

FOCUS

WOMEN'S LEADERSHIP CONFERENCE

FOR ALL RESOURCES AVAILABLE
AT THIS CONFERENCE VISIT:

[SBCV.ORG/FOCUS](https://www.sbcv.org/focus)



RESILIENT: FOCUS ON GOD'S PROMISES SANDY FORD

TEACHING
NOTES

WHY STAYING IN FOCUS ON GOD'S PROMISES IS ESSENTIAL TO OUR FAITH:

WE NEED TO STAND UPON HIS PROMISES AS WE GROW IN OUR FAITH.

As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. (2 Peter 1:2-4)

Psalms 56:3-4, 34:18, 46:1, and 2 Timothy 1:7

WE HELP OTHERS MOVE BEYOND THEIR PAST BASED ON GOD'S PROMISES.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. (2 Corinthians 5:17)

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. (Galatians 2:20)

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

PROMISES HELP DIRECT OUR PATHS.

1. We no longer make decisions as we used to. (Romans 12:2)
2. We have been forgiven. (1 John 1:9)
3. We make choices based on our great love for our Savior. (Mark 12:30)
4. We were bought with a price. (1 Corinthians 6:20)
5. God will direct our footsteps. (Psalm 119:133)
6. We don't have to have anxiety over our decisions. (Philippians 4:6)

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PROMISES GIVE US STRENGTH AND HOPE.

Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely, I will uphold you with My righteous right hand. (Isaiah 41:10)

For I am the LORD your God, who upholds your right hand, Who says to you, 'Do not fear, I will help you.' (Isaiah 41:13)

When I am afraid, I will put my trust in Thee. In God, whose word I praise, In God I have put my trust; I shall not be afraid. What can [mere] man do to me? (Psalm 56:3-4)

For God has not given us a spirit of timidity, but of power and love and discipline. (2 Timothy 1:7)

The LORD is close to the brokenhearted and saves those who are crushed in spirit. (Psalms 34:18)

DIFFICULTIES IN FOCUSING ON PROMISES (HOW TO PUT GOD ON EVERY DAY):

- » Realign your thoughts according to God's directive in Philippians 4:8-9
- » Remember some of the things God has brought you through during your life
- » Claim at least one promise each day and reflect upon the meaning and the personal impact

FACING FEAR AND FEELING STUCK

3 Steps to Move Forward:

1. Build the dam: recognize wrong thoughts; stop the old pattern of thinking; rid yourself/put off the old ways of thinking (Col 3:5).
2. Redirect the flow: What is true—put on new thoughts, new patterns of thinking (Col. 3:12).
3. Take an honest look at your attitudes and thoughts and redirect and focus on God's promises.

THE KEY TO CHANGING PERSPECTIVE:

- » Focus on God's promises daily
- » Claim God's truth in all things
- » Remember past victories and future promises