**Meditating on God’s Promises**

**Purpose:**  
Meditating on God’s promises helps us anchor our hearts in His truth, especially during times of doubt, fear, or uncertainty. Scripture is filled with assurances of His love, provision, and faithfulness, which offer strength and hope in every season of life. This worksheet invites you to reflect deeply on God’s promises, internalize their meaning, and apply them to your circumstances. As **2 Peter 1:4** reminds us: *“Through these He has given us His very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.”* May this practice deepen your trust in God and renew your spirit.

**Identify a Promise:**

Choose a promise from scripture that resonates with your current needs or challenges. Write it here:  
*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_  
(Book, Chapter:Verse)

**Why This Promise Speaks to You:**

Reflect on why this particular promise feels significant in your life right now.

**Key Themes in the Promise:**

What themes or truths stand out in this promise? For example: faithfulness, provision, healing, or protection.

**Personal Reflection:** How does this promise encourage you to trust God in your current situation?

**Applying the Promise:**

What practical steps can you take to live in alignment with this promise? Examples might include prayer, journaling, or reminding yourself of this promise throughout the day.

**Prayer of Gratitude and Trust:**

Write a prayer expressing your gratitude for God’s promises and asking for strength to trust in His Word.  
\_“Heavenly Father, thank You for the assurance of Your promises, especially \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Help me to hold onto Your truth and trust in Your unfailing love, even when my path feels uncertain. I surrender my fears to You and ask for Your guidance to live fully in Your grace. Amen.”*

**Meditation Practice:**

Take 5-10 minutes to meditate on the promise you selected. Repeat it slowly in your mind or write it out several times. Reflect on its meaning and let it settle deeply in your heart.

**Reflection After Meditation:**

How did this meditation on God’s promise impact your thoughts and emotions? Did you feel a sense of peace, clarity, or hope?

**Living Out God’s Promises:**

Write an affirmation to carry with you throughout the week based on the promise you reflected on.  
\_“I trust in God’s promise of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.”*

May this exercise inspire you to walk confidently in the assurance of God’s promises, knowing that His Word is steadfast and true.