Praying the Three Angels' Messages

Welcome—Let's Pray Together

We invite you to join God's people around the world in celebrating the quarterly Day of Prayer. No matter how great your challenges may be, our God is greater!

In a year filled with loss and grief, He offers hope beyond our imagination:

"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Heb. 4:16).

In a world of constant uncertainty, He promises answers:

"Call to Me, and I will answer you, and show you great and mighty things, which you do not know" (Jer. 33:3).

And to believers who regret the past or fear the future, He issues an open invitation: "Come to Me, all you who labor and are heavy laden, and I will give you rest" (Matt. 11:28).

Not one prayer escapes the notice of our loving heavenly Father, who waits eagerly to pour out blessings when His people ask. Please join us by gathering your church members, friends, and neighbors to seek God's wisdom and claim His endless promises!

Our 2022 Theme: Praying the Three Angels' Messages

This year our quarterly Day of Prayer guides will focus on praying through the timely three angels' messages of Revelation 14:6-12. Praying through Scripture gives substance to our prayers and allows God to speak directly through His Word.

You probably already know that the three angels' messages make up a vital part of Seventh-day Adventist identity. You may have memorized these verses. And yet a surprising number of Adventists cannot explain why these messages matter. Where do the three angels fit in the big picture of salvation? What do they say about God's love? How do they affect my life, and how can I share them with the world?

While the Day of Prayer guides are not intended as a theological study, we hope they lead you to pray with purpose and seek a deeper understanding of God's precious final messages to the world.

Invite Everyone—Young and Old

You may notice a change from previous years: these activities are designed especially for intergenerational groups. We want to inspire everyone to pray together: children and parents, teens and retirees, singles and couples, lifelong Christians and curious seekers. Please adapt the materials to suit your own group.

Many of the prayer activities will be more meaningful with children and youth present. Be sure to invite them to share their joy and talents during your Day of Prayer.

Suggestions for Day of Prayer Leaders

- The first Sabbath of each quarter is designated as the Day of Prayer. These materials could also be adapted for other prayer events or even youth groups.
- This year's Day of Prayer activities are designed for multiple generations praying together. Be intentional about inviting people of all ages. Ask children, youth, grandparents, single adults, and others to help lead activities.
- If you wish, begin prayer sessions with group singing or other music that is meaningful to your congregation and culture. Since this year's Day of Prayer is intended for multiple generations, consider including favorite songs for all ages. Ask young people or families to help choose and lead the music.
- Encourage participants to pray brief prayers so everyone can join in.
- This Day of Prayer guide includes suggested activities for five sessions:
 - **Session 1:** Friday morning worship at church school or a youth meeting or other event.
 - **Session 2:** Friday night family worship. (Families come in all shapes and sizes. If you are a family of one, consider inviting friends or neighbors to your home, or gather outdoors.)
 - **Session 3:** Sabbath morning personal devotions. (Guard this time alone with Jesus. If you have young children, enjoy doing these activities together.)
 - **Session 4:** Sabbath morning worship service at church.
 - **Session 5:** Sabbath afternoon prayer service at church or another location.
- **Optional:** You may wish to hold an extended prayer session for adults and teens after Session 5 on Sabbath afternoon. See the United Prayer Guide for suggestions.

Basic Planning Checklist

- Talk to your pastor and church board well in advance and put the quarterly Day of Prayer on the church calendar for the first Sabbath of each quarter.
- Beginning several weeks in advance, announce Day of Prayer activities in church and in the bulletin.
 Let people know that this year's activities are designed especially for multiple ages.
- Encourage church members to invite community friends to join in Day of Prayer activities. God's timely messages of love are meant for all!
- Print the Church Handout and distribute several weeks in advance. The handout can also be distributed during the Day of Prayer to anyone who has not received it yet.
- Print activity sheets for Session 1, Session 4, and Session 5. Delegate a leader for each session.
- Print activity sheets for Session 2 and Session 3 and distribute copies to Day of Prayer participants one or two weeks in advance. Use the church bulletin or announcement time to briefly describe the Friday evening worship (Session 2) and Sabbath morning personal devotions (Session 3). Encourage members of all ages to join in. Send electronic reminders if possible.
- Print the United Prayer Guide and delegate a leader if you plan to hold a longer united prayer session after the group activities on Sabbath afternoon.
- Session leaders should read through activity sheets, gather any needed materials, find extra volunteers or music leaders if needed, and pray for the Holy Spirit to lead.
- Print other Day of Prayer materials as needed:
 Welcome and Planning Suggestions (for leaders)
 Prayer Promises (optional handout for participants)

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More Resources

- Revival and Reformation website. Check under the Prayer tab for excellent prayer ministry ideas.
 Find all Day of Prayer resources for 2022 and previous years:
 https://www.revivalandreformation.org/resources/all/prayer-and-fasting-days.
- *Praying for Rain.* This downloadable booklet is filled with inspiring quotes and guidelines for leading united prayer: https://www.revivalandreformation.org/resources/all/praying-for-rain.
- Experiencing God Through Prayer and Praise. This downloadable packet includes fantastic resources for both personal and group prayer. Print individual topics or the entire packet. https://www.revivalandreformation.org/prayer/experiencinggod.
- ThreeAngels.info. If you want to learn more about God's end-time messages of love, the Seventh-day Adventist Church has created this new site filled with articles, videos, books and more: https://www.threeangels.info.

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Principal Contributor: Pastor Don MacLafferty. Learn more about his disciple-making ministry and find downloadable books and ministry materials here: https://indiscipleship.org.

You're Invited: Join Us for Quarterly Days of Prayer in 2022!

You're invited to join believers worldwide for a special Day of Prayer on the first Sabbath of each quarter.

- This year we're praying through the timely three angels' messages of Revelation 14.
- If your church is already celebrating the quarterly Day of Prayer, plan to attend and invite your friends. Otherwise, talk to your pastor or church board about participating in Day of Prayer this year. You can also participate as a family, in a small group, or on your own.
- Find Day of Prayer materials and other resources on the Revival and Reformation website under the Prayer pull-down tab: https://www.revivalandreformation.org.
- These prayer activities are designed especially for multigenerational groups. We want to inspire everyone to pray together: children and parents, teens and retirees, singles and couples, lifelong Christians and curious seekers. If you've never attended prayer events before, this is your chance!

No matter how great your challenges may be, our God is greater. In a year filled with loss and grief, He offers hope beyond imagination: "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Heb. 4:16). Let's pray together this year!

Why Pray Through the Three Angels' Messages?

You may have memorized the three angels' messages of Revelation 14:6-12. These are God's last messages of love to the world, and yet a surprising number of Christians cannot explain why these verses matter.

- Where do the three angels' messages fit in the big picture of salvation?
- What do they say about God's love?
- How do they affect my life and how can I share them with the world?

Praying through Scripture gives substance to our prayers and allows God to speak directly through His Word. We hope the 2022 quarterly Days of Prayer will lead you to pray with purpose and inspire you to study His precious prophetic messages more deeply.

So What Do the Messages Actually Say?

First, read Revelation 14:6-12 from a solid Bible translation. You may be confused at first because layers of meaning hide beneath the surface. How do you break the code? Start by prayerfully studying the entire Bible because it contains everything you need to understand the book of Revelation. Ask your pastor to offer a Revelation seminar or recommend good study materials that allow the Bible to interpret itself. Here's an extremely simplified summary to get you started:

Angel 1: Worship Jesus as our Savior and Creator in this time of judgment.

Angel 2: Follow Jesus through His written Word and do not be deceived.

Angel 3: You have a choice: follow Christ or Satan. Have faith in Christ as your Righteousness!

Time: Friday morning worship at church school or a youth meeting or other event

Theme: God still speaks

Connect

- Form groups of two or three.
- Ask each group to silently act out a situation when it is best to only whisper. Ask the class to guess what each group is acting out. Examples: Studying in the library or playing hide-and-seek.
- Now ask each group to silently act out a situation when it is best to speak loudly or shout. Ask the class for quesses. Examples: Your friend is about to step on a snake or something catches on fire.
- Explain: God knows best how to get our attention. Does He usually whisper or speak loudly? Why? Let's discover how God speaks through the third angel of Revelation 14.

Pray

Pray for God to help each person understand His Word with the help of the Holy Spirit.

Discover

- Read Revelation 14:9 together.
- Ask: How would you describe the voice of the third angel? (He speaks with a LOUD voice.)
- Read 1 Thessalonians 4:16 together.
- Ask: When Jesus comes the second time, what voice will He use to wake the righteous dead? (Jesus comes with a SHOUT!)
- Explain: God speaks to us in many ways—sometimes a whisper, a conversational tone, a loud voice, a shout.
- Read Revelation 14:9 again, and then verses 10 and 11.
- Ask: Why do you think this angel speaks with a loud voice? (God wants everyone to be warned before it is too late. He does not want anyone to miss out on eternal life!)

Pray

- Take another look at Revelation 14:9-11. What do these verses tell you about what God is like? Thank Him for that.
- Thank God that He is the God who still speaks.

Live

- Ask everyone to keep their Bibles open to Revelation 14:9-11. Briefly invite the Holy Spirit to speak to your hearts. Then give everyone a few minutes to read the passage again silently while asking God, What do You want to say to me through this third angel's message? How does it change the way I live right now? (Young children may need someone to read the passage with them.)
- If time allows, you could ask everyone to write a private journal entry or prayer in response to the passage (young children can draw a picture in response).

Pray

Pray that each person will hear God's loving warning and run to Christ as their Savior. The Bible says He is not willing that ANY should perish (2 Pet. 3:9).

Time: Friday night family worship or worship with friends in a home or outdoors

Theme: God cares about everybody

Connect

- Form a circle with everyone in your group sitting down.
- Explain: I'm going to read some descriptive words. Stand up when you hear something that is true about you. Ready? Stand up if you are—

Male (let males stand up, then sit down again)

Female

Hungry

A fast runner

Someone who plays an instrument

Someone who likes to make things with your hands

Someone who likes animals

Someone who likes to be quiet

Human

- Explain: Sometimes maybe no one stood up. Sometimes just a few of us stood. Sometimes we all stood. In this game, we were not all included every time.
- God has a message in Revelation 14:9. Let's see who He includes in this message.

Discover

- Read Revelation 14:9 together.
- Ask: According to the beginning of this message, whom is God concerned about? ("If ANYONE . . . " God cares about anyone and everyone on this planet.)
- Read Matthew 16:24 together.
- Ask: How many people is Jesus concerned about based on the first few words of this verse? ("If ANYONE . . . " Jesus cares about anyone and everyone in our world!)

Pray

- Thank God for including YOU in what He says and does.
- Praise God for being the God who does not favor one person over anyone else.

Live

- Ask each person to draw a large circle on a piece of paper. Draw a picture of yourself and Jesus in the center of the picture.
- Around the edges of the circle, draw or write the names of people who are part of your life.
- Hang your picture in a handy place so you remember to pray daily for family and friends.

Pray

- Join hands to form a circle with everyone in your family or group. Tell each person that they are included in this family.
- Pray together, thanking God for each person. Thank Him for including each one in His plans.

Time: Sabbath morning personal/family devotions

Theme: Worship

Connect

Ask yourself or your family: Of all the people in the world, name one that you would most like to spend a day with. And what would you do to honor that person during your day together?

Discover

- Read the last part of the first angel's message in Revelation 14:7.
- What are we called to do for our Creator? (WORSHIP Him.)
- Read the beginning of the third angel's message in Revelation 14:9.
- This message talks about those who do something for the beast power. What is it? (If anyone WORSHIPS the beast . . .")
- Think or talk about it: What is exactly is worship? Is it possible to worship God and something else at the same time?

Pray

- What is your favorite song about God? Tell Him why it is your choice. You might want to prayerfully sing the chorus to God as part of your prayer.
- Read Psalm 150 to God.
- Ask God to reveal how you can worship Him more.
- Confess anything that is out of place between you and God. Do this part privately if other family members are present.
- Claim God's forgiveness for you.

Live

- Write your thoughts in a journal or on a piece of paper: How will you worship God every day this coming week? What can you do differently to keep your worship fresh and meaningful?
- Keep your answers where you will see them every day and remember to worship God more!

Time: Sabbath morning worship service

Theme: Worship and authority

Planning suggestions:

Coordinate the church service with your pastor or elders. Include essential items from your usual order of service, such as welcome and offering. Note that Scripture readings, songs, and a multigenerational activity are included as part of this suggested service. Pray about how you can make the program special and include all ages in worship. Also remember to invite everyone to the afternoon prayer program, and encourage members to bring friends.

Before the Day of Prayer, gather paper and pens/pencils for the Connect activity listed below. Also arrange for young people or other members to help by reading Scripture passages aloud. This service can be "hosted" by a leader who remains up front to ask the discussion questions, briefly explain passages, give directions, and announce songs. Volunteers may sit on the front row or beside the leader so they are ready to read Scripture passages, lead music, or help in other ways.

Sing

Sing several songs focused on worship. Choose one for children, one for youth, and one for adults.

Pray

• Have one child, one youth, and one adult offer short prayers inviting God to bless your worship.

Connect

- Form groups of three or four. Choose helpers ahead of time to make sure everyone has a group.
- Give every person a sheet of paper and a pen or pencil.
- Leader: Ask each person to think of a company, brand name, school, or team that you are proud of or loyal to. Draw the logo or write the name in large letters on your paper.
- Share what you drew or wrote with your small group. Explain why you are loyal to this name.
- Leader: Ask the congregation what makes them loyal to a name or brand.
- Explain: No matter how much we admire certain brand names, all earthly loyalties will eventually fail us. But loyalty to our Creator is an eternal bond. He will never let us down!
- Today we will pray through God's call for loyalty that we find in the third angel's message.

Pray

Pray for God to give us humble hearts by the power of the Holy Spirit.

Discover

- Read aloud: Revelation 14:9, 10. (God sends warnings to His children and seeks to save.)
- Ask: This warning from the third angel's message goes to how many people?
 (See Revelation 14:6: "to those who dwell on the earth—to every nation, tribe, tongue, and people.")
- Explain: The whole world will hear this warning. God's somber warning comes from His passion to call everyone on our planet to salvation. God's Word says: "The Lord is not slow about His promise, as some count slowness, but is patient toward you, not willing for any to perish, but for all to come to repentance" (2 Pet. 3:9, NASB).

- Pray together: Briefly thank God for loving us enough to warn about the danger of false worship.
- Sing together: "The Wonder of It All" or another song about worship.
- Explain: The third angel's message warns us about the tragic results of worshiping the beast and receiving his mark. What is this false worship? What is the mark? First, let's define true worship.
- Read aloud: Revelation 5:11-14.
- Explain: God the Father and God the Son are referred to in this passage as the focus of true worship. God is worshiped as the One worthy of "blessing and honor and glory and power" (Rev. 5:13). As Creator, God has dominion (lordship) over everything.
- Ask: So what is true worship? It is worship that is focused on our Creator. Anything else is false worship.
- Sing together: "This Is My Father's World" or another song of worship.
- Explain: Now we can answer our second question. What is the mark of true worship? True worship comes from a loyal heart, and it is symbolized outwardly by the day we choose to keep holy. According to the Bible, what day does Jesus label as His day?
- Read aloud: Mark 2:28. (Jesus is Lord of the Sabbath.)
- Ask everyone to form groups of two or three again. Pray with your small group, thanking Jesus specifically for how the Sabbath has blessed your life. Examples: Sabbath helps me notice God's miracles in nature. Sabbath puts my challenges in perspective.
- Sing together: "Don't Forget the Sabbath" or another song about Sabbath.
- Explain: The Sabbath is a sign between God's people and God Himself.
- Read aloud: Ezekiel 20:12.
- Explain: In Daniel 7:25 we learn that the beast power "shall intend to change times and law." The beast (which is a power opposing God) will soon place his mark of authority on those who are loyal to him. In the same way, God will place His mark on those who show their inward, heart loyalty by honoring His Sabbath. Sunday worship will become the mark of the beast as surely as worship on the seventh-day Sabbath will signify those who remain loyal to Jesus. The mark is only an outward sign; what matters is the heart.
- Pray in groups of three or four: Ask God to give you a loyal heart for Christ and fearlessness in honoring the Lord of the Sabbath and keeping His special day holy.
- Sing together: "Not I, but Christ" or another song of commitment.

Live

- Explain: We challenge you today to make a choice. "Choose for yourselves this day whom you will serve. . . . But as for me and my house, we will serve the Lord" (Josh. 24:15).
- Optional: Have children stand in front of the congregation displaying drawings of houses filled with joyful families who have chosen to follow Jesus. Ask the children to recite the verse, or invite the entire congregation to recite together: "As for me and my house, we will serve the Lord."

Sing

• Invite the congregation to symbolize their commitment by standing and singing a song of commitment (such as "O Jesus, I Have Promised").

Pray

Ask God to bless each person in choosing to serve Christ in heart, mind, and body.

Time: Sabbath afternoon prayer program

Theme: Rest in Jesus

Connect

- Give everyone a small piece of paper and a pencil or pen. Ask everyone to draw a picture of their favorite place in the world to rest.
- Form groups of two or three. Share your pictures and tell about your favorite place to rest.
- Leader: Explain that Jesus cares about your rest.
- This afternoon we will pray through Revelation 14:11, where we are called to find our rest in Jesus.

Pray

• Ask for the Holy Spirit to bless your time studying God's Word.

Discover

- Read Revelation 14:11 together.
- Explain: The people who worship the beast and have his mark are missing something that is important for every living person. What is it? (They do not have REST.)
- Jesus gives this warning through the third angel because He died to give each one of us rest—in our hearts, minds, and bodies. Jesus knows that the beast power will never provide rest for anyone. The beast power steals rest from people.
- Pray in teams of four or five: Ask God to reveal what is currently stealing your rest.
- Sing together: A children's song.
- Read aloud: Jesus says, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (John 10:10, NIV).
- Sing together: A youth song about the love of Jesus or the full life He brings.
- Pray in teams of four or five: Thank God for sending Jesus to bring us abundant life.
- Sing together: First stanza of "Softly and Tenderly" or another song of invitation.
- Read aloud: Jesus says, "Come to Me, all you who are weary and burdened, and I will give you rest" (Matt. 11:28, NIV).
- Invite everyone to pray silently. Come to Jesus as you are, confessing your need of the rest He brings to heart, mind, and body.
- Sing together the third stanza of "Softly and Tenderly" or another song of invitation.
- Read aloud: Jesus says, "And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made (Gen. 2:2, 3, NIV).
- Pray in groups of two or three. Ask God to help you finish your work early each week so you can enjoy His Sabbath rest.
- Sing together: First stanza of "Don't Forget the Sabbath" or another song about Sabbath.
- Read together in groups of two or three: Hebrews 4:8-11. Pray together that you will experience the rest that only Jesus brings.

Sing together: Third stanza of "Don't Forget the Sabbath" or another song about Sabbath.

Live

- Explain: The world offers many alternatives to the rest that can be found in Jesus alone. Tell Jesus that you will turn to Him to find your rest.
- In groups of two or three: Briefly share one or two ways that you could make your own Sabbath rest more meaningful. Pray together, asking God to bless your rest each Sabbath.

Sing

• Sing together: "Tis So Sweet to Trust in Jesus" or another song about trust and rest.

Pray

• Pray for people of all nations to enter the rest of Jesus before He comes again!

Optional Activity for Children and Youth

• Give each young person a circle of paper (about 4 inches or 10 cm in diameter) and provide colorful art supplies. Ask each young person to draw a picture of themselves celebrating Sabbath rest with family or friends. Glue the small pictures onto a poster with a picture of Jesus in the center. Title it "Sabbath Rest in Jesus" and display at church.

United Prayer Guide

One goal of this year's quarterly Day of Prayer sessions is to call a new generation to prayer. That's why the activities focus on bringing together all ages to seek God while exploring the practical truths of the three angels' messages. Let's mentor the young, encourage the lonely, and affirm the seekers among us. Everyone is invited!

We also encourage making time for a deeper united prayer time, especially for adults and teens. Consider adding an extended group prayer time after the multigenerational activities on Sabbath afternoon (Session 5). Other possible times for extended prayer include Friday evening or Sabbath morning before Sabbath School.

Possible Outline for a United Prayer Session

Singing: Begin with a song of praise. Feel free to mingle songs throughout the prayer time.

Thanks and Praise: Give thanks for specific blessings and praise God for His goodness.

Confession: Take a few minutes for private confession and thank God for His forgiveness.

Guidance: Ask God to grant wisdom for current challenges and decisions.

Our Church: Ask God to bless the efforts of our local, regional, and world church.

Local Requests: Pray for current needs of church members, family, and neighbors.

Listen and Respond: Take time to listen for God's voice and respond in praise or song.

Praying Scripture: In addition to bringing God your requests, make time to pray the words of Scripture. Claim God's promises and respond with praise and thanks. Your group may wish to pray through the three angels' messages, asking God for deeper understanding and wisdom for sharing truth with the world. Another option is to pray together through psalms of praise.

Optional Meal: Some churches conclude the Day of Prayer with a simple evening meal in celebration of God's blessings.

For additional guidance in leading united prayer, download the booklet *Praying for Rain* from the Revival and Reformation website: https://www.revivalandreformation.org/resources/all/praying-for-rain.

Bible Promises to Claim in Prayer

All Scripture quoted from NKJV

Promises for the Holy Spirit

"Ask the Lord for rain in the time of the latter rain. The Lord will make flashing clouds; He will give them showers of rain, grass in the field for everyone." Zech. 10:1

"If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!" Luke 11:13

"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 things that I said to you. . . . And when He has come, He will convict the world of sin, and of righteousness, and of judgment." John 14:26; 16:8

"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it." John 14:12-14

"So he answered and said to me: This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by My Spirit,' says the Lord of hosts." Zech. 4:6

Promises that God Answers Prayers

"If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." John 15:7

"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." Heb. 4:16

"Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them." Mark 11:24

"Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me." Ps. 50:15

"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven." Matt. 18:19

"And whatever things you ask in prayer, believing, you will receive." Matt. 21:22

"And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it." John 14:13, 14

"And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give you. Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full." John 16:23, 24

"Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we asked of Him." 1 John 5:14, 15

Promises About God's Power

"Is anything too hard for the Lord? At the appointed time I will return to you, according to the time of life, and Sarah shall have a son." Gen. 18:14

"The Lord will fight for you, and you shall hold your peace." Ex. 14:14

"But Jesus looked at them and said, 'With men it is impossible, but not with God; for with God all things are possible." Mark 10:27

"He who calls you is faithful, who also will do it." 1 Thess. 5:24

"I know that You can do everything, and that no purpose of Yours can be withheld from You." Job 42:2

"What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" Rom. 8:31, 32

"God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?" Num. 23:19

"Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isa. 40:28-31

Promises for God's Guidance

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." Josh. 1:9

"Behold, I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have spoken to you." Gen. 28:15

"Behold, I send an Angel before you to keep you in the way and to bring you into the place which I have prepared." Ex. 23:20

"But from there you will seek the Lord your God, and you will find Him if you seek Him with all your heart and with all your soul." Deut. 4:29

"Call to Me, and I will answer you, and show you great and mighty things, which you do not know." Jer. 33:3

"Every valley shall be exalted and every mountain and hill brought low; the crooked places shall be made straight and the rough places smooth; the glory of the Lord shall be revealed, and all flesh shall see it together; for the mouth of the Lord has spoken." Isa. 40:4, 5

"I will instruct you and teach you in the way you should go; I will guide you with My eye." Ps. 32:8

"And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed." Deut. 31:8

"Who is the man that fears the Lord? Him shall He teach in the way He chooses." Ps. 25:12

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths." Prov. 3:5, 6

"If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. The Lord will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail." Isa. 58:10, 11

"It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear." Isa. 65:24

Promises for a Changed Heart

"Then I will give them a heart to know Me, that I am the Lord; and they shall be My people, and I will be their God, for they shall return to Me with their whole heart." Jer. 24:7

"And the Lord your God will circumcise your heart and the heart of your descendants, to love the Lord your God with all your heart and with all your soul, that you may live." Deut. 30:6

"I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." Ezek. 36:26

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ." Phil. 1:6

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." 2 Cor. 5:17

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." Gal. 2:20

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it." 1 Thess. 5:23, 24

Promises for Forgiveness

"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land." 2 Chr. 7:14

"For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You." Ps. 86:5

"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses." Mark 11:25

"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you." Eph. 4:32

"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

"Come now, and let us reason together, says the Lord, though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool." Isa. 1:18

"I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins." Isa. 43:25

"For I will forgive their iniquity, and their sin I will remember no more." Jer. 31:34

"In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." Eph. 1:7

Promises for Victory Over Sin

"For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith." 1 John 5:4

"Yet in all these things we are more than conquerors through Him who loved us." Rom. 8:37

"But thanks be to God, who gives us the victory through our Lord Jesus Christ." 1 Cor. 15:57

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"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." Isa. 41:10

"Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one." Eph. 6:16

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." Gal. 2:20

"For it is God who works in you both to will and to do for His good pleasure." Phil. 2:13

"I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh." Gal. 5:16

"And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen." Rom. 16:20

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Rom. 12:2

"Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him." 1 John 2:15

Promises for Healing

"If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you." Ex. 15:26

"Your sandals shall be iron and bronze; as your days, so shall your strength be." Deut. 33:25

"Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's." Ps. 103:2-5

"Do not be wise in your own eyes; fear the Lord and depart from evil. It will be health to your flesh and strength to your bones." Prov. 3:7, 8

"He is despised and rejected by men, a Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed." Isa. 53:3-5

"Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for You are my praise." Jer. 17:14

"For I will restore health to you and heal you of your wounds,' says the Lord, 'because they called you an outcast saying: This is Zion; no one seeks her." Jer. 30:17

"Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth." Jer. 33:6

"But to you who fear My name the Sun of Righteousness shall arise with healing in His wings; and you shall go out and grow fat like stall-fed calves." Mal. 4:2

"Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven." James 5:14, 15

Promises for Strength to Do God's Will

"Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal." 2 Cor. 4:16-18

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Gal. 6:9

"I can do all things through Christ who strengthens me." Phil. 4:13

"For it is God who works in you both to will and to do for His good pleasure." Phil. 2:13

"And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me." 2 Cor. 12:9

Promises About Being God's Witnesses

"Do not fear, nor be afraid; have I not told you from that time, and declared it? You are My witnesses. Is there a God besides Me? Indeed there is no other Rock; I know not one." Isa. 44:8

"Arise, shine; for your light has come! And the glory of the Lord is risen upon you." Isa. 60:1

"Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation." 2 Cor. 5:18

"But the Lord said to me: Do not say, 'I am a youth,' for you shall go to all to whom I send you, and whatever I command you, you shall speak." Jer. 1:7

"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." Acts 1:8

"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light." 1 Peter 2:9

"But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear." 1 Peter 3:15