



Praying *the* PROMISES *of* GOD

A 15 Day Prayer Guide to Strengthen your Faith

Introduction

Embrace - to accept a belief willingly and enthusiastically.

The Bible is full of promises. According to Bible Gateway, 5,467 to be exact. And every one of those promises are for believers. All the promises have been fulfilled.

“For all of God’s promises have been fulfilled in Christ with a resounding ‘Yes!’ And through Christ, our ‘Amen’ which means ‘Yes’ ascends to God for his glory.” ([2 Corinthians 1:20 NLT](#))

This means all 5,467 are done, complete in Christ. Unfortunately, very few of us believe and access said promises.

Why?

It is easy to blame the devil, yet I believe many promises are left unfulfilled because we are ignorant. We neglect to embrace the promises of God as though our life depends on it.

Jesus said the truth you know will set you free ([John 8:32](#)).

The following 15 promises are truths you should know. Of all 5,467 promises, start with these because they will set you free. Embrace them with enthusiasm. Claim them. Memorize them. Hide them in your heart, hold on tight and refuse to let these promises slip through your life. Because as you believe these promises from God’s Word, you will be free.

1. You are righteous.

“For the sin of this one man, Adam, caused death to rule over many. But even greater is God’s wonderful grace and his gift of righteousness, for all who receive it will live in triumph over sin and death through this one man, Jesus Christ.” ([Romans 5:17 NLT](#))

The first promise to fully embrace is your righteousness in Christ. You are not a sinner. You are righteous through the blood of Jesus. All sins, past, present, and future, are covered by the blood. No matter what you’ve done, you are righteous today if you believe in the Son.

2. You are a new creation.

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” ([2 Corinthians 5:17 NLT](#))

As the righteousness of God in Christ, you are a new creation. You were a sinner. You were full of sinful desires, but that is the old you. Now you are righteous and desire righteousness. You were weak but now you are strong. Your life is brand new.

3. You are protected.

“For he will rescue you from every trap and protect you from deadly disease.” ([Psalm 91:3 NLT](#))

God promises protection. In an uncertain world, you have the certainty of God's protection from every trap, every temptation, every deadly disease, and everything that may threaten your life.

4. You can have complete healing.

“He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.” ([1 Peter 2:24 NLT](#))

When sick people were brought to Jesus, He healed them all. The Lord's heart for humanity has not changed. Jesus desires to heal all. If you are sick anywhere in your body - eyes, digestion, mental illness, blood condition, cancer, any ailment - embrace the promise of total healing because of the wounds of Jesus.

5. You will not be condemned.

“So now there is no condemnation for those who belong to Christ Jesus.” ([Romans 8:1 NLT](#))

The devil is the accuser. He will condemn you and bring up past mistakes and sin. He is quick to remind you of where you missed it. But there is no condemnation to those who are in Christ. Shut down the voice of guilt and condemnation with this promise.

6. You cannot be separated from God's love.

“And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.” ([Romans 8:38-39](#))

Do you ever feel unloved? Unworthy? Your Heavenly Father never sees you that way. Nothing can ever separate you from the love of God. No feeling. No thoughts. No attitude. No sin. No mistake can separate you from the love of God. You cannot escape His love. It is ever reaching for you.

7. You are blessed.

“You will experience all these blessings if you obey the Lord your God: Your towns and your fields will be blessed. Your children and your crops will be blessed. The offspring of your herds and flocks will

be blessed. Your fruit baskets and breadboards will be blessed. Wherever you go and whatever you do, you will be blessed.”
([Deuteronomy 28:2-6 NLT](#))

There's a whole bunch of promises in Deuteronomy 28. The promises are based on obedience to the law of God. As New Covenant believers, the promises of [Deuteronomy 28](#) are available to you and me because of Jesus' obedience to the law. Because He fulfilled the law completely, I have access to every promise of Deuteronomy 28 and am free of every curse. Your children are blessed, your career is blessed, your household are blessed, and wherever you go is blessed.

8. Your children will have peace.

“I will teach all your children, and they will enjoy great peace.” ([Isaiah 54:13 NLT](#))

This is a promise I embrace for my children. In a world where negative influences vie for my child's attention, I claim this promise for them daily. The Lord teaches my children. His ways surpass the ways of the world in their lives. Despite labels the world may want to give them, they are taught of the Lord. And as a result, they experience peace. Not fear. Not discouragement. Not distress. Peace.

As an aside, I don't just claim the promise and leave it there. I take my kids to church, read the Bible with them, pray with them and talk about their relationship with God. I put the promise to work.

9. You will be victorious.

“No, despite all these things, overwhelming victory is ours through Christ, who loved us.” ([Romans 8:37 NLT](#))

No matter what you are going through, no matter how hard things may seem, overwhelming victory is yours. Victory will happen. Persevere through the storm.

10. Jesus is coming soon.

“He who is the faithful witness to all these things says, ‘Yes, I am coming soon!’ Amen! Come, Lord Jesus!” ([Revelation 22:20](#))

Embrace the promise Jesus is coming soon. May it put urgency in your life. May it remind you to share the love of Jesus with all you meet. May you look forward to the day in great anticipation when you see Your Savior face to face.

Please pray with me:

Father, I choose to fully embrace your promises for me. I believe them and act upon them. I will not allow the devil’s voice to speak loudest in my life. The promises of Your Word drown him out. I receive Your righteousness, protection, health, blessing, love, victory and freedom. In Your name, Jesus, Amen.

Sarah Coleman

11. God loves you unconditionally.

We live in a sinful world that is fraught with conditional promises and relationships. Sometimes even those closest to us let us down. Despite this reality, our greatest need is to be loved unconditionally. We want to be loved with a perfect, sacrificial, forever kind of love in spite of our faults by someone who knows us intimately. Further, we want to be supported and inspired by that love to not only become better people, but to also leave lasting impressions on this earth.

God provides us with that as no one else can. That's what theologians have meant over the years by saying that we have a God-shaped hole in our heart; there's a space we were created with that only God can fill. And the love we were made to need is strong and unshakable. The Apostle Paul, who founded the early church, writes, *"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Jesus Christ our Lord"* ([Romans 8:38-39](#)). That love claims you by faith. Wherever you are feeling unloved today, drink it in.

12. You are redeemed and have an eternal home in heaven.

When I worked as a chaplain, [Psalm 121](#) was the most popular scripture read at bedsides. That's because the psalm describes God

as our unfailing Protector who gives us an eternal home. The psalmist reassures us, *“The Lord watches over you - the Lord is your shade at your right hand...The Lord will keep you from all harm - he will watch over your life; the Lord will watch over your coming and going both now and forevermore.”* We worship a God who never leaves us, and he wants a relationship with us both in this life and beyond. We have been blessed with the promise of heaven through faith in Jesus Christ. It is by his blood that we have been washed clean and accepted by our holy God. This redemption plan was Christ’s assignment, and it was all done in love ([John 3:16](#)). And the Holy Spirit is calling you today, reminding you of all God has done for you and wants to be in your life. Look to him, hold his hand, experience his salvation.

13. God formed you with intention and knows you intimately.

The God who crafted creation and its redemption plan through Jesus also crafted you. The psalmist praises God’s handiwork in [Psalm 139](#) by saying, *“For it was you who formed my inward parts; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made...”* God created you intentionally, and you are *“fearfully and wonderfully made.”* Not only are you God’s masterpiece, but God has a special plan for your life that even spans to the number of your days. The psalmist continues, *“Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.”* This means your existence is no mistake. God did not make any

wrong moves. Isn't it amazing that the Creator of the universe knows you and formed you specially himself?

14. God's plan for your life is to prosper you, not to harm you.

Our world knows brokenness and sin, but God knows hope and restoration. One of my favorite verses in scripture is [Jeremiah 29:11](#), *“For I know the plans I have for you,” says the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”* God's plan for your life includes hope and a prosperous future, or one in which you thrive. [Psalm 103](#) lists many ways that God wants to bless you. The psalmist exclaims, *“Praise the Lord, O my soul, and forget not all his benefits - who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.”* God is invested in your well-being and working toward your renewal, wholeness, and healing daily. In addition to blessing us, God has big dreams for our lives and beckons us to follow. Obedience often requires faith and risk, but God will delight in your dependence on him and always be there to support you.

15. You have special strength available to you through faith. The best resource that's available to you is the power of Christ.

If you are facing an uphill battle, repeat this verse to yourself frequently: “I can do all things through Christ, who strengthens me” ([Philippians 4:13](#)). God will never call you to a place and leave you unattended. Be assured that the God who has numbered the hairs on your head is fighting for you. His favor will surround you like a shield ([Psalm 5:12](#)). You have an insurmountable ally in our God -- for if God is for you, who can be against you ([Romans 8:31](#))? When you boldly claim this truth with expectation, you give God the space and invitation to show his glory.

Could you imagine better “prophecies” for your life? This is who the Bible says you are. My prayer is that our lives are a continual celebration of these promises. (And if you're in the mood to celebrate right now, [click here](#) to hear my favorite song about our scriptural identities!)

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