

God Keeps His Promises and Offers Us Rest

No matter how many times we make mistakes or fail, God stays true to his Word and keeps his promises. As the book of Joshua opens, we witness God acting to keep his promises to Abraham and his descendants, the Israelites. As we study God's work in Joshua, we'll consider what promises he's working to keep in our own time and lives. We'll examine how God works through his people and the importance of community. Joshua prefigures the work of Jesus Christ, the keeper of God's promise of salvation from sin and evil and to provide rest. We know we can follow God's command to "Be strong and courageous" because we trust God to keep his promises.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is a promise?
- Do you think it is easy or hard to keep a promise? Why?



LISTEN TO THE EPISODE: [*God Keeps His Promises and Offers Us Rest*](#)

READ [Joshua 1](#)

REFLECTION After listening, consider the following questions:

- In segment 1, host Scott Hoezee notes, "I figure if God has to say it [be strong and courageous] three times, there is probably going to be reasons why he [Joshua] is going to have to be strong and courageous because this is not going to be easy, and there will be plenty of times to feel afraid, potentially; but God is saying: Don't [be afraid]; be strong and courageous because I will lead you." Why is it important to recognize that Joshua's ability to be strong and courageous does not come from Joshua's skill or determination, but rather from God's presence and guidance?
- In segment 2, Scott and host Darrell Delaney point out that God often provides through prayer and work. What are you praying for God to provide in your life? What can you do or what are you doing to also work toward your desired outcome? How does this action show your trust in God's provision?
- How does believing something with deep conviction change how we behave and act? What does Darrell mean in segment 2 when he says, "our work doesn't earn our righteousness...but it does prove that we believe in a God who is going to do something" (as an example, Darrell observes that because Joshua believes God will give the Israelites the Promised Land, he goes and fights)?
- Reread Joshua 1:12-15. Joshua did not fight the battles for the Promised Land alone. God was with him, God led him. The Reubenites, Gadites, and Benjamites who had already received their land also went with him. Similarly, God is with us and we have brothers and sisters in Christ who fight our spiritual battles with us. Who is with you? Who can you rely on to join you in your spiritual battles? Who are you with—who do you support, encourage, and fight alongside in their spiritual battles?

RELATED PASSAGES for further study

[Genesis 12:1-3](#), [Numbers 13-14](#), [Deuteronomy 18:14-22](#), [Matthew 1:20-21](#), [Psalm 24](#), [Numbers 32](#), [Mark 9:14-29](#), [Hebrews 4:1-11](#)

CONCLUSION

Read Mark 9:14-29 especially verse 24. What parallels do you see between the story in Mark 9 and the story of the Israelites in Numbers 13-14 and Joshua 2? What is different? Do any takeaways from these stories give you hope or strengthen your faith? Close your time of reflection in prayer, praying over what you've learned and how you want God to help you grow.

<https://groundworkonline.com/episodes/god-keeps-his-promises-and-offers-us-rest>

Printed on July 2, 2026