

Carolyn Ros



Promised

A Creative Journey
from Head to Heart



PROMISED

— A Creative Journey from Head to Heart

Copyright © 2019 Carolyn Ros

Published by **GLOW**

glow@arrowz.org

www.arrowz.org

Published by **GLOW**, an imprint of Arrowz. **GLOW** is the acronym of God Loves Original Women.

Author: Carolyn Ros

Illustrator: Marcel Flier, Studio Stijll

Art direction and interior design: Ronald Gabrielsen, 3ig.com

ISBN 978-1-951014-00-1

Unmarked Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scriptures marked NASB are taken from the NEW AMERICAN STANDARD BIBLE®, Copyright © 1960,1962,1963,1968,1971,1972,1973,1975,1977,1995 by The Lockman Foundation. Used by permission.

Scriptures marked NIV are taken from the NEW INTERNATIONAL VERSION®. Copyright© 1973, 1978, 1984, 2011 by Biblica, Inc.™. Used by permission of Zondervan.

Printed in the United States of America.

A CREATIVE JOURNEY FROM HEAD TO HEART

I would like to invite you to journey together with a group of women to explore the twenty-one promises in this book. Below, you will find a suggestion of a meeting in which you work on one or several of these promises. My prayer for you is that this journey provides new discoveries of God's character, motivation and ability. But above all I pray that you will get to know him deeper and deeper within your heart.

WHAT WILL YOU NEED?

Hand lettering pens, brush pens, pencils, erasers, colored pencils/felt tip pens, paper, pens.

EXAMPLE SCHEDULE:

| TIME | ACTIVITY |
|---------------|--|
| 15 minutes | Start with tea/coffee. |
| 15 minutes | Welcome, sharing life updates, opening prayer. |
| 5-15 minutes | Listening to or singing the song provided with the chapter. You may also sing other songs if you wish. |
| 30-60 minutes | Discussing the devotion and praying Read the devotion out loud. If you wish, look up the Bible verses in their contexts. Discuss the questions and take time to share thoughts and feelings. What appeals to you? What moves you? Do you have a testimony to go with this promise? How do today's verses help you know God better? How does this insight change how you live your everyday life? What promises keep you going? What do you need at this moment in your life? In what way do you see God's hand? Now pray God's promises over each other You may want to try a technique called popcorn prayer, in which the group members each add one or two words to the small group leader's prayer. |
| 30 minutes | It's time for creative expressions! |



INTRODUCTION

The mountain road had no guardrails. The thick fog masked the faint middle line on this steep incline. Night had overtaken us before we had reached our mountain destination. Our mother and we children were huddled in the back seat of the station wagon, barely able to keep our eyes open from fear. My dad was driving the car with sweat on his brow as our family friend, Buddy, gave him directions. Buddy had opened his door, but he could barely make out the line between the road and the ravine. Even though I was a small child at the time, my mind registered the absolute need of having a guidepost, a boundary line that would protect the traveler from inadvertently driving off the cliff.

Many years later, this memory resurfaced. I wondered: What are the guideposts and boundary lines that enable me to travel securely through life? What promises has God given me in His Word?

Above all, it's that God loves His creation. His promises are interwoven in all the stories, prophecies, instructions, poetry and historical accounts that together form the magnificently rich tapestry of God's Word. God's hand has led and guided us since the beginning of time and will be with us always.

God desires to have a heart relationship with us. With each promise that He makes, God seeks to draw us closer to Himself. Dare we trust Him? Will we obey Him? Will we put our faith in Him?




This book is not meant to be a candy store where choice tidbits can be indulged while ignoring the more robust sections. This book should be like a healthy diet, which highlights some essential pillar-promises. These provide the substance needed for building stamina, serenity and a song in our hearts.

Stamina is the strength and energy that is needed to exert oneself over an extended period of time. It can also refer to the mental preparation that we need to get through a difficult situation. Discipleship is a lifelong journey. This requires a healthy spiritual diet to make it to the end.

Serenity is the peace of mind that gives the mental framework to handle difficult times. There are seasons when prayers seem to remain unanswered; when the waiting seems to last forever; when composure is required to hold onto God's hand. He will see us through to the place of breakthrough. He always does.

The song that is released in our lives through God's promises can lift our spirit above any circumstance. It gives a voice to the voiceless. It awakens the dawn (Psa. 57:8) and gives comfort during sleepless nights. It's a song of deliverance that needs to be sung to a world that's dying to hear a new melody.

In this workbook we'll be exploring three kinds of biblical promises. Each of these contains seven promises:

-  Seven promises based on God's character. If we know who God is, we build up stamina in our lives.
-  Seven promises based on God's motivation of love. Knowing that we are loved gives serenity.
-  Seven promises based on God's ability. Knowing that He is at work in our lives releases a song in our hearts.

*For all the promises of God find their Yes in him.
That is why it is through him that we utter our
Amen to God for his glory.*

— 2 Corinthians 1:20

He who promised is faithful.

— Hebrews 10:23





God is Trustworthy

Jeremiah 29:11-13

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart.

Psalms 46:1-2

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea ...

Prayer

Lord, I open my heart to Your grace today. You know better than I do what I fear. I invite You into those areas that I find so hard to let go of. I trust You. In Jesus' Name. Amen.

Song

Sing or listen to the song "Remembrance" by Hillsong.

MEDITATION

An invitation has been given to us. Will we open your heart to allow God to take first place? Will we trust that His plans for us have our best interest at heart?

Fear can hold us back. Fear of the unknown. Fear of being alone. Fear of difficulties that may yet await us. Fear that some sort of catastrophe is looming up ahead. His answer is only one prayer away. Call out, "Jesus, I need You. Come and show me how to live the abundant life" (Jn. 10:10). He promises that He will answer. When we seek, we will find. When we knock, the door will open (Mat. 7:7).

His word to each heart today is, "Hush, my child. My heart is for you, not against you. Since the beginning of time, I have cherished ideas for your future and your life. Your life and future have been in My thoughts all along. My invitation for you is to know Me. My invitation is for My stream of living water to flow through your innermost being to bring repentance, renewal and refreshment. You will thrive as long as you stay connected to Me, the Source. Learn from Me what it means to prosper and thrive. A weight will be lifted from your shoulders when you know and experience My forgiveness. There will be a new freedom when you know My cleansing power. You will truly blossom into your full potential when you learn how to trust My will for your life. I am good and I invite you into close fellowship so that you can see Me as I AM."

APPLICATION

Fear can prevent us from truly trusting God. Do you recognize that in your own life? What fear are you wrestling with at the moment? Why is it so important to be honest with God about how you feel? Are you? What do you need to open up your heart to God?

Creative Expression

Color the letters of this beautiful text. Decorate the picture, for example using stripes and dots. You'll notice there are dots between some of the letters, but you could make the text stand out even more by adding dots between the other letters, too. Enjoy!

TRUST
IN LORD
the LORD
with all your
HEART

Proverbs 3:5



God's Love is a Banner

Song of Solomon 2:4

He brought me to the banquetting house, and his banner over me was love.

Prayer

Lord, thank You for Your display of victory over my life. Thank You for the beauty that is represented in the simple word "love." Help me to never forget what Your love cost You, that You gave *all* to redeem me. Enable my heart to embrace this truth. I thank You for Your promise. In Jesus' precious Name. Amen.

Song

Sing or listen to the songs "His Banner Over Me" by Kevin Prosch and "Reckless Love" by Cory Asbury.

MEDITATION

The Lord has created a breathtaking display of beauty for each of us to enjoy. He unfurls a huge flag. With every gust of wind the starched fabric snaps, the words are embroidered with tears of love, and in a thousand languages it reads: *I love you*.

Each page of history communicates His heart, His intentions; that His banner over us is love. The ultimate expression of this love is represented in a cross lifted high for all to see. For God so loved that He gave... (Jn. 3:16) His love is a self-giving love. His love evokes, or dare we say provokes, a response. Will we receive His embrace?

Think of national flags. Every nation has a flag with symbols representing important events, aspects of the culture, or characteristics of that country. Some flags are easy to draw, like the Japanese flag with a red sun on a white background. Or the Swiss flag with a white cross on a red background. Others are more difficult. The flags of our world represent power, prestige and pride, and wars have been fought over them.

The Lord's banner, however, is different. It has been purchased through death so that we may know life. The flag representing the kingdom of heaven has only one word emblazoned upon it: love.

Love that knows no compromise to capture the wayward heart. Love that is sacrificial and procures our redemption. Love that is unending; unlimited; irreplaceable. Love that calms the most turbulent heart. Love that restores dignity once lost. Love that declares that no one is beyond its influence.

Because as 1 Corinthians 13 tell us: "Love is patient and kind. Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things." And above all: "Love never fails."

APPLICATION

God makes no secret of His love for you; it is a banner over your life. What is the exact wording written on His banner for you? Can other people read it, do you think? Is your love for Him as visible as a banner?

Creative Expression

Here you go—a picture for you to color. Discover all the beautiful things God has made and enjoy His never-ending love for you!





God Reaches Out to Me

Jeremiah 31:3

The LORD appeared to him from far away. I have loved you with an everlasting love; therefore I have continued my faithfulness to you.

Psalms 103:17

But the steadfast love of the LORD is from everlasting to everlasting on those who fear him ...

Prayer

Lord, thank You that You love me so much. Thank You that Your heart overflows with love, kindness, goodness and grace. Your everlasting arms of love have carried me every day of my life. Your everlasting arms of love will receive me when my earthly journey comes to an end. Help me to never forget or take for granted what Your love looks like and what it cost You to give it to me. In Jesus' Name I pray. Amen.

Song

Sing or listen to the song "Abba" (Arms of a Father) by Jonathan David Helser.

MEDITATION

The arrival of a baby is an awesome event. The nine-month-hidden formation period comes to an end with the grand finale of the birth.

Recently, I was in another country to help my daughter and her husband after the birth of their son. Two weeks of intensive interaction and care were drawing to a close. The moments of rocking the little one to sleep while singing over him were coming to an end – at least, for now. International family dynamics are delightful but challenging at the same time.

One afternoon, as I was once again rocking and singing over this precious little boy, I was filled with an overwhelming longing and sadness. The fact that I live so far away geographically means that I will not be around to celebrate many of the little moments in his development.

I was almost sick with a feeling of wanting this little babe to know me as much as I wanted to know him. The sweet velveteen face held so much promise, and my longing was that there would be a relationship between us.

At that moment, as my thoughts nearly brought me to tears, I sensed the Holy Spirit speak to me in my heart. His words were: "What you are experiencing right now is exactly what the heavenly Father feels for each of His creation. The heart of the Father yearns for relationship with each human being. His heart breaks from the estrangement, neglect, indifference to this relationship from His children. He created each one to know Him. His invitation is not merely to know Him but to be known by Him."

My heart was strangely comforted as I stroked my grandson's smooth skin. "Know that Nana loves you, dear heart, but even deeper than my love, know that the heavenly Father loves you with an unending love."

APPLICATION

Memorize Jeremiah 31:3, "I have loved you with an everlasting love; therefore I have continued my faithfulness to you." What images does this text evoke? Do you feel some of God's everlasting love for the people around you? How could you experience more of this love?

Creative Expression

Make a beautiful drawing; it's not difficult!



1 Begin sketching simple shapes and forms. In the example, the picture is curved around the text.



2 When your basic shapes are the way you would like them, work out your drawing. Try to add shadows for more depth.



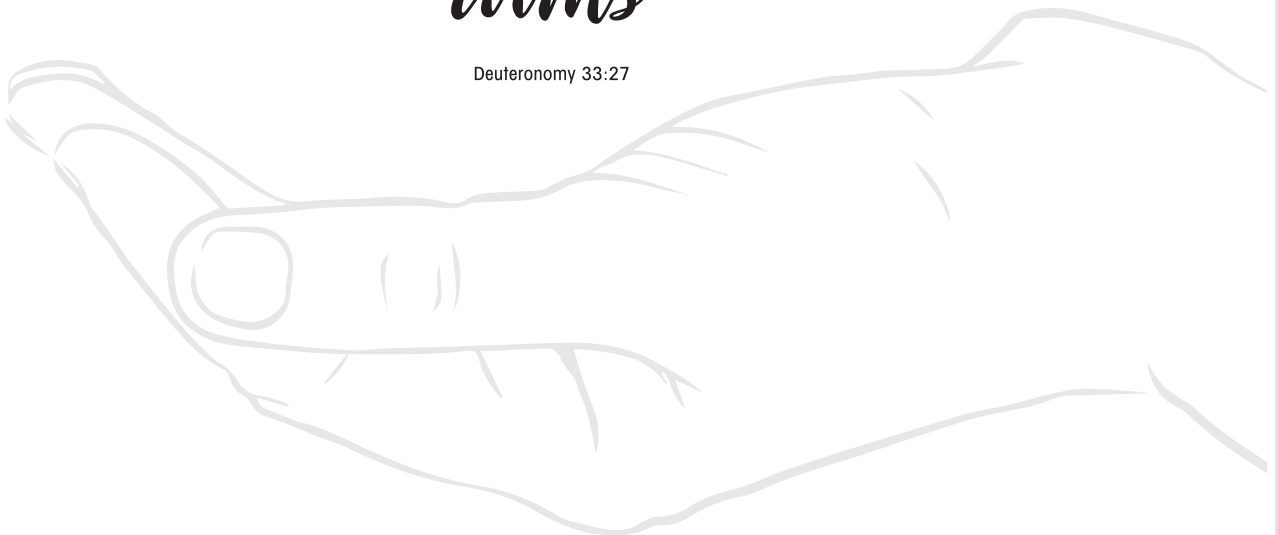
3 Draw nice patterns, for example in the roofs, and add details. For this you can use coloring pens of different widths.



4 Finally, add a splash of color to your drawing!

THE eternal
God IS YOUR
DWELLING PLACE
AND UNDERNEATH
are the
EVERLASTING
arms

Deuteronomy 33:27





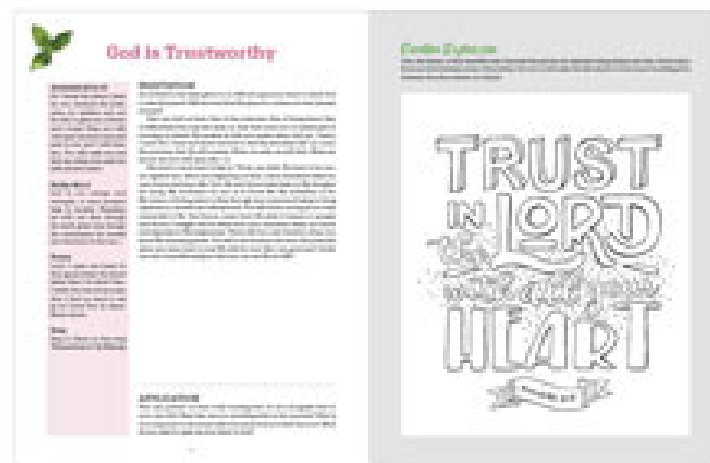
Allow God's promises to land in your heart

The Bible is a storehouse full of promises about who God is for us. He says, "I am powerful. Just trust Me!" God desires to have an intimate relationship with us. With each promise that He makes, He seeks to draw us closer to Himself. Dare we trust Him, even in our struggles?

Promised shares 21 key promises from the Bible. Each of these promises is accompanied by a creative assignment to help it land in our hearts. We'll color, write, and learn how to do Bible journaling and hand lettering. We'll contemplate God's promises, sing, and pray about them. We will learn to stand on God's promises, and live with a song in our hearts.

Suitable for both individual and group use.

CAROLYN ROS has worked as a teacher, tutor, and coach for Youth with a Mission in Amsterdam, the Netherlands. She and her husband have four adult children and nine grandchildren. In her turbulent life, Carolyn has experienced that God does what He has promised.



US \$12.99

Small Groups
Christian Living
Interactive Devotional

ISBN 13: 978-1-951014-00-1

