

John Knight  
Joni & Friends Family Retreat  
June 6, 2024  
Session One: Promises

1. Promise of God's Strength in Weakness: "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me" (2 Corinthians 12:9).
2. Promise of God's Help in Weakness: "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand" (Isaiah 41:10).
3. Promise of Renewed Strength: "Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint" (Isaiah 40:30-31).
4. Promise of God's Provision: "And my God will supply every need of yours according to his riches in glory in Christ Jesus" (Philippians 4:19).
5. Promise of God's Comfort: "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 affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God" (2 Corinthians 1:3-4).
6. Promise of God's Presence: "Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you" (Deuteronomy 31:6).
7. Promise of God's Rest: "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls" (Matthew 11:28-29).
8. Promise of God's Compassion: "The LORD is near to the brokenhearted and saves the crushed in spirit" (Psalm 34:18).
9. Promise of God's Presence: "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you" (Isaiah 43:2).
10. Promise of Future Glory: "For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us" (Romans 8:18).
11. Promise of Eternal Comfort: "And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast" (1 Peter 5:10).

12. Promise of Joy in Trials: "Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness" (James 1:2-3).
13. Promise of a Future without Suffering: "He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away" (Revelation 21:4).
14. Promise of Incomparable Future Glory: "So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal" (2 Corinthians 4:16–18).

All Scripture references taken from the English Standard Version Bible:

English Standard Version Bible. (2001). ESV Online. <https://esv.org/>