5T

GOD’S PROMISES

Part 1

Instructions:

- Read the entire lesson – all Bible verses are included and are from the New King James Version
- Answer the questions on the last two pages
- Mail the answers to the address provided
- The questions will be marked and returned to you along with the next lesson and a self-addressed envelope
- A Certificate of Completion will be mailed when the entire series is completed

Visit our website www.correspondencecourse.webs.com

E-mail us
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In this lesson we will study about God's Promises but before we start on this topic, I'd like to tell you some incredible facts about the human body.

God formed man from the dust of the ground. Everything that God created was perfect.

- Genesis 2:7 And the LORD God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.

Here are some fantastic facts about our bodies. God created each and every human being perfectly.

- Our stomach's digestive acids are strong enough to dissolve zinc and other metals. The mucus-like cells lining the walls of the stomach would soon dissolve because of these strong digestive acids if they weren't constantly replaced every three to four days. This all happens automatically because what God created was perfect.
- The lungs contain over 300,000 million capillaries (tiny blood vessels). If they were laid end to end, they would stretch 2,400 km (1,500 miles). The purpose of the lungs is to bring oxygen into the body, while removing carbon dioxide as waste. God created our lungs in such a way that they can efficiently do their job..
- Human bone is as strong as granite in supporting weight. A block of bone the size of a matchbox can support 9 tons – that is four times as much as concrete can support. WOW!
- The largest organ in the body is the skin. In an adult man it covers about 1.9 square meters (20 square feet). The skin constantly flakes away – in a lifetime each person sheds around 18kg (40 lb) of skin.
- When you sleep, you grow by about 8mm (0.3in). The next day you shrink back to your former height. The reason is that your cartilage discs are squeezed like sponges by the force of gravity when you stand or sit. Amazing!
- Each kidney contains 1 million individual filters. They filter an average of around 1.3 liters (2.2 pints) of blood per minute, and expel up to 1.4 liters (2.5 pints) a day of urine. What a fantastic filter we have in our body! When God created man, He took care of every detail.
- In 30 minutes, the average body gives off enough heat (combined) to bring a half gallon of water to boil. This is amazing considering that we are completely unaware of the heat generated by our own bodies.

- The focusing muscles of the eyes move around 100,000 times a day. If you gave your leg muscles the same workout, you would need to walk 80 km (50 miles) every day. Isn't it amazing that these focusing eye muscles move so much and yet we are unaware of it as it happens automatically because God created us that way!
- Nerve impulses to and from the brain travel as fast as 274 km per hour (170 miles). Ever wonder why you react so quickly to things around you or why that stubbed toe hurts right away? It's due to the super-speed movement of nerve impulses from your brain to the rest of your body and vice versa. This brings reactions at the speed equivalent to a high powered luxury sports car. Isn't that incredible!
- The brain operates on the same amount of power as a 10-watt light bulb. The cartoon image of a light bulb over your head, when a great thought occurs, isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.
- One human hair can support 99.2 grams (3.5 ounces). That's about the weight of two full size candy bars. Since there are over 100,000 hairs on the human head, it makes the tale of Rapunzel much more believable.
- A single human blood cell takes only 60 seconds to make a complete circuit of the body but that is no wonder since the human heart creates enough pressure to squirt blood 9.1 meters (30 feet). Pumping blood through your body quickly and efficiently takes a lot of pressure. We need these strong contractions of the heart and the thick walls of the ventricles to push blood through the thousands of miles of blood vessels. WOW!.
- The human body is estimated to have 96,560 km. (60,000 miles) of blood vessels. To put that in perspective, the distance around the earth is about 40,230 km. (25,000 miles), making the distance your blood vessels could travel if laid end to end more than two times around the earth. Just imagine, there is room for all of these blood vessels in our body.
- Our liver is one of the body's hardest working, largest and busiest organs with more than 500 functions. It is the body's filter and traps toxins that have entered the body through digestion, skin, or respiratory system. Another creation by God to keep our bodies working efficiently through digestion, skin, or respiratory system. Another of God's creation to keep our bodies working efficiently.

The Bible consists of thousands of promises given to those who are followers of Jesus Christ. There are also some promises given to people who are not Christians and we will look at them first.

God loves everyone in the world. He wants the best for us. When our life on this earth is finished, He wants us all to have eternal life so we can be with Him and His Son forever. Jesus tells us that it is only through Him that we can come to the Father (our Heavenly Father, God).

- John 14:6 Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me”.

Jesus prayed to His Father for His twelve apostles and then He prayed also for all who will believe in Him. Yes, more than 2000 years ago, Jesus prayed to God for us.

- John 17:20-21 “I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, *are* in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me.

God loved all mankind and chose to send His Son.

- John 3:16-17 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

Jesus came willingly to the earth to die for our sins.

- Romans 5:8 But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

Jesus lived a sinless life and died for our sins.

- Romans 6:23 For the wages of sin *is* death, but the gift of God *is* eternal life in Christ Jesus our Lord.

Jesus came so we could receive, by grace (unmerited favour) the gift of eternal life

- Ephesians 2:8-9 For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, not of works, lest anyone should boast.

The promise given to all mankind is that if we believe that Jesus is the Son of God and accept this precious gift by following what God's Word tells us, we will receive the gift of eternal life. Here is what the Bible says we must do:

- **Believe that Jesus is the Son of God**
  John 8:24 Therefore I said to you that you will die in your sins; for if you do not believe that I am *He,* you will die in your sins.
- **Repent (turn away from) of our sins**
  Luke 13:3 I tell you, no! But unless you repent, you too will all perish
- **Confess that we believe that Jesus Christ is God's Son**
  Matthew 10:32 Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven.
- **Be baptized (immersed) in water for the forgiveness of sins**
  Acts 2:38 Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.
- **Follow Him**

The rest of the promises in God's Word are for Christians. These wonderful promises are given to those whose name is written in the Lamb's Book of Life (Christians).

- **We will never be alone.**
  Hebrews 13:5 Let your conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."
- **We should never be afraid because God says "fear not for I am with you – I will strengthen you"**
  Isaiah 41: 9-10 *You* whom I have taken from the ends of the earth, and called from its farthest regions, and said to you, 'You *are* My servant, I have chosen you and have not cast you away: Fear not, for I *am* with you; be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'
- **God will not keep any good thing from us.**
  Psalm 84:11 For the LORD God *is* a sun and shield; the LORD will give grace and glory; No good *thing* will He withhold from those who walk uprightly.

- **Our heavenly Father knows all of the things that we need and He will give them to us.**
  Matthew 6:31-33 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.
- **When we pray to God, according to His will, He hears us and He will answer us. We must not doubt God. We are to be confident believe that He hears us.**
  I John 5:`13-15 These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may *continue to* believe in the name of the Son of God. Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.
- **When we are troubled God will comfort us**
  II Corinthians 1:3-4 Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.
- **He will not allow us to be tempted beyond what we can handle. He will provide a way of escape.**
  I Corinthians 10:13 No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it.*
- **God will grant us wisdom when we ask for it.**
  James 1:5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him
- **Jesus said to come to Him when we are weary because He will give us rest. He is gentle and His burden is light**
  Matthew 11:28-30 Come to Me, all *you* who labour and are heavy laden, and I will give you rest. Take My yoke (harness) upon you and learn from Me, for I am gentle and lowly in heart and you will find rest for your souls. For My yoke *is* easy and My burden is light."

- **The righteous shall flourish even into old age.**
  Psalm 92:12-15 The righteous shall flourish like a palm tree, He shall grow like a cedar in Lebanon. Those who are planted in the house of the LORD shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing, To declare that the LORD is upright; *He is* my rock, and *there is* no unrighteousness in Him.
- **God will give you the desires of your heart**
  Psalm 37:4 Delight yourself also in the LORD; and He shall give you the desires of your heart.
- **God is our refuge and strength – He will give us help in times of trouble**
  Psalm 46:1 God *is* our refuge and strength, A very present help in trouble
- **God will give us directions for our life. He says that He will instruct, guide and direct us as to where we should go.**
  Psalm 32:**8** I will instruct you and teach you in the way you should go; I will guide you with My eye..
- **God will forgive all our sins and heal all our diseases**
  Psalm 103:1-3 Bless the LORD, O my soul; and all that is within me, *bless* His holy name! Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases,
- **Nothing can separate us from God's love**
  Romans 8:38-39 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord

As a follower of Jesus, we are promised eternal life.

- John 10:27-30 My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. My Father, who has given *them* to Me, is greater than all; and no one is able to snatch *them* out of My Father's hand. I and *My* Father are one."

What was one of God's promises?
(See underlined letters below and print it in the box)

	We must not doubt God
	God loves everyone in the world
	Jesus said to come to Him when we are weary
	Nothing can separate us from God's love
	God will give us directions for our life.
	God will forgive all our sins
	God will not withhold any good thing from us.
	The righteous shall flourish even into our old age.
	We should never be afraid
	Our heavenly Father knows all of our needs
	God created man from the dust of the ground
	He prayed also for all who will believe in Him.
	God is our refuge and strength
	When we are troubled God will comfort us
	As a follower of Jesus, we are promised eternal life.
	God will grant us wisdom when we ask for it.
	Believe that Jesus is the Son of God
	Be baptized in water

Unscramble – EW ILLW REVEN EB LANOE

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POSTAL / ZIP CODE	
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True or False **5T**

1. ____ **Stomach acids can dissolve metal**
2. ____ **The lungs contain 30,000 million capillaries**
3. ____ **Human bone is as strong as granite**
4. ____ **Each kidney contains 1 million individual filters**
5. ____ **When we are troubled, God will comfort us**
6. ____ **When you sleep, you grow by about 8mm**
7. ____ **The stomach is the hardest working organ**
8. ____ **God will give us help in times of trouble**
9. ____ **One human hair can support 99.2 grams**

Please Complete the Following Verses

1. Psalm 103:1-2 Bless the LORD, O my soul; and all that is within me, *bless* His holy name! Bless the LORD, O my soul, and forget not all _____:

2. James 1:5 If any of you lacks _____ let him ask of God, who gives to all liberally and without reproach, and it will be given to him

3. II Corinthians 1:3 Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all _____.

4. Psalm 32:**8** I will _____you and teach you in the way you should go; I will guide you with My eye..

5. Psalm 37:4 Delight yourself also in the LORD; and He shall give you the _____of your heart.

6. Hebrews 13:5 *Let your* conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, “I will never leave you nor _____ you.”

7. Psalm 84:11 For the LORD God *is* a sun and shield; the LORD will give grace and glory; No good *thing* will He withhold from those who walk _____

8. Romans 5:8 But God demonstrates His own _____ toward us, in that while we were still sinners, Christ died for us.

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We encourage you to ask questions or make comments below: