

## **Resting in Promises**

### **Ready:**

“For every one of God’s promises is ‘Yes’ in him.” – 2 Corinthians 1:20

### **Set**

In sports, athletes and fans must realize one thing: a win can never be promised.

In 2022, the University of Tennessee fans stormed their field and tore down the goalposts after the final field goal sailed through the uprights. Celebration rained down on Rocky Top in Neyland Stadium after a 15-year losing streak against Alabama had been broken. However, exactly one year later, the Vols would walk away with a loss on the road.

Sometimes, we, as Christians, are promised things that should not be promised. Some people promise that if we believe in Jesus, we will have a good, healthy and safe life. Some promise that if we pray hard enough, God will give us everything we pray for. Some promise that if we attend church every week, God will help us get straight A’s, starting positions, a state championship, and even good incomes or job promotions. However, all these promises never come from God, Himself.

When we read Scripture, we see that it came to be every time God promised something. He promised to send a Savior, and after hundreds of years passed, Jesus was born. God promised to provide for His people, and provided in ways His people never imagined. He promised grace, mercy, justice, love, protection, peace and salvation. When God promised something, He stuck to it. Why wouldn’t He stick to it now?

God doesn’t promise a win every day. He doesn’t promise a starting position, straight A’s, or even a perfect health record. There may be days when it feels like a victory on Rocky Top and other days when it feels like a defeat in Bryant-Denny Stadium; however, we can cling to God’s promises.

God promises Himself, His love, His grace, His forgiveness and your eternal salvation. He promises the peace that He is in control, the mercy that we are forgiven, and the grace that each day brings new mercies. He promises that when we are weak, He is strong, and when we cry out to Him, He will hear us.

As we read through Scripture, we can search for all that He has promised and look ahead to see Him stick to them.

### **Go**

- Is it dangerous to promise something we can never hold up or stick to?

- Since God always sticks to His promises, does that make you trust Him more?
- What are some of God promises you need to remind yourself of today?

## **Workout**

Genesis 17:7-8

Jeremiah 32:38-41

Revelation 21:3-4

## **Overtime**

“God, sometimes I feel like You aren’t holding to Your promises. Remind me that my circumstances do not define Your faithfulness. Amen.”



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/resting-promises>