



**A BIBLE STUDY
FOR
INDIVIDUAL
OR
SMALL GROUP
REFLECTION**

INTRODUCTION

For more than a decade, the international men's ministry Promise Keepers has raised the standard for men worldwide. Along the way, our ministry has received countless inquiries asking what integrity looks like in the life of one man.

The 7 Promises were formed to paint the picture of a man made in God's image, living in that image. In a world of so many false models for manhood, we believe men need to discover and recover the lives they were made for, resembling their Image-Giver in the process.

“God is not a man, that he should lie, nor a son of man, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill?”

— Numbers 23:19

The 7 Promises describe a man's life when he lives with biblical integrity. They are not intended to simply prescribe outer behaviors, or serve as another list of duties to follow or commandments to heed. They represent personal commitment areas in which to grow—a transformation that occurs from the inside out—through the power of the Holy Spirit.

WHY DO THE 7 PROMISES MATTER TODAY?

Promise Keepers asks men to receive an all-important, over-riding promise that only God can keep. The promise of a new spiritual life, a new beginning. When God gives a man a new life through Jesus Christ, his life is transformed from the inside out.

Becoming a promise keeper is a process in which a man acknowledges the grace and strength available through God's guiding power. The Promises identify seven areas in a man's life that are paramount benchmarks. Consider them an integrity-focused summary of biblical manhood, not a man-made list concocted to weigh men down. Whether you are experiencing them for the first time or they seem well-known, study the seven areas in this pamphlet alongside their biblical references and key questions—either individually or with a group—and see what you discover.



Promise 1: To honor Jesus Christ through worship, prayer, and obedience to God's Word in the power of the Holy Spirit.

P E R S O N A L W O R S H I P

A man spiritually alive and connected to his Creator, *brave* enough to follow...

QUESTIONS FOR STUDY & REFLECTION

- When you think of honoring Jesus Christ through worship, what comes to mind? (Singing, praying, writing, listening to music, performing, donating your time to a project, helping someone in need, spending quality time with your family, enjoying God's creation outdoors?) Examining your heart, is there some activity in your life that currently *draws you away* from worship of God that you can eliminate or reduce?
- A well-known preacher has stated, "If you do not feel like praying, it is probably a good indication that you should start praying immediately." Has there been a time when you didn't feel like praying, but opened up to God anyway? What was the result?
- Who's guiding your life, God or you? Do you know when to give up control and turn things over to God?
- How would you rank yourself in the areas covered by this first promise (worship, prayer, and obeying the teachings in God's Word)? High? Average? Needing improvement? Would someone who knows you well rank you higher or lower?

MEMORY BIBLE VERSE: *"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will"* (Romans 12:1-2).

MORE SCRIPTURE ON PROMISE ONE: Psalm 95:1-7; 98:2-3, Proverbs 3:5-6, Jeremiah 3:3-13, Luke 18:1, John 4:23, Acts 2:38-39, Romans 12:1-3, 1 Corinthians 6:19, Galatians 2:20, 1 Thessalonians 1:6-10, 2 Timothy 3:16, Hebrews 12:1-11, 2 Peter 3:11, Revelation 4:8-11.

For an extensive, printable list of Scriptural references for this and each of the 7 Promises, please visit our website.



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Promise 2: To pursue vital relationships with a few other men, understanding that he needs brothers to help him keep his promises.

F R I E N D S H I P S

In meaningful fellowship with his friends, for encouragement and accountability...

QUESTIONS FOR STUDY & REFLECTION

- Do you have committed friendships in your life (someone you look up to, someone you are peers with, someone who looks up to you)? Are there Christian men with whom you are fully comfortable admitting your struggles?

- It's 2 AM and you're having a crisis. Who do you call?

- Do you feel like you are alone? In what ways do you feel isolated from others (family, work, personal struggles)?

- Do you have someone you teach and encourage? Does someone specifically fill that role for you?

**BROTHER-TO-BROTHER
DISCUSSION PROMPTERS**

- Are you spending time with God?
- Did you pray and read part of the Bible?
- Did you offer thanks to God?
- What significant thing did you do for your wife and/or family?
- Do you treat your peers and co-workers as people loved by God?
- What was your biggest disappointment this week? How did you handle it?
- What is your biggest need next week?
- Have you been tempted this week? How did you respond?
- Did you look at a woman in the wrong way?
- Have you lied about any of the previous questions?

MEMORY BIBLE VERSE: *“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken”* (Ecclesiastes 4:12).

MORE SCRIPTURE ON PROMISE TWO: Genesis 14:12-16, Job 16:1-5, Proverbs 17:17; 27:17, Ecclesiastes 4:9-11, Matthew 4:18-22, Mark 14:32-34, Luke 6:12-16, Acts 20:32-38, Romans 15:30-33, Colossians 4:7-9, James 5:16, 1 Peter 5:4-10, Hebrews 10:24, 3 John 3-4.

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Promise 3: To practice spiritual, moral, ethical, and sexual purity.

P U R I T Y

Holding to the *highest* personal behavior and moral standards...

QUESTIONS FOR STUDY & REFLECTION

- Does it bother you when “other Christian guys” seem to have inconsistent integrity—moral and ethical purity in some situations but not others? How can you avoid similar behavior?
- Can you think of man who practices integrity in his spiritual life? What sets him apart?
- Being brutally honest, are you hooked by seductive images on the Internet (television, or elsewhere)? Does anyone else *know*? (For instance, a brother in Christ who would come alongside you in the battle?) Will you admit your struggle and seek accountability?
- When your conscience makes you think twice about your behavior, do you sometimes rationalize it away “because [fill-in-the-blank] is worse”? Do you define yourself by what lines you won’t cross, or by God’s true standards?

MEMORY BIBLE VERSE: “*For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need*” (Hebrews 4:15-16a).

MORE SCRIPTURE ON PROMISE THREE: Exodus 20:3; 33:12-17, Joshua 7:6-12, 1 Kings 11:1-12, 1 Chronicles 29:17-18, Psalm 101:2-4, Proverbs 11:1; 19:5; 20:11, Ecclesiastes 7:11-12, Song of Songs 2:4-7; 7:1-13, Micah 6:6-8, Matthew 4:1-11, Romans 16:19, 1 Peter 2:11-22.

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Promise 4: To build strong marriages and families through love, protection, & biblical values.

F A M I L Y

Championing the institutions of fatherhood and *traditional* marriage...

QUESTIONS FOR STUDY & REFLECTION

- What are some practical ways you can serve your wife, if married? If you begin to do these things, do you think your relationship will grow? How will you grow closer to Christ?
- Why should Christian men stand up for traditional marriage between one man and one woman?
- What does biblical *protection* look like for a family? What precautions can you put in place?
- Why do strong families matter in this day and age? How are you investing in your children or the next generation today?

MEMORY BIBLE VERSE: “*Husbands, love your wives, just as Christ loved the church and gave himself up for her...Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord*” (Ephesians 5:25; 6:4).

MORE SCRIPTURE ON PROMISE FOUR: Genesis 2:22-25, Deuteronomy 6:1-9, Ezra 9:12, Esther 2:10-11, Job 1:1-5, Psalm 127:1-5, Proverbs 5:15-20; 17:6; 18:22; 22:15; 31:10-31, Song of Songs 2:1; 4:1-7; 5:16; 8:6-7; 8:13-14, Joel 1:2-3, Mark 10:6-9, Acts 16:14-15, Hebrews 13:4.

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Promise 5: To support the mission of his church by honoring and praying for his pastor and by actively giving his time and resources.

C H U R C H

Energetically involved in *building up* a local body of believers...

QUESTIONS FOR STUDY & REFLECTION

- Do you attend, or have membership in, a local church? Why or why not?
- How have you invested your time and talents to support the purpose of the church?
- What resources of yours (finances, skills, willingness to serve) have you shared or contributed in the context of the church? Are you holding back on making a committed investment?
- Are there a group of men in your church who pray for, and look for ways to honor, your pastor (and the pastor's family)? What are some ways you might accomplish this?

MEMORY BIBLE VERSE: *"The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching"* (1 Timothy 5:17).

MORE SCRIPTURE ON PROMISE FIVE: Genesis 45:8, Malachi 3:10, Matthew 25:14-30, Luke 14:26-27, John 17:15-19, Acts 4:32-37; 5:12; 6:1-5; 11:29-30; 28:7-10, Romans 12:4-8, 2 Corinthians 9:6-15, Galatians 6:3-6, Philippians 4:10-18, Hebrews 10:25, 1 Peter 2:4-5; 4:8-11.

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Promise 6: To reach beyond any racial and denominational barriers to demonstrate the power of biblical unity.

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Tirelessly forgiving and embracing Christians from different backgrounds...

QUESTIONS FOR STUDY & REFLECTION

- Do we have divisions in churches today? What types of problems do you see occur among Christian men?
- What issues can you work on as you interact with people different from yourself?
- Do you ever notice in yourself an attitude of pride when dealing with or talking about certain groups of Christians?
- Is there another Christian you're holding a grudge against right now (coworkers, relatives, neighbors, people in your church, your wife)? Would you rather "be right" or "be reconciled" to that person? Why does our unity matter to the outside world?

MEMORY BIBLE VERSE: *"I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me"* (John 17:20b-21).

MORE SCRIPTURE ON PROMISE SIX: Genesis 11:1-8, Leviticus 19:32-34, Numbers 25:1-18, Ruth 1:16-17, Psalm 133:1; 199:63, Proverbs 6:1-35; 22:2, Isaiah 53:1-12, Luke 10:25-37, Acts 10:24-33, 1 Corinthians 1:10-17; 3:3-9, Ephesians 2:14; 4:2-3, Revelation 5:9; 7:9; 14:6.

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Promise 7: To influence his world, being obedient to the Great Commandment (Mark 12:30-31) and the Great Commission (Matthew 28:19-20).

E V A N G E L I S M & D I S C I P L E S H I P

And a tender warrior laboring to see others know and grow in Jesus Christ.

QUESTIONS FOR STUDY & REFLECTION

- What are some small, specific ways we can be Christ's representatives to the world, demonstrating Him well to those around us?
- How can you follow Christ's teachings to "love others" and "make disciples" even when it's tough, without falling into a work-oriented approach to your spiritual life?
- Does your life, and the way you carry yourself, convey anything inviting to others about your Savior? Do you have *joy*?
- What are some ways you can reach out to those non-Christians around you, either at work or in your neighborhood?

MEMORY BIBLE VERSE: *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age"* (Matthew 28:19-20).

MORE SCRIPTURE ON PROMISE SEVEN: Exodus 1:15-27, Nehemiah 2:17-20; 5:14-18, Psalm 82:3-4, Proverbs 1:1-6; 19:17; 28:27, Matthew 7:15-20, Mark 12:30-31, Acts 5:38-39, Romans 10:14, 1 Corinthians 9:19-23, 2 Corinthians 9:6-11, 1 Thessalonians 4:9-10, 2 John 4-6.

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