



God's Promises vs. False Promises



This worksheet builds hope by reminding counselees of God's proven faithfulness. It draws from the principle that every heart is drawn to search for comfort, guidance, identity, and hope — but only God, through His Word, provides these perfectly and faithfully (pp. 65–69; 76–78). The language “When you purchase this product, you can expect to receive...” highlights the contrast between what is guaranteed in Christ and what the world falsely claims to deliver. Counselees fill each row with God's promises and memories of His proven faithfulness as demonstrated in the following example.

When you purchase you can expect to receive:	The Christian Path of life prescribed by Scripture
Comfort	
Guidance, direction	
Protection, safety	
A trustworthy, reliable, faithful provider	
Companionship	
An all-knowing, all-seeing physician	
Ever-present help	
Being treated in an understanding way	
A sense of stability	
Understanding of your identity	
Understanding of the nature of your problem and the solution	
A sense that life is under control	
Peace	
Hope for the future	
All powerful, unlimited resources directed toward solving your problems	

When you purchase you can expect to receive:	The Christian Path of life prescribed by Scripture
A sense of your worth, value, and affirmation from those outside me	
A sense of your worth, value; affirmation	

When you purchase you can expect to receive:	The Christian Path of life prescribed by Scripture
Protection, safety	Absolute security knowing that even if the worst happens, God has allowed it and will work it for good. (Rom. 8:28) He used even the abuse I faced to bring Himself glory and me good as His daughter and was the only one who could offer that protection.
A trustworthy, reliable provider	Matthew 6 teaches even the sparrows and lilies of the field are cared for. He has carried me from birth to old age (Is. 46:3-4). When my husband lost his job, He still provided all we needed.
Companionship /closeness	God was with me even in the darkness when I was alone; He would answer my cries when human ears were not available. (Ps. 91:15)
An all-knowing, all-seeing physician	When the woman had spent all her money on physicians, a simple touch from Christ healed her. (Luke 8:43-48) He healed me when no one else was able.
Comfort	From an all-knowing Father and comforter. (2 Cor. 1:3-5). Only He brought consolation after I lost the baby.
Understanding of your identity	I am a daughter made in the image of God. (Gen. 1:27) Who I am is not dependent on anything but God. I am complete in Christ. (2 Peter 1:3)
Understanding of the nature of your problem and the solution	I am a fallen sinner in need of a perfect Savior. (Rom. 3:23) My problem is not my behavior, but my heart (Jer. 17:9), and God is faithful (Lamentations 3:22). The promises of Scripture and the fruit of the Spirit are for me (2 Peter 1:4). God does not exclude anyone who believes in Jesus Christ. (Rom. 10:11-13)
Hope for the future	He is the unshakable Rock (Ps. 18:2). My hope rests in knowing that Jesus is my Savior; it is sure and steadfast. Even after we lost the house, He gave us stability knowing our hope was in Him (Ps. 118:5-6).
All-powerful, unlimited resources	God is everywhere all the time (Ps. 139:7-10) and is the creator of the universe (Genesis 1:1). Because of this, I can trust Him to be present in my time of trouble and direct me. (Heb. 13:5) He took care of our son during his overseas military service.

When you purchase you can expect to receive:	The Christian Path of life prescribed by Scripture
a sense of my worth, value, and affirmation	All my value comes from who God made me. I was created with a purpose in His image. (Gen. 1:27, 2 Cor. 5:21) After I gained weight He helped me see my value had not changed.

“A notable form of faith arises out of assured knowledge. This comes of growth in grace and is the faith which believes Christ because it knows Him and trusts Him because it has proved Him to be infallibly faithful. An old Christian was in the habit of writing T and P in the margin of her Bible whenever she had tried and proved a promise. How easy it is to trust a tried proved Savior.”

-Spurgeon, All of Grace