God will direct your life and lead you on the right path. *Your ears will hear a word behind you, "This is the way, walk in it," whenever you turn to the right or to the left.* Isaiah 30:21. *Thus says the Lord, your Redeemer, the Holy One of Israel, "I am the Lord your God, who teaches you to profit, Who leads you in the way you should go."* Isaiah 48:17. You will hear God's voice and experience the counsel and help of the Holy Spirit as you make decisions about what path and direction to take. However, you must spend

time to listen to His voice and want to hear it. We live in a time of great distraction and busyness. You need to turn off all those distractions for a time daily and spend a Quiet Time with your Father in order to hear His voice. Just read the Bible and pray, talking to God. Take the time to listen throughout the day to the Holy Spirit speaking to you.

33. God will renew your strength. *Yet those who wait for the Lord Will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.* Isaiah 40:31. If you wait for the Lord, He will strengthen you for the challenges and trials ahead. You can mount up with wings like eagles. You will run and not get tired. You will walk and not get weary.

34. The Holy Spirit is your Helper. *But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you.* John 14:26. You do not have to do life alone. He will help you make the right decisions and keep you on the right path.

35. You have been filled with the fruits of the Spirit. *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control; against such things there is no law.* Galatians 5:22. You have been given love, joy, peace, patience, kindness, goodness, faithfulness, gentleness (and humility), and self-control. These are not natural qualities. They have been given to you so that people will see Jesus in you.

36. You have been given spiritual gifts. *But to each one is given the manifestation of the Spirit for the common good.* 1 Corinthians 12:7. They are supernatural and special gifts from God, just for you. With these gifts, you will build up the church and help other believers.

37. You are a part of Christ's body. *Now you are Christ's body, and individually members of it.* 1 Corinthians 12:27. His body is the church. You are an important part of it. You make it healthy and work right.

38. You can be wise. *But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.* James 1:5. You can ask for wisdom from God and He will give it to you. Then, you will know what to do and what decisions to make. *The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding.* Proverbs 9:10. Fear means awe, reverence, respect and willing submission to the God who made you and everything else. You can't be wise until you first understand the fear of the LORD and learn as much as possible about Him. That comes from reading His Word, the Bible, and spending time with Him.

39. You have been given work to do. *For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.* Ephesians 2:10. You were created to accomplish important things. You have a purpose in this life. *Who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity.* 2 Timothy 1:9 says you have been given a holy calling. You are to do good works, not as a way to earn salvation and approval from God. He cannot love you more than He already does. You are to do good works because it is your way to give back to the Lord for all He has done for you.

40. You have peace. *Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.* John 14:27. Jesus has given you peace. The world does not give you peace, only stress. In Jesus, you have real peace with God and the security of His love and your home in Heaven. Nothing else really matters.

41. You have freedom from anxiety. *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.* Philippians 4:6-7. You do not have to be anxious about anything. In fact, you are commanded not to be. Instead, you are to pray, bringing your requests to God, and be thankful for what you do have instead of worried about what you don't have. The peace of God will guard your heart and mind in Christ Jesus.

42. You have victory. *Submit therefore to God. Resist the devil and he will flee from you.* James 4:7. If you submit to God's will and His Word, and resist the devil, he will flee from you. Remember, you are more than a conqueror through Christ. Take authority over the devil. Command him to leave (out loud-he can't read your thoughts). You are holy ground. *Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.* Ephesians 6:11-12. God has given you weapons to use against the devil and his lies. Learn about them and use them in Ephesians 6:14-17.

43. You are healed. *But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed. All of us like sheep have gone astray, each of us has turned to his own way; but the Lord has caused the iniquity of us all to fall on Him.* Isaiah 53:5-6. By the stripes of Jesus, you have been healed. That means physically, emotionally, and spiritually.

44. You can rest. *The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name's sake.* Psalms 23:1-3. The Lord, your Shepherd, takes care of all your needs. So, you can lie down and rest in perfect peace. You can drink from the living water He provides. You can be at peace knowing that He restores you when you fall down from sin. He will lead you in the right path, the one that leads to righteousness, not the one the rest of the world is on that leads to destruction. You belong to Him and He cares for your every need.

45. You have nothing to fear. *Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.* Psalms 23:4. Jesus is walking with you through the valleys of life and leads you to the mountaintops. He has a rod (the Bible) and a staff (the Holy Spirit) to comfort you and protect you from predators. When you stray away, He brings you back. However, He also will discipline you when you do wrong. *For those whom the Lord loves He disciplines, and He scourges every son whom He receives.* Hebrews 12:6. *For they disciplined us for a short time as seemed best to them, but He disciplines us for our good, so that we may share His holiness.* Hebrews 12:10. Discipline is for your good because the Father disciplines those He loves like a parent so that we will grow to become more like Jesus.

46. You can experience God's abundance and care. *You prepare a table before me in the presence of my enemies; You have anointed my head with oil; my cup overflows.* Psalms 23:5. The Good Shepherd has prepared an abundant table for you full of good things and free of harmful things. This is in full sight of your enemies, the enemies of God. Hopefully, they will see what the Lord is doing in your life and want the same! He anoints your head with the oil of the Holy Spirit to cure you of the devil's temptations and lies that try to creep into your mind and scar your life. He also frees you from the need to fight with others for your rights since He takes care of all your needs anyway. Truly, your cup runs over with His provision.

47. You can be secure in God's love for you. *Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in the house of the Lord forever. Psalm 23:6. Goodness and loving kindness will follow you all the days of your life. You will dwell in the house of the Lord forever. Nothing will ever change that. Romans 8:38-39 says *For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.* What a promise!*

48. You will see God's face and His Name will be on your forehead. *They will see His face, and His name will be on their foreheads. Revelation 22:4. In the Old Testament, no one could look on God's face and live. You will see God face to face, just as His friend Moses did. And you will belong to the Lord forever as His treasured possession.*

49. You can be an over comer. Revelation 3 is full of God's promises to those who overcome the evils of this world and resist the devil. You will eat of the tree of life in the Paradise of God. You will not be hurt by the second death. You will be given hidden manna, the bread of God, and a new name from the Lord. You will be given authority to rule over the nations with Jesus. You will be given white garments, your name will not be erased from the Book of Life, and Jesus will confess you as His follower before His Father and the angels. You will be a pillar in the temple of God in Heaven and Jesus will write the Name of God on you. You will sit with Jesus on His throne in Heaven. *He who overcomes will inherit these things, and I will be his God and he will be My son. Revelation 21:7 says that he who overcomes will inherit all God's blessings mentioned and God will be your God and you will be His son or daughter forever.*

50. You can come to the Lord. *The Spirit and the bride say, "Come." And let the one who hears say, "Come." And let the one who is thirsty come; let the one who wishes take the water of life without cost. Revelation 22:17. The Spirit and the bride say, "Come." You can come and drink from the water of life without cost. It is free. You have heard God's promises for His people. Are you one of His elect? You can be. Review #7 above. If you have not surrendered the control of your life to Jesus Christ, do it now. You have nothing to lose and all of Heaven and eternity to gain. It is your choice. However, remember, no choice is a choice. Choose life and the promises God has for you!*

I hope these promises have left you feeling loved, special, and at peace. Review them often. Thank the Lord for His Word to you. Choose to live for Him.