Summary of Promises Over Perception: Faith Walkers Series

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Action Items

Learn God’s Promises

Review and memorize key biblical promises to declare and rely on during daily challenges.

Practice Faith Daily

Exercise faith in small, everyday situations to build spiritual resilience for bigger trials.

Pause for Perspective

Develop the habit of pausing during stressful situations to seek God’s perspective before reacting.

Pick a Promise Weekly

Choose one promise to focus on and stand firm in throughout the week.

Distribute Promise Lists

Prepare and provide printed lists of God’s promises for participants to use at home.

Promises Over Perception: Faith Walkers Series

Main Topic: Living by God’s Promises Rather Than Perception

- The session centered on the theme "The Promises of God Over Perception," as part of the ongoing "Faith Walkers" series.
- Emphasis was placed on the biblical principle of "walking by faith, not by sight"—choosing to trust in God’s promises over personal perceptions or circumstances.
- Faith was defined less as personal confidence and more as dependence on God, with participants encouraged to say "faith" means "dependence."
- The importance of being mindful of God’s promises during chaos, hurt, or

anger was highlighted, drawing from the story of Jesus calming the storm—peace comes not from the absence of trials but from trust in God amidst them.

Understanding Perception vs. Faith

- Perception was discussed as not only what is seen but how reality is interpreted, shaped by senses, emotions, past experiences, and beliefs.
- It was noted that two people can perceive the same situation differently, emphasizing that faith is interpreting reality through God's promises instead of human perception.
- Examples and interactive questions helped participants reflect on their own perceptions and how they might differ from God's truth.

Key Biblical Examples and Lessons

- The story of Abraham and Sarah was used to illustrate trusting God's promises over seemingly impossible circumstances.
- Participants were challenged to consider which gets the final word in their lives: God's promise or their perception.
- Faith was compared to a muscle that needs regular exercise, starting with small challenges before larger ones, emphasizing practice in daily life.

Practical Application & Discussion

- Twelve core promises of God were shared (e.g., "I am forgiven," "I am loved," "I am provided for"), with encouragement to learn and declare these regularly.
- The importance of responding with faith and God's word, rather than reacting to circumstances with fear, was stressed.
- Participants discussed how to anchor themselves in God's word, pause to gain perspective during trials, and use discernment (learning the lesson without having to experience the hardship).
- The group acknowledged the reality of emotional and mental struggles and the need for a relationship with God, not just reliance in crises.

Questions Raised for Reflection

- What circumstance in your life is competing with God’s promise?
- What promise will you stand on this week?
- How can you respond in faith instead of reacting in fear?

Decisions and Action Plan

- Participants were encouraged to learn God’s promises, declare them in their lives, and anchor their reality in God’s word, not circumstances.
- Copies of the list of promises will be made available for participants to take home and use as daily reminders.
- The importance of pausing, seeking God’s perspective, and exercising faith in small and large matters was reinforced.

Language

- The entire discussion, including scripture references, was in English.