



BIG IDEA

God always keeps His promises.

BIBLE

Lamentations 3:21–24; 2 Timothy 2:11–13

ABOUT THIS WEEK

Life changes, people change—but God never does. He always keeps His word, even when we fail to keep ours. His faithfulness gives us strength to keep going and reminds us that we can trust Him no matter what.

WHAT? What are we talking about today?

HOOK – Change

- Let's be honest—most of us have a love–hate relationship with change.

***SPEAKER NOTE:** Ask the crowd, “Who here actually likes change?” Then, “Who hates it?”*

- We like it when change works in our favor.
 - When a teacher delays a deadline, or gas prices drop, or your mom suddenly decides you *can* go out.
 - But when change means losing something we love—a friend moves, a relationship ends, plans fall apart—it gets a lot harder.
- And here's the thing: life is *full* of change.
 - Your high school years prove that.
 - Friend groups shift. Family dynamics change. You grow up, and the future starts to feel both exciting and terrifying at the same time.
- Change often exposes what we've been relying on for stability.
 - It reminds us that very little in life is guaranteed.
- But there's good news.
 - When everything else shifts, God stays the same.

- **SLIDE – GOD IS FAITHFUL.**
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- That means He doesn't cancel His promises or back out of His word. He doesn't forget what He said or decide later it wasn't worth it.
- When God makes a promise, He keeps it—every single time.

SO WHAT? Why does it matter to God and to us?

- The prophet Jeremiah understood what it feels like to have life collapse.
 - He wrote the book of *Lamentations* while his city lay in ruins. Everything familiar was gone—his home, his people, his peace.And yet, in the middle of heartbreak, he writes this:
- **SLIDE – LAMENTATIONS 3:21–24 (NIV):** Let's unpack what Jeremiah says:
- **"Because of the Lord's great love we are not consumed."**
 - Even when everything was falling apart, Jeremiah knew God hadn't given up on His people. His love outlasted their failure.
- **"They are new every morning."**
 - God's mercy doesn't run out. You can't overuse it.Every sunrise is proof that God hasn't walked away.
- **"Great is Your faithfulness."**
 - God doesn't just *do* faithful things—He *is* faithful.
 - It's not based on your consistency; it's based on His character.
- That's the same truth Paul reminds Timothy of in **SLIDE - 2 Timothy 2:11–13 (NIV):**
 - Even when we drift, doubt, or disobey, God remains steady.
 - He doesn't un-choose you.
 - He doesn't rewrite His promises.
 - He doesn't take back His grace.
- **SLIDE – GOD ALWAYS KEEPS HIS PROMISES.**
 - That's who He is.

SPEAKER NOTE: You might say here, "Some of you have been in a season where life doesn't look anything like you expected. Maybe God feels silent, or distant. But silence is not absence. His faithfulness is still working behind the scenes, even when you can't see it."

- God's faithfulness is what allows you to have peace when life feels chaotic. It's what gives you endurance when everything else says, "Give up." It's what reminds you—you're not holding this life together. He is.

NOW WHAT? What does God want us to do about it?

So what do we do with this? If God is faithful, how should that shape our lives?

- **SLIDE – KEEP YOUR WORD.**
 - If God keeps His promises, His people should too.
 - Be someone whose word means something. Follow through on what you say—whether that's showing up, serving, or keeping confidence.
 - Integrity is one of the clearest ways to reflect God's character.
 - **SLIDE – BE DEPENDABLE.**
 - In a world where people cancel plans and flake when it's inconvenient, dependability stands out.Be the kind of friend who shows up, who checks in, who remembers.
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- That consistency in your relationships is a living picture of God's faithfulness to you.
- **SLIDE – TRUST THE ONE WHO IS FAITHFUL.**
 - When life shifts—and it will—anchor yourself in the One who doesn't.

SPEAKER NOTE: You might pause and say, "College, career, relationships—none of them are solid foundations. Only God is." Trusting God doesn't mean pretending life is easy; it means believing He's still good when it isn't.

Closing

- Here's your challenge this week: Start a simple **Faithfulness Journal**.
 - Each day, write down one moment where you saw God's faithfulness—big or small. It might be an answered prayer, a conversation that encouraged you, or even a simple reminder that you're not alone.
 - Over time, you'll build a record of God's character—evidence that even when life changes, He never has.
 - **SLIDE – GOD'S FAITHFULNESS HOLDS EVERYTHING TOGETHER.**
 - Then, when you face seasons of doubt or change, you'll have proof—your own story—that God has never failed you yet.
 - **Closing Prayer**
 - God, thank You for being faithful even when we're not.
Thank You that Your promises never expire, and Your mercy never runs out.
Help us to see Your faithfulness this week and to reflect it in how we live. Amen.
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