



HE PROMISES

The Binder Co. Devotionals

AUGUST 2018

Welcome to The Binder Co.: a do-it-yourself devotional and journaling experience for women who desire to grow deeper in God's Word on a daily basis. All you need is a 3-ring binder and a printer to get started — for free!

ABOUT THE BINDER CO.

The Binder Co exists to help women dive deeper into their faith and connect with others through free monthly ebooks of devotionals written by women for women. Every aspect of The Binder Co. is run by volunteers. Once a month, we release a free ebook with daily devotionals, corresponding scriptures, and daily challenges to help put what we learn into action. These daily devotionals are free to read, download, and print anytime. You can use them for yourself, your small group, friend group, or church group!

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We'd love to have you.

Access the free archives of every calendar at emilyfurda.com/thebinderco

A NOTE FROM THE DIRECTOR

The Binder Co. (originally called Her Binder Project) was started in 2014 by Morgan Harper Nichols as a way to challenge herself to dig deeper into God's Word and put her faith into action on a daily basis. She made a calendar one month that included weekly themes, Bible verses, and daily challenges. Even though she originally started writing and designing these for herself, she felt the Lord leading her to share it with others. So, she put it on Pinterest, and was unbelievable with more women studying along each month. You can learn more about Morgan at themhn.co

When I was 11 years old, my worship dance teacher gave all of the dancers a small hot pink booklet of devotionals for Christmas. That was my first devotional, and I fell in love with studying God's word and learning how to apply it to my life. I've rarely been without a daily devotional since then. When Morgan asked me to help with The Binder Co. in 2016, it was a dream come true to be able to write devotionals. This Ministry and the women who read every day captured my heart. The more I became involved as a writer, editor, and project manager, the more it became a part of me.

In 2018, Morgan asked me if she could give me The Binder Co. I was speechless, which rarely happens. It was not an easy decision for her or one made lightly by myself. My joy comes when I see women come alive as they study each month. I'm studying and learning along with you. Today, thousands of women are joining this project each month, and we are so grateful for each one of you!

-Emily Furda Director, Editor In Chief emilyfurda.com instagram.com/emilyfurda

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The Binder Co Devotionals August 2018 He Promises

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“For all of God’s promises have been fulfilled in Christ with a resounding “Yes!” And through Christ, our “Amen” (which means “Yes”) ascends to God for his glory.” 2 Corinthians 1:20 NLT

1
2 Corinthians 1:20
Write out today’s verse and place it where you’ll see it all month. Then, write it out in your own words.

2
Numbers 23:19
Write down today’s verse in your own words and/or memorize it.

3
Mark 9:20-27
Listen to “Let our Faith Become a Mountain” by Jesus Culture ft. Kim Walker-Smith
youtu.be/qbRAYL12NhU

4
Psalm 147:3
See today’s devotional for the daily challenge.

5
John 17:26
Show someone’s God’s love today. Write a note, give a hug, call someone, do something special, buy a small present, or anything else you know will encourage that person.

6
Psalm 34:6
Write out today’s verse in your own words, then below it write a list of things you’re praying for or write out a prayer to God. Don’t worry about scripted words, just be real with Him.

7
John 16:33
Listen to “Hostage of Peace” by Tenth Avenue North.
youtu.be/dGh5LVD2Ehs

8
Exodus 14:14
Set today’s verse to come up as a reminder on your phone for one week from today or write it in your calendar for one week from today.

9
Ephesians 1:18-2
Is there an area of your life you’re holding back in because you don’t feel powerful enough? What would change if you truly relied on God’s power instead of your own? Journal your thoughts.

10
Isaiah 43:2
Write today’s verse in your own words and listen to “Every Step” by Jasmine Murray.
youtu.be/7ooFFbP1G4

11
John 3:1-21
How does your perspective change when you realize salvation is a gift you can’t earn? Journal your thoughts and write out John 3:16 in your own words, making it personal.

12
Psalm 90:14
Make a playlist of worship songs that remind you of God’s presence as a way to stay connected to Him whenever you listen to it.

13
James 1:5
What areas of your life do you need wisdom for? Write them down, and pray over them. Then, journal your thoughts and what God speaks to you.

14
Philippians 4:19-20
Journal about a time in the past when you had a need that seemed impossible to meet and God met it. How do that change how you feel about the needs you have today?

15
Psalm 139:7-10
Listen to “Never Been a Moment” by Micah Tyler.
youtu.be/0apupwTkof0

16
Hebrews 6:19-20
Journal, or write a poem, write a song, or create visual art about what it means to have Jesus hold you like an anchor holds a ship steady.

17
Isaiah 55:8-9
Listen to “Higher” by For All Seasons.
youtu.be/-vbRik8S8

18
Psalm 27:13
Do you believe God is Good? Journal your thoughts. How does His goodness change you in the middle of difficult situations?

19
Matthew 27:50-51
Spend time today doing something creative to spend time in God’s presence. Turn on some worship music and write a poem, prayer, draw, paint, design a graphic, knit, or anything you can think of.

20
Psalm 33:11
Listen to “Settle” by Joel Vaughn.
youtu.be/R3YH448kESU

21
Proverbs 22:4
Anonymously do something nice for someone within the next week.

22
Colossians 1:17
Listen to “You are in Control” by Seth & Nirva.
<https://youtu.be/eZymZ4yIQ2I>

23
Romans 8:31
How does your perspective change when you know deep in your heart that God is for you? Journal your thoughts.

24
Exodus 4:1-17
What do you feel insecure about, and how does that affect your life? How does your life change by knowing God promises to equip you? Journal your thoughts.

25
Ecclesiastes 3:11
Listen to “Into the Glorious” by Christy Nockels.
youtu.be/yKi5a6jd2c8

26
1 Corinthians 12:9
Journal and pray, asking God if there are any areas you are trying to use your own strength instead of His. How would it change if you relied on His strength?

27
Jeremiah 29:1-14
Listen to “More than Anything” by Natalie Grant.
youtu.be/CKECO86XexM

28
Isaiah 49:4
Write our today’s scripture in your own words.

29
John 8:11
Is there something in your life you have a hard time forgiving yourself for doing? How would your perspective change if you truly believed God doesn’t condemn you? Pray, and journal your thoughts.

30
Luke 2:41-52
Do you have any imperfections you feel are holding you back from serving God? Pray, asking God what He wants to show you about them. Then, journal your thoughts.

31
2 Timothy 2:13
Memorize today’s scripture and write down each promise from this month. Place it where you’ll see it often.

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Use #TheBinderCo on Instagram and Twitter, and join our Facebook group:
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emilyfurd.com/thebindercoco

Wednesday, August 1

Written by Emily Furda
He Promises to Keep His Promises
Read 2 Corinthians 1:20

The Bible is full of God's promises, but sometimes, it's hard to know where to start or look. So, this month we'll take a look at 31 promises He has made. For today, let's start with a promise about His promises.

This month's theme verse tells us "For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" (which means "Yes") ascends to God for his glory." 2 Corinthians 1:20 NLT

Because of Jesus death on the cross and resurrection from the dead, we have access to God and all of His promises. Jesus said He would die and rise again (Matthey 17:22-23). By keeping a promise that seemed impossible to keep, Jesus showed us God is more than capable of fulfilling every promise He makes. Every time we see one of His promises fulfilled it strengthens us and draws us closer to His heart.

God is inviting us to come to Him as his dearly loved daughters. He knows it's sometimes hard to believe all of His promises will really come to pass. He invites us to ask Him if He really means what He says. With love and compassion, He tells us "Yes!" He promises to Keep His Promises.

Daily Challenge

Write out today's verse and place it where you'll see it all month. Then, write it out in your own words.

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Thursday, August 2

Written by Emily Furda
He Promises He Cannot Lie
Read Numbers 23:19

Promises are only as trustworthy as the one who makes them. If someone has a track record lying and breaking promises, you learn she can't be counted on. Sometimes we experience deep heartache because others have lied to us and broken promises. Those wounds can make it hard to trust God.

While humans will always break a promise, even if it's unintentional, we have to remember God isn't a human. He is so much more. Today's sculpture highlights that. It tells us only does God keep His promises, but He is incapable of breaking them! He is incapable of lying.

How would your life change if you could truly believe He will keep every promise He makes? You are not an exception to the rule. It's impossible for Him to lie to you. He knows it can be hard for us to grasp that with our limited, human understanding. Let today's scripture be one you cling to when you're unsure if He will keep every promise He has made to you. He promises He cannot lie.

Daily Challenge

Write down today's verse in your own words and/or memorize it.

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Friday, August 3

Written by Emily Furda
He Promises to Give You Faith
Read Mark 9:20-27

Sometimes we want to believe God's promises, but it's hard. When your faith feels too small to believe Him, God has an answer for that.

He promises to give you faith.

In today's passage, we see a father who was desperate for Jesus to help his son. He admitted he believed Jesus could help, but also knew he needed help to believe. His mind and heart were at war, just like ours often are. His lack of faith on his own, didn't make Jesus turn away. Instead, Jesus answered him not with words, but with actions. Jesus performed a miracle.

We often need reminders of things God has done to keep our faith growing. There's no accident this story is in the Bible; it helps our faith to grow. Think back over your life, what good has God done in your life before? Did He provide something when it seemed impossible? Did an opportunity suddenly open up where you could use your gifts? Did you experience comfort in the middle of grief? When we look back and remember the promises He has kept in the past, it reminds us He will keep fulfilling them. He will keep increasing giving us faith to believe His promises.

It's exciting to remember what God has done in the past and see what He is doing now. Everyday He brings new life to us, even when we think our faith is too small to believe what He promises. Faith isn't something you have to manufacture on your own. It's safe to admit you don't have enough faith because God promises to give you faith.

Daily Challenge

Listen to "Let our Faith Become a Mountain" by Jesus Culture ft. Kim Walker-Smith
youtu.be/qbRAYLj2NhU

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Saturday, August 4

Written by Emily Furda

He Promises to Heal Your Broken Heart

Read Psalm 147:3

What has God shown you about His promises this week?

Journal, draw, write a poem, or write a prayer about it below.

Sometimes, we experience situations that shatter us, leaving us completely broken. We become skilled at hiding it, but we walk around angry, depressed, overwhelmed, and anxious. We try to pretend it doesn't hurt as bad as it does. We put up a wall on the outside, but on the inside, we're broken and crushed. We do anything to avoid letting God see and touch our brokenness, but just like we can't properly heal a broken arm by wrapping it a sock, we can't heal our broken heart by avoiding God and trying our own remedies. We can try to fix it with relationships, alcohol, sex, shopping, staying busy, or even immersing ourselves in service for God, but that only makes the damage worse, the pain more painful, and leads us farther away from God's healing.

Instead of trying to deal with it on your own, allow God to reach down and touch the place that hurts the most. Let the wounds Jesus bore on the cross remind you He knows what unimaginable pain is like. It can feel terrifying to open up to God, but He's lovingly waiting for you. You're not meant to hold it all together. Let out your feelings. Tell Him how you feel. Scream, cry, and even pound your fists. God can handle your angry and even ugly words. Don't hold back. God wants you to come to Him honestly. This isn't the time to quietly bow your head, fold your hands, and say a prayer void of all emotion. It's time to let the pain out. It's time to feel.

You're not on your own, trying to simply survive the trauma. Your loving Father is with you. If you ask Him, He will break open your heart, so He can gently and lovingly, with tender care and compassion, heal every wound, even the ones you don't know are there. He will heal your broken heart and bring you new life. You're safe in His care.

Daily Challenge

Deep healing comes over time. There is no set timetable to begin or pace to keep. Listen to "I won't let You Go" by Switchfoot. youtu.be/pfUssvjj4rs Then, take some time to journal your thoughts about today's devo and the song. Ask God where He is leading you on your journey. If it's time to let those feelings out, do it. If not allow Him to work in His time. He will never rush you. Your journey will be unique and beautiful. He will heal your broken heart

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Sunday, August 5

Written by Heather Golden Horton
He Promises His Love will be in You
Read John 17:26

Love can seem distant. Extending love to a shouting world can seem daunting. We may wonder if we have enough love to forgive, bless, encourage, or try again in the face of difficult people. We may begin to believe the lie that our love could never resemble God's love; however, we can be positive that as Christ-followers this powerful love that comes from God resides inside us.

God was revealed to us, and our eyes were opened to who He is so that we could be filled with His love. Amazingly, it's the same love with which God loved Jesus. This love that fills up all of our emptiness is not a passive love. It is love that sacrifices for others, extends a hand to those who are in need, and takes action on behalf of those who may be considered less valuable by society's standards. This active love is the same kind of love that God extended to us while we were living in our disobedience. The love that originated from our Creator and Father, God, is the same love that is present within us. It gives us the ability to love beyond our feelings, and to behave with love despite our circumstances.

We do not have to live uncertain that there is enough love within us to share with a wounded world in the midst of angst. With God as our supply, we can be assured that God's love in us is more than adequate to equal the tasks He has set before our hands. His love is present in us in every place that we set our feet, because He is in us no matter where we may go.

Daily Challenge

Show someone's God's love today. Write a note, give a hug, call someone, do something special, buy a small present, or anything else you know will encourage that person.

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Monday, August 6

Written by Emily Furda
He Promises to Hear You
Read Psalm 34:6

Have you ever talked to someone and wondered if they were actually listening to you? They may have been present, but not paying any attention. It's easy to wonder if God is like that. Sometimes prayer comes easily. Other times, we wonder if He can even hear us. We wonder if our mistakes put a sound proof barrier or if He is simply disinterested in us, especially when it seems as if our prayers go unanswered. We hear people say they know they heard from God, felt a still small voice in their spirits, or just a nudge from Him, but sometimes, we feel nothing. It causes us to question if He's really listening.

Today's verse is a promise to us. This psalm is a reminder to us that if God heard David and delivered him from His fears, He will do the same for you. Let it encourage you in those moments when you question if God hears you. God hears you every prayer, even the ones spoken through only silent tears. He even hears the cries you're too afraid to put into words because he knows you and loves you.

So, don't be afraid to call out to Him. He promises to hear you. He promises to deliver you from your fears. When you pray, allow Him to move in His way. Being set free from your fears may mean the situation is resolved, or it may mean He will help you to thrive in the middle of the unthinkable. No matter what situation you're in, what fears you have, or how worn out you are, never stop crying out to God. He promises to hear you.

Daily Challenge

Write out today's verse in your own words, then below it write a list of things you're praying for or write out a prayer to God. Don't worry about scripted words, just be real with Him.

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Tuesday, August 7

Written by Morgan Harper Nichols
He Promises Peace
Read John 16:33

Take a moment and think about a historical, yet tragic event that has happened in your lifetime. Everywhere we look there seems to be some kind of tragedy happening somewhere. It's painful and heartbreaking to reflect on these kinds of events in human history.

So often, it's in those moments when God's love does not seem close. At the same time, it's in those moments let today's verse remind you of the peace Jesus wants to bring you. We might not think about it right away, but even in those moments when entire nations and entire parts of the world are experiencing great pain, we must remember the peace Jesus brings.

We must remember, even when people are motivated to do terrible things to others, Jesus's peace is still strong enough to keep us and sustain us. The peace He promises can still bring us together and bring hope into this dark world.

Daily Challenge

Listen to "Hostage of Peace" by Tenth Avenue North. youtu.be/dGh5LVD2Ehs

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Wednesday, August 8

Written by Danielle Nicole
He Promises to Fight for You
Read Exodus 14:14

Have you ever been in a time when you felt too weak to fight, or maybe you felt like you were all alone in this war? Well, this is when you need to hold on to God's promises for your life. No matter what the fight is, God promises if we will be still, He will fight for us.

When in a fight, there might be many different options of what you could do. You could try and figure things out by yourself and go your own way or you could look to God for help. The world can promise us many things, many different ways we can get to the other side of our problems, but these things will lead us farther from God. When we open up His word and read the promises He has for us, we will find the answers and guidance for the season we are walking through.

God promises He will fight for us, if we will be still. To be still, means to trust Him with your situation. It means to have peace, knowing He is in control. Though it can be a challenge to be still when the world around you is moving in this way and that, when we hold to His promises for us, we can find rest in this crazy life.

The world's promises will always fail us, but God's promises have never failed and never will fail. So, even if you are fighting the hardest fight of your life, you can trust that if you hold to Him and follow His instructions, you will be victorious over every trial.

Daily Challenge

Set today's verse to come up as a reminder on your phone for one week from today or write it in your calendar for one week from today.

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Thursday, August 9

Written by Emily Furda
He Promises to give You Power
Read Ephesians 1:18-2

When Jesus rose from the dead, He conquered death and the powers of hell. What He did in the natural realm was unheard of. It was the ultimate insurmountable obstacle, until Jesus conquered it, but that's not all. When He rose from the dead, it wasn't just a physical marvel. It was a spiritual one. He rose to life, so we too could experience that kind of power in our lives.

Maybe we're not trying to physically rise from the dead, but every day we face what seem like insurmountable obstacles that hold us back. We want to go to college, but no one in our family has ever done it before. We dream of a certain career, but believe those are dreams come true for others, not us. We want a Godly relationship but feel as if we can never overcome the abuse in our past to have one. Maybe we want to learn a new skill such as how to draw, play an instrument, photography, or cooking, but we're too afraid of being embarrassed, so we never try. We want to write a blog, start a ministry, or lead worship, but feel too inadequate. We feel trapped and as if we'll never be free to be who we really are.

In all our fears and insecurities, we forget one thing, because Christ rose from the dead, we too have His power in us to help us accomplish anything! Every day is a chance to grow and shine the light of Jesus living in our hearts.

What would happen if you truly believed you had the power of Jesus living in you and acted on it? What freedom would you experience? What would you try? What would you do? Who would you be? Only you can answer that.

Daily Challenge

Is there an area of your life you're holding back in because you don't feel powerful enough? What would change if you truly relied on God's power instead of your own? Journal your thoughts.

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Friday, August 10

Written by Danielle Nicole
He Promises to be with You
Read Isaiah 43:2

We all go through hard times, and we walk through seasons of unknowns. It's there, we often seek rest and strength to help us get through. God promises when we walk through these troubles, He will be with us and will protect us. We must learn to trust He will come through for us on this promise.

When so many uncertainties surround us, we need to look to God for help, instead of looking for rescue in worldly things. Though we can find many different escapes from our trials, it's in God we will be guided through them on a road that leads to rest and healing.

When we look to God for help, instead of the world, we will always find Him with open arms. When He promises to never leave, He means it. Sometimes when people promise to never leave us or when someone's words hold promises of being the answer, we can easily be let down. It is because humans and the ways of this world aren't perfect and will fail us. God is perfect and will never fail.

In today's scripture, God is saying no matter what it is we are going through, He will be with us. So, in your time of need, know He is there, walking beside you through it all. This is a promise to us, and it will never be broken. He is there to give us rest and strength when we need it, and to hold us and carry us through our hard times. So, don't look around for escapes, look to His promises to you.

Daily Challenge

Write today's verse in your own words and listen to "Every Step" by Jasmine Murray.
youtu.be/7ooFFbP-1G4

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Saturday, August 11

Written by Emily Furda

He Promises Salvation is a Gift

Read John 3:1-21

What has God shown you about His promises this week?
Journal, draw, write a poem, or write a prayer about it below.

Have you ever tried to hang on to your personal achievements thinking they make you good enough in the eyes of God? When we try to do or be something special to become closer to God, we only find ourselves farther away from Him and frustrated because on our own we are never good enough.

Nicodemus was a man who could relate to that. He was a Pharisee, a member of the pious religious rulers who believed they could be saved by doing the right things. When Jesus came, He turned their teaching upside down by saying salvation wasn't something to be earned. Most were enraged to the point of wanting Jesus's death, but Nicodemus wanted to know more.

He sought out Jesus at night, possibly out of fear of what others would think, or even for his or Jesus's safety. Jesus could've turned him away for not being willing to seek Him in front of others, but He knew where Nicodemus came from. Jesus knew meeting him at night, in the dark, was what he needed. He couldn't earn salvation. It was a gift. Jesus told Nicodemus this: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16 NIV

This verse can become so familiar that we often don't make it personal. Jesus gave His life specifically for you. Whenever you're tempted to think you have to earn God's love, remember today's verse. Before you were born, He died for you so He could give you the free gift of salvation.

Daily Challenge

How does your perspective change when you realize salvation is a gift you can't earn? Journal your thoughts and write out John 3:16 in your own words, making it personal.

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Sunday, August 12

*Written by Morgan Harper Nichols
He Promises Satisfaction in Him
Psalm 90:14*

Through Jesus, God brings about satisfaction into our hearts early in our relationship with Him. We don't have to work our way up to it. We don't have to become perfect little Christians to be satisfied in Him.

His satisfaction is not an occasional delicacy we partake in when we're in a mood for dessert. His satisfaction is like water. Without it, we cannot live. This is the kind of satisfaction we must crave from the moment we awake in the morning until we fall asleep at night. It's always there, waiting for us to partake.

Allow yourself to be satisfied in Him from early on. Don't do anything or go anywhere without filling yourself with Him. When you spend time with The Lord, He promises He will satisfy you.

Daily Challenge

Make a playlist of worship songs that remind you of God's presence as a way to stay connected to Him whenever you listen to it.

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Monday, August 13

*Diane Marie
He Promises Wisdom
Read James 1:5*

One of the most difficult challenges in our Christian walk is knowing the will of God. Most of us, at one time or another, have wished God would just send us a letter, text, or email to tell us exactly what to do. Of course, we know that's not going to happen; however, He has promised if we ask, He will give us wisdom.

What a wonderful promise. Wisdom is available to us all, male or female, young or old, rich or poor. God is the source of all wisdom, and He does not withhold it from us as long as we ask and believe. Even when we mess up over and over, God still wants us to come to Him and ask. Of course, much of His wisdom is already written down for us in the Bible, but when we need more specific direction, we must go to Him in prayer and ask Him to help us make wise decisions. He will never let us down.

We can ask God for wisdom in all areas of our life, and He will give it to us generously. God Himself, the God who knows everything, wants to guide us in all we do! Think about that for a minute. That's absolutely incredible!

There is not a problem or situation in our lives that He doesn't have an answer for. All we have to do is ask and believe!

Daily Challenge

What areas of your life do you need wisdom for? Write them down, and pray over them. Then, journal your thoughts and what God speaks to you.

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Tuesday, August 14

*Written by Emily Furda
He Promises to Meet Your Needs
Read Philippians 4:19-20*

What do you need right now? When you hear that question all kinds of things can come to mind including financial, physical, emotional, and relationship needs. Today's reading can easily become a like a cliché that's lost its meaning, but it's powerful when we take the time to really think about it. "And my God will meet all your needs according to the riches of his glory in Christ Jesus." Philippians 4:19 NIV

Paul makes an interesting statement here. He says, "My God." He wanted the people of the church in Philippi to know the same God who has met his needs, is the same God who will meet theirs. God doesn't play favorites. He didn't see the apostle Paul as worthier than the local shopkeeper. The same is true for you. We think of Paul as a great man of faith, and he was, but in God's eyes, you are just as important as he was.

Paul was also reminding them how God met his needs in the past. Often, we get so caught up in the present need that we forget God has always met every need we've ever had. When we pray about something we need, often we're focused on what we think the solution should be. We pray we get the job, a certain person will love us, we get accepted into the school we want, a new medication will bring relief, and so many other things we think will meet our needs. God is not limited to our way of working, and that's a good thing! He meets our needs out of the "riches of his glory in Christ Jesus." Doesn't God's glory sound so much better than anything we can come up with?

Daily Challenge

Journal about a time in the past when you had a need that seemed impossible to meet and God met it. How do that change how you feel about the needs you have today?

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Wednesday, August 15

Written by Emily Furda

He Promises His Presence

Read Psalm 139:7-10

Have you ever looked into the sky was the sun was rising and realized just how big this world is? It can fill you with awe. The skyline seems never ending, or have you had a chance to stand on the shore of the ocean or large body of water where you couldn't see any land ahead no matter how hard you looked? You can feel so small in comparison to this big, amazing world.

In today's passage, the psalmist knew an important truth. He knew no matter where he wandered, physically or personally, God's hand would always guide him. Yet, that's so easy to forget. We get lost in our own sin, stubborn ways, or just plain forgetfulness and before we know it, we think we've wandered too far from God. We wonder if He can see us at all. we need constant reminders.

Fortunately, we don't have to look very far. God often uses everyday things to remind us He is with us. One of the easiest ways to remember today's passage is to simply look at the skyline. Where does it end? It doesn't, and neither does God's love for you. The next time you wonder if you're too far gone for God to reach you, look at the sky and remember no matter where you go, you can't leave His presence.

Daily Challenge

Listen to "Never Been a Moment" by Micah Tyler. youtu.be/0apupwTkof0

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Thursday, August 16

Written by Morgan Harper Nichols

He Promises to Hold You

Read Hebrews 6:19-20

An anchor is a device that connects a vessel to the bed of a body of water in order to prevent the boat from drifting away due to wind or current. This is who Jesus is for your soul. He holds you together when the boat is rocking, and you're certain you're about to drift away for good.

Perhaps when you didn't get into the college of your choice you started to feel like the career you had dreamed about since you were young was washed away. Maybe everything you believed about love and marriage was completely shaken up when your parents decided to get a divorce. Perhaps you're living paycheck to paycheck, drowning in debt, and you're worried you'll never recover.

Let this verse be a reminder that Jesus is holding you. No matter how much that boat is rocking above the water right now and no matter how intensely the storms are raging, beneath the water, your soul is eternally anchored to Jesus. There is nothing that can take you out of His grip.

Daily Challenge

Journal, or write a poem, write a song, or create visual art about what it means to have Jesus hold you like an anchor holds a ship steady.

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Friday, August 17

Written by Kellee Bush

He Promises His Ways are Higher

Read Isaiah 55:8-9

Most days before stepping foot out of bed, we've had hundreds of thoughts running through our minds. We find that our hearts, minds, and feelings are in constant danger. It could be the simplest of things or a major crisis at hand. Still, ideas flood our minds just the same.

Being the incredible, unflawed and beautiful God that He is, He was kind enough to let us in on a secret. His ability to craft, care, and keep our lives is far beyond our realm of understanding. Think about that for a second. Our perfect God, knowing all in heaven and earth tells us that no matter what we may think, His thoughts, ideas, and views will always be above ours. Isn't that incredible?

When we trust the almighty power of God, He'll begin to shape our minds and in turn thoughts, to look towards Him for courage, focus, and strength. Knowing we have a God who will always, no matter what, have more power and authority than we do, should give us some refuge. We can be confident in knowing no matter what we are going through, He knows about it.

So, when things are getting difficult, and you feel overwhelmed by what you may be faced with, know God promises a better way, always! No matter how insignificant or vast the ideas are that you are facing, know His ways and love will forever be enough. Look to Him and hold on. Know He will take care of you no matter what because His plans for our lives are higher than we could ever imagine!

Daily Challenge

Listen to "Higher" by For all Seasons.

youtu.be/-vbRik8sS8

Written by Kellee Bush

Saturday, August 18

Written by Emily Furda

He Promises to Show You His Goodness

Read Psalm 27:13

What has God shown you about His promises this week?
Journal, draw, write a poem, or write a prayer about it below.

At some point in our lives, we will all go through something difficult. We can feel as if we're at war with situations beyond our control. Maybe it's health, finances, relationships, or school, that feels like a fight. Sometimes even what we think is a small situation, like breaking our phone charger, that causes us to feel worn down. When we do, it is important to acknowledge how hard it is, but it's also important to look for the God's goodness in the middle of the pain.

Ask God to show you His goodness. Ask God to show you where He's been there for you in the past and where He is in your current situation. Ask Him to show you something good where you are right now.

When we ask God to show us His goodness, He will. If we truly believe God is good, then trusting Him and His ways becomes easier because we know He's not out to harm us. Keep your eyes open for what is good because He promises to show you His goodness.

Daily Challenge

Do you believe God is Good? Journal your thoughts. How does His goodness change you in the middle of difficult situations?

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Sunday, August 19

Written by Emily Furda
He Promises to be Accessible
Read Matthew 27:50-51

Before Jesus' sacrifice on the cross, not everyone could enter God's presence. There was a veil, or curtain, in the temple separating the outer parts from the Holy of Holies. The Holy of Holies was the most sacred place in the temple. It was where the Spirit of God dwelled on earth. It was so sacred that only the high priest could enter it, and even he could only enter once a year. (Keep in mind the corrupt high priest was one of the rulers who wanted Jesus dead.) Jesus changed all of that!

The instant Jesus died on the cross this happened: "At that moment the curtain of the temple was torn in two from top to bottom..." Matthew 27:51 NIV Think about that for a moment. If you wanted to tear a hanging curtain, where would you start? Would you dangle yourself high in the air to start at the top, or would you start at the bottom so hopefully the tear could continue simply by you pulling on it?

The way the temple curtain was torn is significant. By being torn from top to bottom, it was done in a way no human could've done it. It was done supernaturally. Jesus ripped away the barrier keeping us from God. He made sure, once and for all, we would have access to God's presence with nothing standing in our way. We don't need a special title or to live a life that looks perfect. It was His sacrifice that gave us access to God and continues to hold us close to Him every single day.

Daily Challenge

Spend time today doing something creative to spend time in God's presence. Turn on some worship music and write a poem, prayer, draw, paint, design a graphic, knit, or anything you can think of.

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Monday, August 20

Written by Danielle Nicole
He Promises He has a Plan
Read Psalm 33:11

Have you ever doubted your life has purpose? When we look at our lives, sometimes it might look like nothing is happening. We feel as if we have no purpose or maybe God doesn't have a plan for us. In today's scripture, we are promised God's plans stand firm forever. He promises there is a plan for our lives and purpose for us.

We can easily miss seeing our purpose when we set our eyes on what others have and what they do. Focusing on how other people serve a purpose can cause us to miss the purpose we have been promised. When we are comparing who we are with others we miss seeing who God intended us to be. We might start to think the only way we can successfully serve is if we are being just like someone else. We weren't created to be like someone else though. God's plan for your life isn't going to look like someone else's, and it might not look like what you pictured.

We have no need to worry about God's plan for us because it is in His control. He is holding you in this season of unknowns and is with you through every moment. Though His plan may not be revealed to you right now, you will know it in time and until then, He will guide through every minute of every day. So, you don't need to be afraid of what is to come, for He promises to go before you.

When you are seeking to find your purpose, pray about it. We must hold to the promise that He has a plan for us and trust He will lead us to where we are meant to be. He will open your eyes to His plan for your life in His timing. The key is to just keep praying and holding to His promise for you.

Daily Challenge

Listen to "Settle" by Joel Vaughn.
youtu.be/R3YH448kE5U

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Tuesday, August 21

Written by Morgan Harper Nichols
He Promises to Honor Humility
Read Proverbs 22:4

God honors humility. While it may be tempting to give way to arrogance, because of who we are in Him, that is no way to live.

Start a habit today of doing something especially nice for someone. Then, take it a step further by making an effort to not take the credit. Leave an anonymous encouraging note to someone at work. Pay it forward by buying coffee for the person behind you.

These are small ways to make a habit out of humility. We all want to be appreciated for what we do, but what if you let God get the appreciation? Your small, anonymous act just might be the little thing that reminds someone, even though they haven't prayed or read their Bible in years, there is a God who loves them and wants to bring them back to a safe place.

Let humility challenge you to do things you don't normally do. Let it open your eyes to new ways God wants to use you in your family, in your workplace, and with everyone you meet.

Daily Challenge

Anonymously do something nice for someone within the next week.

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Wednesday, August 22

Written by Emily Furda
He Promises to Hold all Things Together
Read Colossians 1:17

Do you ever feel as if you just can't hold it together anymore? You grasp for any kind of stability, but everything you do comes up short. Even if one area seems to be going well, you look over your shoulder and see ten other areas where you have zero control. The truth is, you can't control anything, and that is good news because God promises to hold all things together.

You can take off the weight of trying to control circumstances because it was never meant for you to carry in the first place. God created this world and is more than capable of caring for everything and everyone in it, including you. God is so much better at being in control than you ever could be.

We don't always understand why difficult things happen, especially when we're doing what we know God has called us to do, but God sees the beginning, the ending, and everything in between. It can be hard to trust, but when we let our chaotic present and uncertain future in the hands of our all-loving God, we can find peace. Rest knowing you're not in control, and that's a good thing. Your loving Heavenly Father promises to hold all things together, including you.

Daily Challenge

Listen to "You are in Control" by Seth & Nirva. youtu.be/eZymZ4yIQ2I

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Thursday, August 23

Written by Danielle Nicole
He Promises to be for You
Read Romans 8:31

Whether we are trying to pursue your dreams or trying to reach the light in a dark time, we must know, even when others are against us, our God is for us. It can be hard to reach our goals when other people are telling us things that bring us down, or when thoughts of doubt are flooding our minds. It's here, we need to remember our God is on our side and promises to be for us.

When our minds fill with negative thoughts, it makes it more difficult to shoot for our goals or to move onto our next season. People might tell us we're not good enough, brave enough, or old enough, and it can feel like the whole world is against us. We need to remember what God has promised us in these battles, for it's then that we will be able to reach the other side.

Even when doubt tries to convince us we can't pursue our dreams, we need to remember doubt isn't who we serve. It's God who we serve, and He is for us, no matter what we are going through. So, it doesn't matter what the world is saying. Even when you feel like you're going up against the odds, you can know who is on your side.

So, when you feel doubt trying to creep in, hold to the one who is fighting with you. For when your God is for you, what does it matter what doubt is saying? Through Him, you can reach your goal, you can reach the other side of your battles and you can defeat the doubt creeping in your mind.

Daily Challenge

How does your perspective change when you know deep in your heart that God is for you? Journal your thoughts.

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Friday, August 24

Written Morgan Harper Nichols
He Promises to Equip You
Read Exodus 4:1-17

Even though God used Moses mightily to bring His children out of slavery and into safety, Moses still struggled to see past his shortcomings. Even after God told Moses in Exodus 3 exactly what He was about to do in Exodus 4:1, Moses was still doubtful saying, "What if they do not believe me or listen to me?" NIV In spite of Moses's doubts about himself, God continued to reveal His plan for His children and equip Moses—even when Moses didn't believe he was capable.

There is absolutely no coincidence this part of Moses' story is included in scripture. God knew we would be tempted to let our insecurities get the best of us. He knew we would compare ourselves to others and constantly deem ourselves "not good enough" for the task at hand. Through it all, God continues to love us and make provisions for us.

In the same way He did with Moses, God wants to take you out of your comfort zone and put you in a place where you are fully dependent on Him and fully capable of doing great things in His name because He is the one who equips you. Don't let insecurities keep you from completing the task.

Daily Challenge

What do you feel insecure about, and how does that affect your life? How does your life change by knowing God promises to equip you? Journal your thoughts.

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Saturday, August 25

Written by Emily Furda

He Promises to Make all Things Beautiful

Read Ecclesiastes 3:11

What has God shown you about His promises this week?
Journal, draw, write a poem, or write a prayer about it below.

Have you ever looked at a caterpillar and wondered how it becomes a butterfly? Nothing about it even suggests it will one day be a beautiful, dainty, flying creature.

A caterpillar spends most of its life eating and growing. Eventually that caterpillar spins itself into a tiny chrysalis. We often think of something magical happening in there, but it's not so pretty. A caterpillar literally traps itself inside a small, dark place. Then, it turns into a gooey mess. Basically, it's liquified. Nothing there suggests a butterfly either, but it's in that dark messy place where God does something amazing. The cells of a caterpillar are rearranged. Somehow the gooey mess becomes a beautiful butterfly, but it still has work to do. It must fight its way out of the chrysalis. Then, the world can see the beauty it was meant to display all along. It goes from ordinary to extraordinary.

We all have moments when we feel like caterpillars. We're growing, but not turning into anything spectacular. Then, we're suddenly in a dark place having no idea who we are or what we'll become. We feel like a gooey mess.

It's in that place where we need to let God be in control. He knows the beauty He placed in us and how to bring it out. He also knows we sometimes need to fight for it, just like a caterpillar turned butterfly must fight its way out. When we finally stop fighting against God, and work with Him as we overcome obstacles, it makes us strong. Then, when we're finally free, we can fly and show God's transforming power to the world.

God is the one who does the work in us. Just like a caterpillar is made beautiful at the right time, God will make even your gooey mess beautiful in His time.

Daily Challenge

Listen to "Into the Glorious" by Christy Nockels. youtu.be/yKi5a6jd2c8

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Sunday, August 26

Written by Danielle Nicole
He Promises Strength
Read 1 Corinthians 12:9

Do you ever have days when your weaknesses bring you down? Maybe it's from your mistakes or from your failures. Without strength, these feelings can overwhelm our hearts and minds till the point when we break down. This is what we have grace for, God promises in our weakness, He is strong. So, when we reach the end of our rope, His promise of strength will bring us through.

We are human, and we can't rely on our own strength to carry us. When we reach the point where we can't keep fighting on our own, we need God's strength. Though we could keep trying to do things our way, we aren't perfect and will eventually fall. His strength will never fall apart, for it is a promise to us.

When in these times of struggling, we need to surrender ourselves to Him and give up the controls. When we allow ourselves to let go, we get to experience His renewing strength. It doesn't matter how weak you have become, His strength will hold you up.

God's promise of strength isn't reserved for certain people but is for everyone who gives their lives to Him. It doesn't matter how many times you have failed, or how deep you have sunk, through His grace, His strength can pull you out and make you stronger.

So instead of leaning on our own abilities, we can lean on Him and His promise to us. We don't need to continue feeling overwhelmed about getting through life on our own strength. We can give ourselves to Him, rise above our weaknesses, and allow His strength to get us through.

Daily Challenge

Journal and pray, asking God if there are any areas you are trying to use your own strength instead of His. How would it change if you relied on His strength?

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Monday, August 27

Written by Emily Furda
He Promises You will Find Him
Read Jeremiah 29:1-14

In today's scripture, we see God speaking to the children of Israel when they were living as captives in Babylon. They didn't want to be there, but they had no choice. They were looking for even a sliver of good news and a way home as soon as possible. They were desperate. Then, God had some sobering news for them: they would spend 70 years in captivity. Seventy years meant many of them would die in captivity, but He wanted them to have life even in captivity. He told them specific things to do, then He added one more thing.

He told them "And you will seek Me and find Me, when you search for Me with all your heart." Jeremiah 29:13 NIV

We all go through things in our lives that make us feel like we're being held captive against our will in a strange land. We look for any escape possible, but sometimes, instead of searching for an escape, we need to put all of that energy and emotion into seeking God.

We're human, and we want things done our way and in our timing. When the healing doesn't come, when the relationship ends, when the job falls through, the bills pile up, and when life feels crushing, that is when we need to seek Him with everything we have. His presence in our lives is greater than any other thing we could desire. His presence gives us life, even when we feel like we're being held captive.

The good news is, He wants us to come to Him! He's not hiding from us, we're the ones who lose sight of Him. When we make a conscious choice to pray often and ask Him to help us want Him more than anything, He promises we will find Him.

Daily Challenge

Listen to "More than Anything" by Natalie Grant. youtu.be/CKFCQ86XexM

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Tuesday, August 28

Written by Morgan Harper Nichols
He Promises to Have the Final Word
Read Isaiah 49:4

Like many of us, Isaiah, a prophet of the Lord, felt discouraged and as if his work had been in vain. Yet, He continued to hold onto the truth that God still had the final word.

Remember this when you find yourself exhausted and desperately waiting for your next day off. Remember this when you've put so much work and so much hope into a project, only to fall short of the success you thought you would have.

Even when it comes to the bigger things in your life you have been praying about for years, God still has the final word. He is still writing and shaping your story. Even though the healing and the deliverance has taken longer than you expected, He is still carrying you day by day and has the final word when it comes to the outcome.

Daily Challenge

Write our today's scripture in your own words.

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Wednesday, August 29

*Written by Morgan Harper Nichols
He Promises to not Condemn You
Read John 8:11*

When a judgmental crowd sought to condemn a woman who had been caught in an adulterous act, Jesus told her this: “Neither do I condemn you; go and sin no more.” NKJV

Jesus was not at all downplaying what she had done, but He was showing her, through Him, there was forgiveness. He was showing her she no longer had to continue in her old ways. Through Him, there was an opportunity for her to move forward—to no longer be the woman she used to be.

Perhaps there’s something in your life that constantly reminds of you the woman you used to be. Maybe it’s something that happened years ago and it lurks in the shadows of your mind, and you can’t seem to shake it. Maybe, when you think about what’s gone wrong in your life, you can’t seem to shake off the judgment or the lack of compassion from others. Whatever it is others have held against you, or whatever it is you’re holding against yourself, let it go. Instead, hold onto this: you are forgiven. Yes, you have sinned, we all have, but Jesus still wants to give you a fresh start. In Him, what you’ve done no longer defines you. In Him, you are no longer bound to the restraints of the woman you used to be. You have been made new. Because of Jesus in you, He promises to not condemn you.

Daily Challenge

Is there something in your life you have a hard time forgiving yourself for doing? How would your perspective change if you truly believed God doesn’t condemn you? Pray, and journal your thoughts.

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Thursday, August 30

*Written by Emily Furda
He Promises Your Imperfections do not
Disqualify You
Read Luke 2:41-52*

Why did Jesus have to come as a child? The perfect Son of God was parented by imperfect parents. Just like any other child, He was dependent on Mary and Joseph to provide for Him and care for Him. In today’s passage, while He didn’t sin, He sure scared His parents just like every other child.

Every year, He and His entire family made the long journey to Jerusalem for Passover. His extended family likely meant lots of children were running around, and it was easy to assume an aunt or grandparent knew where Jesus was. When they were on the long journey home, and likely exhausted, Jesus was nowhere to be found. Can you imagine the fear Mary and Joseph had when they realized the Messiah was missing? They were given the task of caring for the Son of God, and He was lost. When they found Him, three days later, He was in the temple. He knew the temple was His Father’s house.

Perhaps, one of the reasons Jesus came as a baby and raised in an imperfect earthly family, was to show us all God knows we’re human and will make mistakes, but that doesn’t make us unworthy to be His servants. He chooses us to be a part of His plan. Mary’s imperfections did not disqualify her from the purpose God had for her and neither do yours.

Daily Challenge

Do you have any imperfections you feel are holding you back from serving God? Pray, asking God what He wants to show you about them. Then, journal your thoughts.

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Friday, August 31

*Written by Emily Furda
He Promises to be Faithful
Read 2 Timothy 2:13*

This month, we’ve learned just some of the amazing promises God has made to us. Sometimes, no matter how much we know, there is still a nagging voice in our heads causing us to question. We look at ourselves with our imperfections and we wonder why a perfect God would keep His promises to us when we make mistakes daily. It’s time we answer that question once and for all.

If Jesus is your Lord and Savior, the Holy Spirit lives in you. That is why God keeps His promises. It’s not because of anything you do, it’s because of who He is. Today’s verse tells us He is faithful because He is incapable of disowning Himself. God cannot disown you because His Spirit lives in you. He will always remain faithful to you.

Sometimes we do let go of God and hold onto other things to meet our needs, but He is still there faithfully loving us and waiting for us to open our hearts to Him so He can show us His faithfulness to us.

As we wrap up this month of learning about God’s promises, don’t let it be the end of looking for His promises. Keep your eyes and heart open as you continue to study His word. There are many more promises in there for you. On those days when you feel as if you’ve made one too many mistakes, remember today’s verse:

“But even if we are faithless, he will still be full of faith, for he never wavers in his faithfulness to us!” 2 Timothy 2:13 TPT

There’s nothing you can do to stop God from being faithful to you. All of His promises are true for you.

Daily Challenge

Memorize today’s scripture and write down each promise from this month. Place it where you’ll see it often.

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He Promises

To Keep His Promises
He Cannot Lie
To Give You Faith
To Heal Your Broken Heart
His Love will be in You
To Hear You
Peace
To Fight for You
To give You Power
To be with You
Salvation is a Gift
Satisfaction in Him
Wisdom
To Meet Your Needs
His Presence
To Hold You
His Ways are Higher
To Show You His Goodness
To be Accessible
He has a Plan
To Hold all Things Together
To Honor Humility
To be for You
To Equip You
To Make all Things Beautiful
Strength
You will Find Him
To Have the Final Word
To not Condemn You
Your Imperfections do not
Disqualify You
To be Faithful