



BIBLE PROMISES TO LIVE BY

for Women



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KATHERINE J. BUTLER



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INTRODUCTION

Promises hold great power. When kept, they put our hearts at ease and give us assurance for the future. When broken, they can shatter our trust and leave us feeling disheartened and hopeless. God knows the immense power a promise holds and has filled his Word with promises for his people. Some of God's promises provide us with strength, perseverance, and encouragement to guide us through everyday life. Others speak to the deep desires inside each of us as we long to know that our future holds joy, security, purpose, value, and companionship. And because God has declared that his Word will last forever, we can trust him to keep each and every promise.

This book includes more than five hundred promises that come directly from God's Word. Each verse is drawn from the easy-to-read-and-understand New Living Translation. Arranged alphabetically by topic, this book allows you to find the promises that address your needs. The topics chosen are most relevant to

INTRODUCTION

the issues, concerns, and desires women face today. As you read, remember that God's promises are not for his people in general; they are for you *personally*. What do you long to hear God promise for your future?

Maybe you are in a season of great joy and blessing. Or perhaps you are in a place of great anxiety, fear, worry, and stress. No matter what season you find yourself in, God has specific assurances he wants to communicate to you through the promises in his Word.

Before you begin reading, ask how your life would be different if you really believed all of God's promises for you. You would probably be a more confident, peaceful, courageous, and secure woman. The more we meditate and reflect on God's promises, the more we see real change in our lives. Therefore, try your best to resist skimming over these promises. Read each one slowly, and allow it to sink deep into your mind and heart. This practice will truly transform your relationship with God and others. May God bless you as you take in the promises of the One who loves you and has promised wonderful things for your future.



ABANDONMENT

As women, one of our greatest fears is the termination of a cherished relationship and the loss and abandonment we feel from it. Whether abandonment comes through rejection, death, or divorce, we fear being left alone. One of the hardest consequences we face is the threat to our self-worth. How comforting it is, then, to know that God will never abandon us. We can be assured of this because he promises it time and again in his Word. Take heart that the one who loves you the most will never abandon you.

ABANDONMENT

JOHN 6:37 | Those the Father has given me will come to me, and I will never reject them.

PSALM 94:14 | The LORD will not reject his people; he will not abandon his special possession.

PSALM 27:10 | Even if my father and mother abandon me, the LORD will hold me close.

2 CORINTHIANS 4:8-9 | We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God.

JOHN 14:16 | I will ask the Father, and he will give you another Advocate, who will never leave you.

PSALM 9:10 | Those who know your name trust in you, for you, O LORD, do not abandon those who search for you.

PSALM 37:28 | The LORD loves justice, and he will never abandon the godly. He will keep them safe forever.



ABILITIES

We all go through times when we are tempted to believe that we have nothing new to offer the world. No matter how you are feeling, God says in his Word that none of his children are average—you have unique and special abilities to contribute to the Kingdom of God. Because of his grace, he has promised to give each of us gifts for doing certain tasks well. These gifts are not meant for us to boast about but rather are to be used for the good of the church and God's Kingdom. If you don't know your unique God-given abilities or how best to use them, begin by reflecting on the

ABILITIES

promises below. Trust that God has given you these gifts for a reason, and he will be faithful in showing you how to use them.

1 CORINTHIANS 12:7 | A spiritual gift is given to each of us.

EPHESIANS 4:11-13 | Now these . . . gifts Christ gave to the church . . . to equip God's people to do his work and build up the church, the body of Christ . . . until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.

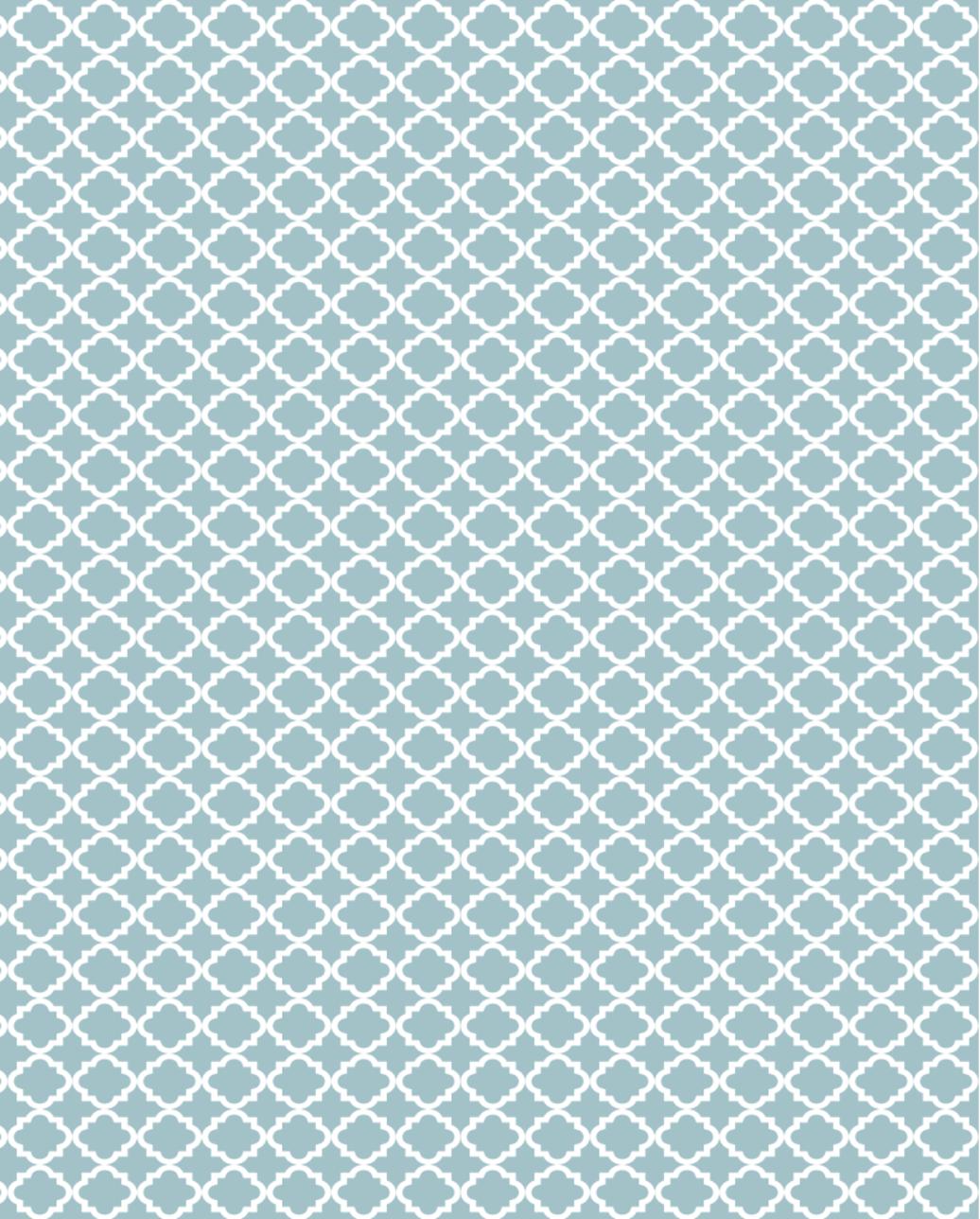
1 CORINTHIANS 12:18, 22-23, 26-27 | Our bodies have many parts, and God has put each part just where he wants it. . . . Some parts of the body that seem weakest and least important are actually the most necessary. And the parts we regard as less honorable are those we clothe with the greatest care. . . . If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad. All of you together are Christ's body, and each of you is a part of it.

ZECHARIAH 4:6 | It is not by force nor by strength,
but by my Spirit, says the LORD of Heaven's Armies.

PSALM 60:12 | With God's help
we will do mighty things.

*God has given us
different gifts
for doing certain
things well.*

ROMANS 12:6





AFFIRMATION

Most women have a deep need to feel affirmed—to know that our lives have meaning and that we are valued by others. When our husbands, children, friends, or coworkers don't offer the affirmation we need, we are left feeling rejected, alone, and worthless. However, God promises in his Word that he desires us more than anything. Your life matters greatly to him. It is impossible for God to forget you; he has promised that your name is written on his hand. When no one else offers you words of affirmation, be reassured that the almighty God loves you and desires a relationship with you—and not

AFFIRMATION

because of what you do but simply because of who you are.

GENESIS 1:27 | So God created human beings in his own image. In the image of God he created them; male and female he created them.

1 CORINTHIANS 15:3 | I passed on to you what was most important and what had also been passed on to me. Christ died for our sins, just as the Scriptures said.

JOHN 15:9 | I have loved you even as the Father has loved me. Remain in my love.

1 THESSALONIANS 1:4 | We know, dear brothers and sisters, that God loves you and has chosen you to be his own people.

1 PETER 5:10 | In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

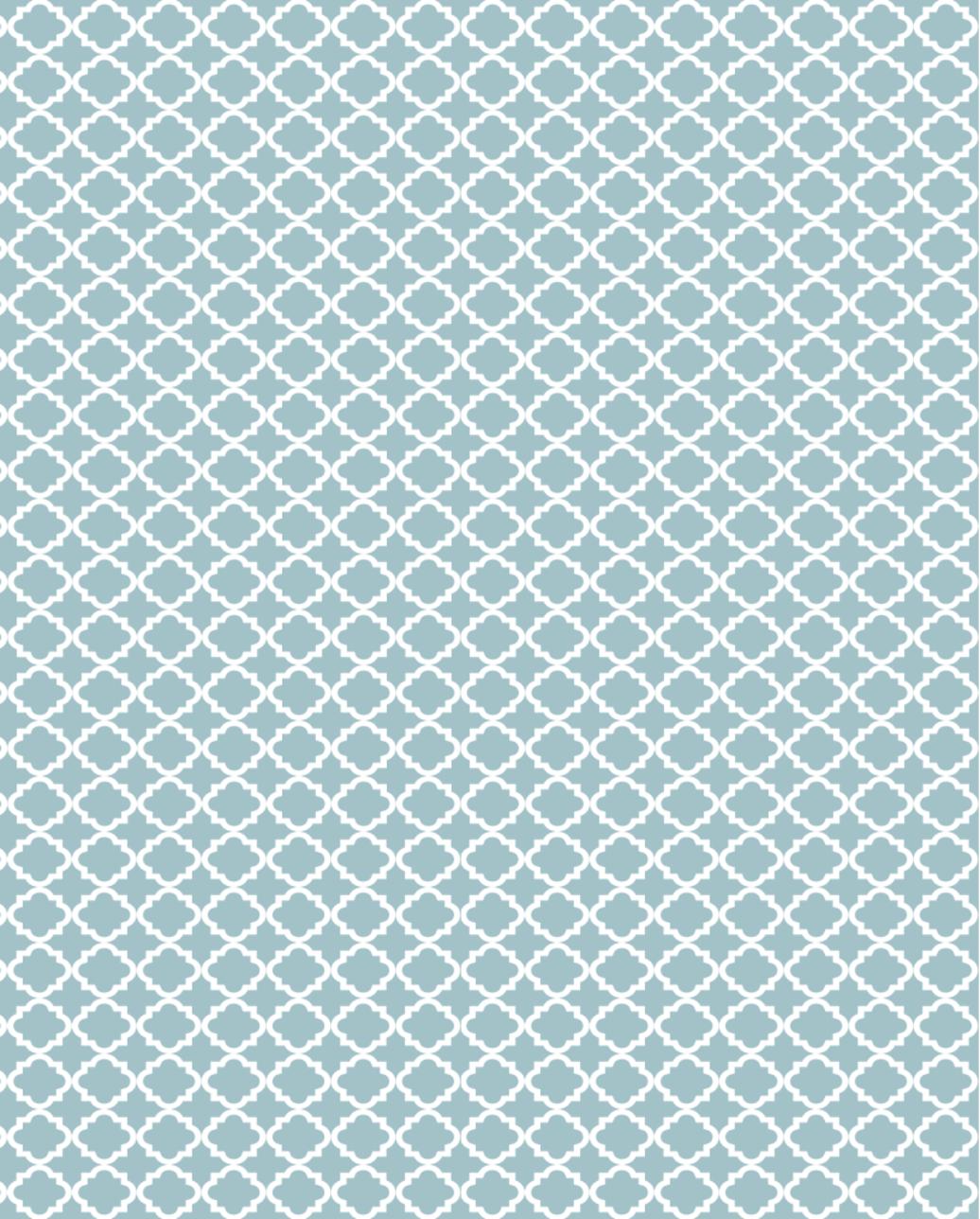
ISAIAH 49:15-16 | Can a mother forget her nursing child? Can she feel no love for the child she has borne? But even if that were possible, I would not forget you! See, I have written your name on the palms of my hands.



*The mountains may
move and the hills
disappear, but even
then my faithful love
for you will remain.*

ISAIAH 54:10







AGING

Our culture often associates aging with such physical traits as weight gain, wrinkles, and gray hair. But what if women of faith stood against the mainstream and decided to view aging differently? What if we saw it as an opportunity to reflect on God's care and faithfulness to us throughout the seasons of our lives? With this mind-set, we can be thankful and overjoyed for all of our years—a perspective that the young may not yet have. God promises many benefits to those who decide to live life with him by their side, so don't be discouraged by the passing of time and the changes

AGING

in your body. Choose instead to reflect on God's promise to faithfully walk through every season of life with you.

PSALM 71:6 | Yes, you have been with me from birth; from my mother's womb you have cared for me. No wonder I am always praising you!

ISAIAH 46:4 | I will be your God throughout your lifetime—until your hair is white with age. I made you, and I will care for you.

PROVERBS 3:1-2 | Store my commands in your heart. If you do this, . . . your life will be satisfying.

PROVERBS 10:27 | Fear of the LORD lengthens one's life, but the years of the wicked are cut short.

PSALM 92:12-14 | The godly will flourish like palm trees and grow strong like the cedars of Lebanon. For they are transplanted to the LORD's own house. They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green.



ANGER

Of all our emotions, anger is one of the most difficult to control. Anger itself is not wrong; even God has righteous anger. But anger becomes a problem when it leads us to sin against God and others. God promises that our anger, when left unchecked, will have consequences. However, he also promises to be kind, merciful, and always ready to receive us with love. When you don't know how to control your anger, allow God's promises to give you perspective, encourage you toward godliness, and remind you of his endless grace.

ANGER

PROVERBS 14:29 | People with understanding control their anger; a hot temper shows great foolishness.

PROVERBS 15:1 | A gentle answer deflects anger, but harsh words make tempers flare.

JAMES 1:20 | Human anger does not produce the righteousness God desires.

PROVERBS 11:29 | Those who bring trouble on their families inherit the wind.

PSALM 30:5 | His anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning.

PSALM 103:8 | The LORD is compassionate and merciful, slow to get angry and filled with unfailing love.

PROVERBS 22:24-25 | Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul.

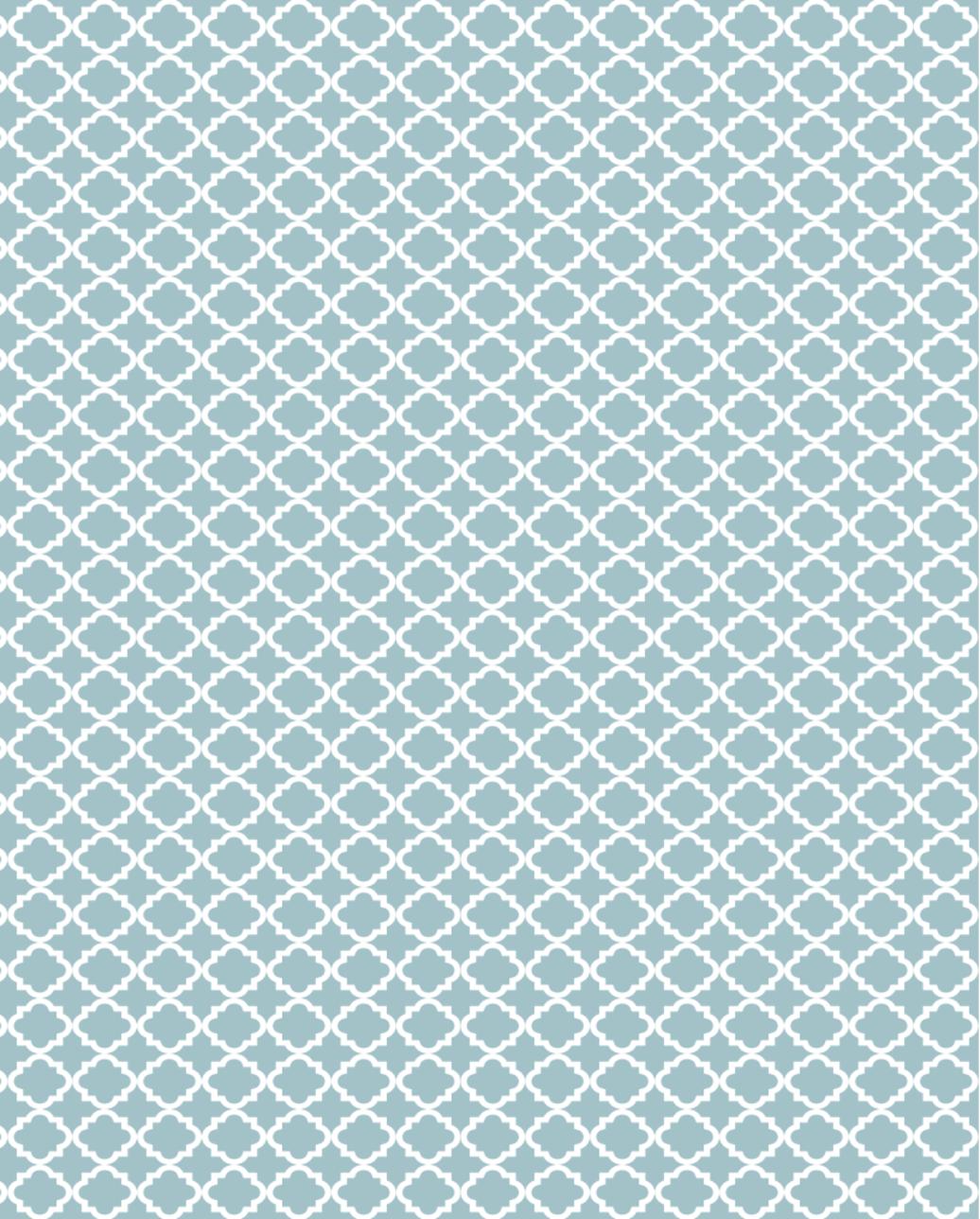
ROMANS 12:19 | Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the LORD.



*Sensible people
control their temper;
they earn respect by
overlooking wrongs.*

PROVERBS 19:11







ANXIETY

Anxiety stems from losing sight of God's goodness. It is a result of nesting on our fears and allowing the "what ifs" to plant doubt in our hearts. And as women, there are plenty of "what ifs" that cross our minds throughout the day. So what is the secret weapon to battling anxiety? When we choose to reflect on and trust in God's promises to care for us, anxiety loses its power. God tells us throughout his Word that he is good, that he loves us, and that he wants the very best for our lives. When we begin to accept that this almighty God is caring for us, we become women who are strong, secure, peaceful, and courageous.

ANXIETY

1 PETER 5:7 | Give all your worries and cares to God, for he cares about you.

PSALM 62:6 | He alone is my rock and my salvation, my fortress where I will not be shaken.

JEREMIAH 29:11 | “I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.”

PHILIPPIANS 4:6-7 | Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.



BEAUTY

In many cultures, appearances are everything. Women who are physically attractive seem to get more attention, better breaks, and a taste of the good life. Because of this, it is tempting to believe that our outward beauty matters most. But does it really? God promises us that the condition of our heart is far more important than the appearance of our body. Even though most of us know this, we may have a difficult time truly believing it. However, the more we reflect on God's promises about the importance and benefits of inner beauty, the more we will be able to live in the reality of this truth. As

BEAUTY

you read through these promises, ask God to help you shift your focus from your physical appearance toward what will last for eternity.

PROVERBS 31:30 | Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised.

1 PETER 3:3-4 | Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

1 SAMUEL 16:7 | People judge by outward appearance, but the LORD looks at the heart.

EZEKIEL 36:23 | I reveal my holiness through you.

1 CORINTHIANS 15:42 | Our earthly bodies are planted in the ground when we die, but they will be raised to live forever.