


# *Promise*

PRAYING  
THROUGH THE  
PROMISES  
OF GOD

**FORTY DAYS OF PRAYER**

 **AT MARANATHA CHAPEL**



*This Journal Belongs to*

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# *Promise*

“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.”

—2 PETER 1:4



## Dear Reader

*As you participate in the 40-Day Fast, please use this daily journal to reflect on the multitude of promises of God. There are over 7,000 promises in the Bible, so you can start with these, then let the Spirit lead you to find more! God's promises are meant to fuel your hope and inspire your faith. We pray that you will be blessed, encouraged, and strengthened as you pray through the promises of God.*

### **A Note About Fasting:**

*Fasting is an individual, personal time between you and the Lord. Choose the fast that's best for you. While fasting means abstaining from food for most people, it can also be abstaining from something else to give you deeper time in prayer and fellowship with the Lord. Not everyone can fast from food, but if you give up something to focus on the Lord, that will be a meaningful fast.*



# Promise

After praying and seeking the Lord for my word of the year, the word PROMISE landed in my heart. I believe that God has promises He wants to fulfill in our lives.

Our church, Maranatha Chapel, has been on a journey this past year, processing grief, growing closer as a church family, and blessed to see God's faithfulness at work in our lives. When my dad left us for Heaven on January 4, 2022, it was like losing Moses, a great leader, pastor, and visionary who was excited to shepherd his people toward the Promised Land.

In Deuteronomy chapter 8, we find the Israelites camped along the banks of the Jordan river. They are finally ready to go in and take possession of the land, but Moses has some final words for them.

“Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep His commands. He humbled you, causing you to hunger and then feeding you with manna...Your clothes did not wear out and your feet did not swell during these forty years.”

When Moses described the wilderness as “a vast and dreadful place, full of venomous snakes and scorpions,” I'm sure he got an “amen” from the people. The wilderness was a rocky, barren place where almost nothing lived, nothing grew, and nothing dwelt. A place they were happy to leave behind. Notice God



led them through the wilderness. It was never supposed to be their final destination.

Egypt was their past, and Canaan was their future, and in-between, was the wilderness. For us, the wilderness represents those in-between seasons of life. Maybe you feel like you're in one of those in-between places right now. In-between jobs. In-between relationships. You're not where you want to be. You feel barren.

But we are given promises from God.

We can't stay in the wilderness forever. We can't linger in the wilderness of grief or fear or whatever keeps us from moving forward. We need to press on and step into the rest of our stories.

The promises of God are like stepping stones; solid places we can put our feet, the rocks we can stand upon to prepare for the next step.

I love how Peter describes God's promises as "very great and precious." And there aren't just one or two. There are over 7,000. Each one is like a blank check made out to you personally and to all of us corporately as the body of Christ. These promises are meant to fuel your hope and inspire your faith.

But a check you haven't cashed won't do you any good.

So, we are setting aside this time to pray through the promises of God. Watch for what God is doing in your life. Rejoice when you see specific promises fulfilled.

It's time to stop wandering and possess God's promises for you!





## DAY 1

*“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.”* 2 PETER 1:4

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## DAY 2

*“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*

ISAIAH 41:10

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**DAY 3**

*"You will keep in perfect peace those whose minds are steadfast, because they trust in You." ISAIAH 26:3*

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**DAY 4**

*"The LORD Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged." DEUTERONOMY 31:8*

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**DAY 5**

*“Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.”* MATTHEW 11:28-29

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**DAY 6**

*“My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am.”* JOHN 14:2-3

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## DAY 7

*"I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."* JOHN 16:33

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## DAY 8

*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"*

ISAIAH 58:6

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## DAY 9

*“Every word of God proves true; He is a shield to those who take refuge in Him.”* PROVERBS 30:5

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## DAY 10

*“Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”*

ISAIAH 40:31

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## DAY 11

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”* JEREMIAH 29:11

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## DAY 12

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* PHILIPPIANS 4:6-7

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## DAY 13

*“The LORD will fight for you; you need only to be still.”*

EXODUS 14:14

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## DAY 14

*“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty... He is my refuge and my fortress, my God, in whom I trust. Surely He will save you from the fowler’s snare and from the deadly pestilence. He will cover you with His feathers, and under His wings you will find refuge; His faithfulness will be your shield and rampart.”*

Psalms 91:1-4

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**DAY 15**

*“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.”* ROMANS 8:28

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**DAY 16**

*“Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”*  
MARK 10:27

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## DAY 17

*"For I am the LORD your God who takes hold of your right hand and says to you, do not fear; I will help you."*

ISAIAH 41:13

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## DAY 18

*"Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.*"

ISAIAH 54:10

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## DAY 19

*“Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”* JOSHUA 1:9

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## DAY 20

*“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”* PHILIPPIANS 4:19

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## DAY 21

*“Though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.” PSALM 23:4*

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## DAY 22

*“Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me.” REVELATION 3:20*

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## DAY 23

*“Against all hope, Abraham in hope believed...he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what He had promised.”* ROMANS 4:18-22

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## DAY 24

*“See, I have set the land before you. Go in and take possession of the land that the Lord swore to your fathers, to Abraham, to Isaac, and to Jacob, to give to them and to their offspring after them.”* DEUTERONOMY 1:8

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## DAY 25

*“Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken.”* PSALM 55:22

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## DAY 26

*“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 I will forgive their sin and will heal their land.”* 2 CHRONICLES 7:14

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**DAY 27**

*“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’”* ISAIAH 30:21

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**DAY 28**

*“Let us hold unswervingly to the hope we profess, for He who promised is faithful.”* HEBREWS 10:23

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## DAY 29

*“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” JAMES 1:5*

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## DAY 30

*“He himself bore our sins in His body on the cross, so that we might die to sins and live for righteousness; by His wounds you have been healed.” 1 PETER 2:24*

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## DAY 31

*“The Spirit of the Sovereign LORD is on Me, because the LORD has anointed Me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives, and release from darkness for the prisoners.”* ISAIAH 61:1

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## DAY 32

*“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

1 JOHN 1:9

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## DAY 33

*“Have faith in God,” Jesus answered. “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”* MARK 11:24

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## DAY 34

*“Take delight in the LORD, and He will give you the desires of your heart.”* PSALMS 37:4

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## DAY 35

*“Don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.”* MATTHEW 6:31-33

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## DAY 36

*“Let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.”*

GALATIANS 6:9

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## DAY 37

*"For God has not given us a spirit of fear, but of power and of love and of a sound mind."* 2 TIMOTHY 1:7

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## DAY 38

*"So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."*

LUKE 11:9

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## DAY 39

*“No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.”* 1 CORINTHIANS 10:13

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## DAY 40

*“Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off—for all whom the Lord our God will call.”* ACTS 2:38-39

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