

Promises! Promises!

By Brenda Spina, M.S., LMFT, LPC

Texting back and forth with a friend of mine, we resorted to teasing one another. Laughing as we “conversed,” he jokingly said, “Why, I oughta...” suggesting he would get me back good. With a big smiley face, I wrote back, “Promises! Promises!” He texted back an LOL. We had great fun.

But that got me thinking, many promises are made to us and by us throughout our lives. Some of these promises are fulfilled. Other promises are forgotten, and others we simply can’t fulfill. Sadly, some promises are simply lies. We ought to be cautious and wise about what we promise.

As we enter the holiday season, there is a promise keeper we especially heed. His name is Jehovah. Early on in Scripture, God the Father made a promise that He would send the Messiah, and this Messiah would be the fulfillment of all He desired to give to those who loved Him. Isaiah 7:14 states, “Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.” Even earlier we find the following promise made: “The sceptre shall not depart from Judah, nor a lawgiver from between his feet, until Shiloh come; and unto him shall the gathering of the people be.” (Genesis 49:10)

Moving quickly toward the end of this year and beginning another urges me to know who or what we may place our trust in. Who can we trust to speak truth? Who can we believe when they speak? The options shrink quickly until we realize we are covered and kept by the Master Promise Keeper Himself. I love the promises of God! Living confidently, peacefully, and faithfully comes from reminding ourselves of the promises of God. I urge you to take time and list for yourself the promises God makes real to you. Post them, read them, memorize them and keep them before you each day. Without the rehearsal of His Truth, we easily lose sight of His love, His grace and mercy, and the ultimate promise of His return to take us home – a home He has designed specifically for us.

To help you get started, here are a few of my most loved promises:

Isaiah 41:13: “For I the Lord your God hold your right hand; I am the Lord, Who says to you, Fear not; I will help you!” (NIV)

Psalms 103:12: “He has removed our sins as far from us as the east is from the west.” (NLT)

2 Chronicles 16:9: “For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him...” (NIV)

Isaiah 30:18: “The LORD is waiting to be kind to you. He rises to have compassion on you...” (GW)

Hebrews 4:16: “Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace for help in time of need.” (WEB)

John 14:2: “In my Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you.” (NIV)

Have a very blessed Christmas and a promised-filled New Year!

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P.O. Box 1676, Appleton, WI 54912 (920) 720-8920

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