

As we emerge from lockdown...

Week 1: Trusting the promises of God

WELCOME

Spend time relaxing and sharing together.

Icebreaker. Have a look at any banknote, and find the promise written on it. What does it mean? Think of some other examples of promises in everyday life. Can you remember any unusual promises you've ever made in the past, or ones that others made to you? What is a promise, and how do you judge what a promise is worth?

WORSHIP

Listen to *WayMaker* on the link below and use the names given to God (Way Maker, Miracle Worker, Promise Keeper, Light in the Darkness) as a beginning for a time of worship and prayer.

<https://www.youtube.com/watch?v=veqHehtlC88&list=PLnHIZOYzeFdCIMm-4USW1QpeggE6ZB7Ls&index=25>

WORD

1. Some estimates are that the bible contains over 8000 promises. Why do you think there are so many? What aspects do these promises cover? Here's a helpful link -

<https://outuponthewaters.com/160-promises-of-god-from-scripture/>

2. Read Exodus 6 v 1 – 8. (or if you have time read the whole passage from 4 v 29 – 6 v 8)
What promises can you find in the passage? Were they kept?
What are the differences between them?

Growth Group Notes

Spring 2021



3. Read Acts 2 v 29 – 39.
What promises can you find in the passage? Why is the promise contained in v 38 and v39 so important? How might you paraphrase the promise in these verses if you wanted to explain it to someone from a non-church background?
4. Why do you think God makes us promises? What is God's time frame in keeping his promises? (2 Peter 3 v 8 & 9)
5. How do we know God's promises can be trusted?
6. What promises from God can you think of that have been significant for you and in what ways have they helped you in your Christian journey?
7. As the Jewish people took possession of the Promised Land, it became their practice, which continues to this day, to write God's name and commandments onto parchment, place it in a small receptacle and put it towards the top of their front door post. It's called a mezuzah. It was and is always handwritten, never printed or photocopied, and rewritten afresh every few years. As we emerge from lockdown, what ways can you think of to engage with God's promises?

As we emerge from lockdown...

WHAT NEXT?

God's promises are not a *get-out of jail free card*, they do not guarantee us a trouble-free life once we believe in Jesus. Neither do they provide instant answers like a slot machine, as if God were at our beck and call. God's promises are not some form of magic words that once we recite them everything is sorted.

God's promises are God's way of reminding us that whatever situation we are in, he is with us and will provide us with what we need and show us his way forward. God's promises are worked out according to God's timing, and he's never in a rush.

We need to cultivate the habit of sitting with God's promises, to ponder them and pray them, to spend time with them and let them soak into our souls. So ... can you set aside some time in the next week when you sit and think about the promises that have meant a lot to you in the past? You could spend time praying and thanking God. As we emerge from lockdown, you could ask him what he wants to say to you in this new season.

We could write down the promises of God that we come across in a notebook or journal. Every time God keeps one of these promises we can record it and give him thanks. When we go through seasons of difficulty, when our walk with God is hard, and perhaps when he seems silent, we can take up those notebooks, re-read again his promises, and we can recall his faithfulness in keeping those promises.

We could begin today with the promises in our Old and New Testament readings.