

Bible Verse Promise Assignment

Tim Howey – 2/17/2025

I'm thankful for how God has used this exercise in my life and hopeful He will use it in the same way your life. I write about my journey in the book [Follow Jesus](#) in *Letter 3. Believing*.

Here's your assignment:

1. Get 11 index cards.
2. On one of those index cards, on one side write, "What is the source of my fear? It's the battle to (a) know God's love for me and (b) believe God's love for me."... on the other side of the index card, write out 1 John 4:16 & 18.
3. For the other 10 index cards, find 10 Bible verses on forgiveness or God's love that resonate with you. Like 1 John 1:9. Do Internet searches for things like "Bible Verses on Forgiveness" or "Bible Verses on God's Love", read those verse lists, and certain verses will just pop off the page for you. (That's the Spirit of Christ inside you!)
4. Once you're done writing out your 11 Scripture promise index cards, take a picture of them and send them to me.
5. Keep those 11 index cards with you all the time.
6. When anxiety arises, pull those index cards out and (a) read the verse... out loud if possible... -- which is "knowing the love of God" according to 1 John 4:16 -- then (b) pray the verse promise back to God like the day you got saved -- which is "believing the love of God" according to 1 John 4:16.
7. Watch God use your (a) knowing and (b) believing God's love to drive away fear like God promised in 1 John 4:18 and Jesus modeled for us when He did the same thing with His three Scripture promises during His temptation in Matthew 4.
8. Repeat as often in a day as needed!