



**Promises From the Bible**

"Delight yourself (be happy and satisfied) in the Lord, and he will give you the desires of your heart.  
 Commit your way unto the Lord; trust also in Him; and He will bring it to pass (make it happen)." Psalm 37:4,5



**Promises From the Bible**

Weeping (Crying) may go on all night, but joy comes in the morning.  
 Psalms 30:5

The farmer knows just what to do.... a heavy sledge (tool) is never used on dill, it is beaten with a light stick. A threshing wheel is never rolled on cumin, it is beaten softly. Bread grain is easily crushed (broken), so he does not keeping on beating it.

The Lord Almighty is a wonderful teacher, and he gives the farmer wisdom. Isaiah 28:24-29

God gives this story to teach about Himself. Sometimes we feel that we are beaten down with life's troubles. But God knows all about us. He is like a wise farmer. He will not give us more than we can bear. He wants us to learn to lean and depend on Him.

## Promises From the Bible

"He will keep the feet of his saints,..."

I Samuel 2: 9

God will keep the feet of those who walk with him.  
 We may stumble, or fall, but He will pick us up and put us on our feet again. God will not keep up from all trouble. He will not keep us from being tested. He may not keep unfair things happening. God may not keep us from sickness. God may not keep us from losing things or money. God may not keep us from people who do wrong to us. But God will keep us true to Him. God will give us strength to go through troubles and pain. God will teach us to trust Him and depend on Him. God will keep our feet going on the right path. He will warn us when our feet start on the wrong path. God will keep us when we feel all alone, or discouraged. God will keep our feet.



## Promises From the bible

"You, Lord, are a shield for me; my glory, and the lifter of my head."

Psalms 3:3

Are you discouraged? Are you feeling down?  
 Are you depressed?  
 God can lift up your head.  
 Keep your thoughts on God. When your troubles come into your thoughts, push them away and think about God and his power to help.  
 When bad thoughts about yourself come into your mind, start giving God praise and thanks for some good thing that you have.  
 Thank God for what you believe He will do for you in the future, for the help He will give.  
 You will soon find that your praise to God begins to change the way you feel.

