



## ***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 do so. His faithfulness gives us strength to keep going and reminds us we can trust Him no matter what.

*WHAT? What are we talking about today?*

### **HOOK – Change**

- Quick poll of the room: Who here likes change?  
*SPEAKER NOTE: Consider sharing a story of a type of change you experienced growing up.*
  - We usually say yes or not to that, but honestly, it's not that black and white, is it?
    - We may not like change when we have to change schools, or move away from our friends, but you probably like change when it works out in your favor like when a teacher decides to push back the due date on an assignment or when your mom changes her mind on letting you spend the night at a friends house.
  - However, more often than not, we dislike change because we dislike being let down.
- Think about how quickly things can change.
  - Friends move away. Plans get canceled. Someone you thought you could count on lets you down.
  - Change can make life feel shaky — like the ground underneath you keeps shifting.
- But here's the good news: **SLIDE - God is faithful**, which means God doesn't change.
  - He doesn't cancel His promises or back out of His word. He doesn't forget what He said.
  - When God makes a promise, He keeps it. Every time.

- In the book of *Lamentations*, the prophet Jeremiah was surrounded by pain and loss.
  - His city had been destroyed, his people were suffering, and everything seemed hopeless.
- But listen to what he says in **SLIDE - Lamentations 3:21–24 (NIV)**:
  - Even in the middle of total chaos, Jeremiah found hope by remembering who God is.
- Let's unpack that for a second:
  - **"Because of the Lord's great love we are not consumed."**
    - Jeremiah knew that even when everything was falling apart, God's love hadn't gone anywhere. His people had failed Him, but God didn't walk away.
  - **"They are new every morning."**
    - God's mercy never runs out. Every single day, He offers new grace. You can't use it up.
  - **"Great is your faithfulness."**
    - Jeremiah recognized something powerful — God doesn't just *do* faithful things; **He is faithful**. It's His nature.
- That means His promises don't depend on our mood, our performance, or our mistakes. They depend on *who He is*.

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

- Sometimes life feels uncertain — school stress, changing friendships, or situations at home that you can't control.
  - But when everything else is unstable, God's faithfulness is something solid you can stand on.
- In **2 Timothy 2:11–13 (NIV)**, Paul writes:  
 "Here is a trustworthy saying:  
 If we died with him, we will also live with him;  
 if we endure, we will also reign with him.  
 If we disown him, he will also disown us;  
 if we are faithless, he remains faithful,  
 for he cannot disown himself."  
  - Even when we're unfaithful — when we drift, doubt, or walk away — **God remains faithful**.
    - Why? Because that's who He is. He can't stop being faithful any more than the sun can stop shining.
  - If God kept His biggest promise — to send Jesus to rescue us — then we can trust Him to keep every other one too.
  - He's not going to start breaking promises now. Because **SLIDE – God always keeps His promises.**

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

If God is faithful, that should shape how we live.  
 Here's what that can look like:

- **SLIDE - Keep your word.**
    - When you say you'll do something, follow through — even when it's inconvenient.
  - **SLIDE - Be dependable.**
    - Be someone others can count on — the kind of friend who shows up.
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- **SLIDE – Trust the One who is Faithful**

- *When life feels confusing or painful, remind yourself, “God hasn’t changed — He’s still faithful.”*

This week, pick one promise of God to hold onto — maybe that He’ll never leave you, or that He forgives you when you mess up.

Let that truth give you the strength to keep trusting Him even when life doesn’t make sense.

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### Closing

- Everything around us changes — people, plans, seasons. But God doesn’t. His promises are steady, His mercy never runs out, and His faithfulness holds everything together.
  - So when you’re unsure about what’s next, remember this:
  - God hasn’t forgotten you. He’s still faithful.
- End with a short prayer:
  - “God, thank You for being faithful — even when we’re not. Help us trust You when life changes and remind us that Your promises never fail. Amen.”