



PROMISE

KEEPERS

MEN OF INTEGRITY

7 Promises

of a Promise Keeper

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.



Photo from a 1990's-era Promise Keepers event

“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

Why Do the 7 Promises Matter Today?

Promise Keepers asks men to receive an all-important, overriding 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.

Permission is granted to reproduce this material for non-commercial purposes.

HONOR

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

Promise 1

Personal Worship

A man spiritually alive and connected to the 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 said, "If you do not feel like praying, it is probably an 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

"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 about God's take on Promise 1: 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

BROTHERHOOD

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

Promise 2

Friendships

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

Questions for Study & Reflection

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

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

Do you feel like you're 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?
- Is your thought life pure?
- Have you put yourself in an awkward situation with a woman?
- At any time did you compromise your integrity?
- Do you treat your peers and coworkers as people loved by God?
- What significant thing did you do for your wife and/or family?
- What was your biggest disappointment this week?
- How did you handle it?
- What was your biggest joy? Did you give thanks to God?
- What do you see as your number one need for next week?
- Did you take time to show compassion for others in need?
- Did you control your tongue?
- What did you do this week specifically to bless your wife?



- Did you pray and read some part of the Bible?
- Did you look at a woman in the wrong way?
- How have you been tempted this week? How did you respond?
- How has your relationship with Christ been changing?
- What are you wrestling with in your thought life?
- What have you done for someone recently?
- Have you lied about any of the previous questions?

Memory Verse:

“Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken.”

- *Ecclesiastes 4:12*

More about God's take 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.

VIRTUE

*To practice spiritual, moral, ethical,
and sexual purity.*

Promise 3

Purity

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? What can you do to avoid similar behavior?

Can you think of a 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)? What are you waiting for before you'll admit your struggle?

When your conscience makes you think twice about your behavior, do you sometimes rationalize it away “because _____ is worse”? Do you define yourself by what lines you won't cross, or by God's true standards?

Memory Verse:

“For we do not have a high priest who is unable to sympathize with our weakness, 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 about God's take 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.

COMMITMENT

To build strong marriages and families through love, protection, and biblical values.

Promise 4

Family

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? Will you grow closer to God?



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 today (or, if you do not have any, the next generation)?

Memory 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; 6:1*

More about God's take on Promise Four*: Genesis 2:22-25, Deuteronomy 6:1-9, Ezra 9:12, Esther 2:10-11, Job 1:1-5, 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.

Promise 5

CHANGEMAKING

A Promise Keeper understands that Jesus calls him to be His hands and feet, serving others with integrity. He purposely lifts up the leadership of the church and his nation in prayer.



Church

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, and willingness to serve) have or 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 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 about God's take 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.

UNITY

A Promise Keeper is committed to reaching beyond any racial and denominational barriers to demonstrate the power of biblical unity.

Promise 6

Unity

Tirelessly forging friendships 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 Verse:

"I pray also for those who will believe in me through their messages 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 seen me."

- John 17:20b-21

More about God's take on Promise Six*: Genesis 11:1-8, Leviticus 19:32-34, Numbers 25:1-18, Ruth 1:16-17, Psalm 133:1, Proverbs 6:1-35; 22:2, Isaiah 53:1-12, Luke 10:25-27, 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.

Promise 7

OBEDIENCE

A Promise Keeper is committed to influencing his world, being obedient to the Great Commandment and the Great Commission.

Evangelism & Discipleship

Becoming a servant king 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?

Memory 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 about God's take 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.



Permission is granted to reproduce this material for non-commercial purposes.
For more men's ministry resources, including media, devotionals, and news about upcoming events, visit promisekeepers.org.