

THE BIBLE
PROMISE
BOOK[®]

FOR TEENS

*TIMELESS ANSWERS
FOR TOUGH QUESTIONS*

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Steve Russo

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INTRODUCTION

A promise is a personal commitment you make and others expect you to keep. What promises are you making? Are you keeping them? . . .

There are three kinds of promises:

1. The promise you make but have no intention of ever keeping.
2. The promise that has conditions attached. (If things don't quite work out as expected, it's toast.)
3. The promise you're totally committed to keeping.

Unfortunately, there are lots of people who make promises; but few actually keep them. It's disappointing when you're counting on a promise someone made to you, only they don't deliver.

Relationships are based on trust, so it's tough when you have family or friends who don't keep their promises. However, there is someone who has never, ever failed to keep a promise—that someone is God. The Bible is full of His promises to carry us through when we need help. Promises you can always depend on. Commitments God has made to me and to you that He fully intends to keep.

The promises found in the Bible will change your life. The Bible has answers to the tough questions we have. Encouragement for when we're down. Hope for when we're feeling hopeless. Strength for when we feel weak. God's promises to guide us on the right path for our lives.

The wisest thing we can do is to read the Bible so we can know, understand, and apply the promises of God to our lives. God speaks to us through His Word, which is unlike any other book ever written throughout human history. If you're reading the Bible, you have no reason to doubt God. He won't always give us what we want, but He always does what's best for us.

This book you're holding is designed to be a resource to help you access timeless answers from the Bible to questions you have about life. Eventually you'll be able to share these answers with your friends, family members, and anyone else you hang out with who's also trying to make sense out of life.

It's going to take some time, careful thought, and a patient desire to hear God speak to you through His Word. But I'll tell you from personal experience—it's worth it.

God should be our first resource, not our last resort. Take time to thoroughly examine the portions of God's Word found on these pages. Make the Bible a priority in your life. Believe and act on the promises you discover. I guarantee you will never be the same as you discover God's real answers for your life.

There are lots of ways to use this book. For example, you can use it like a reference book to answer questions you have. The "APP" readings discuss life application for each topic. You can also read through the pages during your daily alone time with God. It can be used as a discussion guide for small groups at church or for a Christian club at school. Or, if a friend is searching spiritually, this is also a great resource to share with them.

I'm excited to have you join me on this journey to discover the awesome promises of God.

—Steve Russo

ABUSE

APP: *Sometimes I wonder if the way we think about abuse is too limited. Abuse comes in so many different forms. The default is most often sexual or physical. We hear about—and sometimes see—a lot of this kind of abuse, because it's the most obvious. It's often part of stuff (movies, television, etc.) that entertains us. Abuse can also be verbal and emotional. But people even abuse power, money, and fame. Have you ever felt as if someone you trusted abused your friendship? Any form of abuse can be damaging. Treating someone badly, being cruel, or wrongly using something or someone is never good.*

Using the following verses as a filter, take an honest look at yourself. If you've been abusive, ask God to help you change. Stop hurting yourself and others in your life. Let God guide you through the wisdom of His Word. And if you know others who have been abusive, pray that God would help you not to judge them but to influence them for good.

He frees them from tyranny and torture—when they bleed, he bleeds; when they die, he dies.

PSALM 72:14 MSG

“On that day I will punish every one who leaps over the threshold, and those who fill their master’s house with violence and fraud.”

ZEPHANIAH 1:9 RSV

For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.

PSALM 37:9 NIV

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless.

JAMES 1:26 NRSV

The LORD also will be a refuge *and* a stronghold for the oppressed, a refuge in times of trouble.

PSALM 9:9 AMP

Thus says the LORD, “Do justice and righteousness, and deliver the one who has been robbed from the power of *his* oppressor. Also do not mistreat *or* do violence to the stranger, the orphan, or the widow; and do not shed innocent blood in this place.”

JEREMIAH 22:3 NASB

Not requiting evil with evil nor abuse with abuse, but, on the contrary, giving a blessing in return, because a blessing is what you have been called by God to inherit.

1 PETER 3:9 WNT

The LORD tests those who do right, but he hates the wicked and those who love to hurt others.

PSALM 11:5 NCV

When [Jesus] was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly.

1 PETER 2:23 NRSV

For [the LORD] has not despised or abhorred the affliction of the afflicted; neither has He hidden His face from him, but when he cried to Him, He heard.

PSALM 22:24 AMPC

**You will weep no more. How gracious
he will be when you cry for help!
As soon as he hears, he will answer you.**
ISAIAH 30:19 NIV

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

JOHN 14:27 NKJV

ADULTERY

APP: *Any way you look at it, adultery's ugly. And just in case you're wondering—I'm not talking about the studio albums that bands like Do-Re-Mi and Dog Fashion Discos have released titled "Adultery." The kind I'm talking about is epidemic—it's everywhere. Politicians are doing it. Superstar athletes, celebs, and even pastors are hooking up with someone other than their spouse. Even regular people living ordinary lives are caught up in this sinkhole of passion. It's hard to believe, but adultery is actually illegal in some places on the planet. Unfortunately, way too many families have been broken because a spouse willfully got involved in extramarital sex with someone. Lots of people say it's because they want to be happy. But this kind of happiness doesn't last.*

Because God is the One who designed the relationship between a husband and a wife, He has got some pretty strong stuff to say about sex that interferes with marriage relations. If we take His advice seriously, it will help keep us from experiencing the gut-wrenching pain of a future broken marriage. God's words can also lend a hand in mending your broken heart if your family has been shattered by disloyalty. It's all about deciding whether you want God's best.

But a man who commits adultery has no sense;
whoever does so destroys himself.

PROVERBS 6:32 NIV

You have heard that it was said, You shall not commit adultery. But I say to you that everyone who so much as looks at a woman with evil desire for her has already committed adultery with her in his heart.

MATTHEW 5:27-28 AMPC

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

HEBREWS 13:4 ESV

And so the Lord knows how to rescue godly people from their trials and how to keep the wicked under punishment for the Day of Judgment, especially those who follow their filthy bodily lusts and despise God's authority.

2 PETER 2:9-10 GNT

**Those who love wisdom make
their parents happy, but friends
of prostitutes waste their money.**

PROVERBS 29:3 NCV

For God has not called us for impurity, but in holiness.

1 THESSALONIANS 4:7 ESV

ALCOHOL

APP: Have you noticed how funny the beer commercials are on TV? I think some of the most creative minds around get hired to produce these sixty-second spots. And isn't it amazing how most of the time the commercials have very little to do with beer, yet we remember them anyway—which is exactly what the manufacturer wants us to do!

But what the commercials fail to show are the guys building stomach muscles on the front lawn after a night of binge drinking or the girl hugging a porcelain throne 'cause she got drunk. You never see a picture of the wrecked car full of teens who died because of drinking and driving.

Drinking is made to look cool, and it's a way to escape the pain for a lot of people—but it can be very destructive. There's a better way to experience "cool" and deal with the pain of life. If this is a struggle for you or a friend, consider God's truth and advice. The guidance God gives us in the Bible isn't always easy to do, but it's always the best path to follow. Think through these verses and ask the Holy Spirit to help you apply the truths they contain.

Surely you know that the people who do wrong will not inherit God's kingdom. Do not be fooled. Those who sin sexually, worship idols, take part in adultery, those who are male prostitutes, or men who have sexual relations with other men, those who steal, are greedy, get drunk, lie about others, or rob—these people will not inherit God's kingdom.

1 CORINTHIANS 6:9–10 NCV

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

GALATIANS 5:19–21 NIV

But now I am writing to you not to associate with anyone who bears the name of brother if he is guilty of sexual immorality or greed, or is an idolater, reviler, drunkard, or swindler—not even to eat with such a one.

1 CORINTHIANS 5:11 ESV

For the overseer must be blameless, as God's steward; not self-pleasing, not easily angered, not given to wine, not violent, not greedy for dishonest gain; but given to hospitality, a lover of good, sober minded, fair, holy, self-controlled.

TITUS 1:7–8 WEB

Do not get drunk with wine, which will only ruin you; instead, be filled with the Spirit.

EPHESIANS 5:18 GNT

Those who stay long at the wine; those who go to seek out mixed wine. Don't look at the wine when it is red, when it sparkles in the cup, when it goes down smoothly. In the end, it bites like a snake, and poisons like a viper. Your eyes will see strange things, and your mind will imagine confusing things.

PROVERBS 23:30–33 WEB

**Wine is a mocker, and beer is a brawler.
Whoever is led astray by them is not wise.**

PROVERBS 20:1 WEB

Let us live and conduct ourselves honorably and becomingly as in the [open light of] day, not in reveling (carousing) and drunkenness, not in immorality and debauchery (sensuality and licentiousness), not in quarreling and jealousy.

ROMANS 13:13 AMPC

“You are filled with shame instead of glory. You also—drink! And be exposed as uncircumcised! The cup of the LORD's right hand *will be* turned against you, and utter shame will be on your glory.”

HABAKKUK 2:16 NKJV

ANGELS

APP: Angel mania has flooded popular culture. There are angel-only boutiques, seminars, and newsletters. There are even workshops you can attend to learn how to unleash your “inner angel.” For some people, angels offer a type of spirituality that doesn’t involve any commitment to God. Others think angels are a way to get help without asking God directly—especially with those who feel the need to have a guardian angel for protection. But most of the interest in angels is based on faulty information.

The Bible is the best place to learn about angels. Since God created them, He’s the one who can tell us what we need to know. It’s good for us to be aware that God does provide angelic protection for us. Knowing this should help us to be less fearful of our situation and our enemies. Imagine how different our lives could be if we understood more about the way God uses angels to protect us.

Be encouraged that angels are closer than you think, and there are millions of them on hand at God’s command to help us deal with the issues of life—whether at home, school, or wherever you may be.

And suddenly there was with the angel a multitude of the heavenly host, praising God and saying, “Glory to God in the highest heaven, and on earth peace among those whom he favors!”

LUKE 2:13-14 NRSV

But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

HEBREWS 1:13-14 NKJV

**Do not neglect to show hospitality
to strangers, for thereby some have
entertained angels unawares.**

HEBREWS 13:2 ESV

Bless the LORD, O you his angels, you mighty ones
who do his bidding, obedient to his spoken word.

PSALM 103:20 NRSV

“But about that day or hour no one knows, neither the
angels in heaven, nor the Son, but only the Father.”

MARK 13:32 NRSV

God did not spare the angels who sinned, but threw
them into hell, where they are kept chained in dark-
ness, waiting for the Day of Judgment.

2 PETER 2:4 GNT

ANGER

APP: *We were interviewing people for a film project at a mall in Southern California. I approached a guy who made me feel small because he was so big. Holding the microphone in front of his face, I asked him a question. He pushed his hat back and said, "I don't like it when people ask me that kind of question. It makes me angry." He proceeded to pound his right fist into his left hand. I don't like to be around angry people—especially if I think they might do harm to my body! Of course there are times when I don't even want to be around myself when I get angry.*

So many people don't know how to handle anger. Sometimes they bring guns or other weapons to school to deal with their anger. Some allow their anger to flare up at home, and it results in physical violence. Left unchecked, anger can be destructive. But the Bible does say that God gets angry about certain things, and there are times when it's okay to be angry. If you're struggling with an anger problem, ask God to help you.

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

EPHESIANS 4:26-27 NIV

Everyone should be quick to listen, slow to speak, and should not get angry easily. An angry person doesn't do what God approves of.

JAMES 1:19-20 GWT

Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.

EPHESIANS 4:31-32 RSV

A quick-tempered man acts foolishly, and a man of evil devices is hated.

PROVERBS 14:17 NASB

Patience is better than strength. Controlling your temper is better than capturing a city.

PROVERBS 16:32 NCV

The LORD is slow to get angry, but his power is great, and he never lets the guilty go unpunished. He displays his power in the whirlwind and the storm. The billowing clouds are the dust beneath his feet.

NAHUM 1:3 NLT

BAD HABITS

APP: *I hate to admit it, but I have a few bad habits . . . though they're probably not ones you would notice easily. A few habits I'd like to get rid of, but I won't bore you with a list. I know I'm not alone in this struggle. Most everyone has at least one bad habit they need to kick. Some are more serious than others. Take, for example, procrastination versus lying. Or how about always leaving your room a mess versus gossiping about your friends? Some bad habits annoy family members and friends. And the secret habits can be frustrating to us.*

I get frustrated when I can't seem to kick a bad habit once and for all. It tends to keep creeping back. That's when I'm reminded that I don't have the wisdom or power to break that pattern in my life. I need God's help. He is the only One who can give us the strength and guidance necessary for lasting change in our lives. But we need to be willing to take Him and the Bible seriously.

Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

PSALM 103:2–5 NIV

Happy are those who don't listen to the wicked, who don't go where sinners go, who don't do what evil people do.

PSALM 1:1 NCV

When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than to yourselves.

PHILIPPIANS 2:3 NCV

In my trouble I called to the LORD; I called to my God for help. In his temple he heard my voice; he listened to my cry for help.

PSALM 18:6 GNT

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

JAMES 1:12 ESV

Do not be so deceived and misled! Evil companionships (communion, associations) corrupt and deprave good manners and morals and character.

1 CORINTHIANS 15:33 AMPC

BELIEF

APP: Living in a world lacking absolutes makes it tough to know who and what we can trust. Life can be pretty shaky when it comes to things like relationships, the economy, and the future. And it's also confusing trying to make sense out of life when there seems to be no truth or right and wrong. People are basically doing whatever they've decided is right and convenient for them. I hear celebrities talking about their beliefs, but it's hard to know exactly what it is they do believe in. Yet other people blindly follow them because they appear to be living happy and successful lives.

If we are going to experience life the way God designed it—in spite of living in this crazy world—we're going to need solid beliefs based on God's unchanging Word. By putting our trust in Jesus, we can be clear on what we believe and have accepted as true. This will give us confidence in daily life. It's worth the time and effort to develop a biblically based set of beliefs. Take time to study God's Word to accurately know what you believe.