

#1 NEW YORK TIMES BESTSELLING AUTHOR

JOYCE MEYER

overcoming
every problem

40 PROMISES FROM GOD'S
WORD TO STRENGTHEN YOU
THROUGH LIFE'S GREATEST
CHALLENGES



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New York • Nashville

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Introduction



God's Word, the Bible, has helped me overcome many problems and has changed my life and the lives of millions of other people. Jesus is the Word made flesh who came to dwell on earth, among us (John 1:14). He came to save us from our sins and to give us an abundant life filled with every blessing we can imagine (Matthew 1:21; John 10:10). I always knew Jesus died to save me from my sins, but I was not aware that He also died for me to have an abundant life, a life I could enjoy.

God's Word does many things for us if we study it, believe it, and apply it to our lives. People are destroyed because they lack knowledge (Hosea 4:6). I have studied God's Word for more than forty years, and it has been the best investment of time I could have made. I am amazed at what I did not know in my early years

as a Christian and therefore could not apply to my life. I went to church each week in those days, but I did not study God's Word for myself. Spending time on our own studying God's Word is necessary for us to grow in our faith. Hearing others teach God's Word is important too, but studying it for ourselves is what plants it deeply in our hearts.

I had a lot of dysfunctional behavior in my life due to being sexually abused by my father and abandoned to the abuse by my mother, but God has healed my wounded soul through the power of His Word. Perhaps you have also been hurt in various ways. No matter what has caused your pain or how deep the wounds may be, I can assure you that God will also heal you and teach you how to be an overcomer in life if you ask Him to and apply His Word to your life. John 8:31–32 says that if we continue in God's Word, we will know the truth and the truth will make us free. However, just reading it doesn't make us free; we must apply it and do what it instructs us to do.

One good example is the subject of forgiving those who have hurt us. Jesus says we must forgive our enemies, pray for them, and bless them (Matthew 5:44; Luke 6:27–28). This seems to be unfair, and it is

difficult emotionally, so most people simply don't do it. Someone who has hurt you may not deserve your forgiveness, but you deserve peace. Forgiving them will give you peace. Many people are filled with bitterness, resentment, and unforgiveness, which opens a door for their enemy, Satan, to enter their lives and bring destruction. They may be familiar with the Word, but because they are not willing to apply it, it won't bring the freedom and healing that they need.

God always shows us what to do, and He gives us the strength and courage to do it. However, we still have to act on it. He will not force us to do things His way, because He has given us free will. My prayer is that as you see in this book all the wonderful things God's Word promises to do for you, you will want to study it and apply it to your life. If you do, I can promise you that you will never be sorry.

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God.

1 John 5:4–5

1



God's Word teaches truth



*To the Jews who had believed him, Jesus said,
“If you hold to my teaching, you are really
my disciples. Then you will know the truth,
and the truth will set you free.”*

John 8:31–32

Jesus is the Word made flesh who came to earth to dwell among us (John 1:14). He says that He is the truth (John 14:6). God's Word teaches us truth, and if we do not know His Word, Satan, the deceiver, can easily deceive us. He will be able to lie to us, and we will believe his lies because we do not know the truth.

If we believe a lie, the lie becomes our reality, because we don't know it is not true. For example, if we believe we cannot do something, we will not be able to do it even if we are actually capable of doing it. It is vital for us to know the truth, and absolute truth can only be found in the Word of God.

Satan deceived Eve in the Garden of Eden (Genesis 3:13) and has been deceiving people since then. He convinced Eve that God didn't really mean what she thought He meant when He told her not to eat of the fruit of the tree of the knowledge of good and evil (Genesis 2:17; 3:1-5). Through believing his lies, she gave him access to her life and an opportunity to destroy all the good things God intended for her. Being deceived is not an excuse

for disobedience because we have a responsibility to know God's Word. And if we do not know it, we will be deceived.

*We have a responsibility
to know God's Word.*

Eve not only sinned personally but also gave some of the forbidden fruit to Adam, and he ate it in disobedience to God. God corrected Adam, Eve, and Satan, but thankfully He also had a plan for Adam and Eve's redemption. His plan was to send Jesus (the truth) to pay for their sin and all sin that would ever be committed by any person.

When we know and apply the truth of God's Word to our lives, it sets us free from the bondage that Satan's lies have created in our lives. Jesus came to set us free, and those whom the Son sets free are "free indeed" (John 8:36).

The world we live in today is confusing, and

knowing what the truth is can be challenging. We encounter lies everywhere we turn. But thankfully we have a source of truth that will always guide us in the right direction: God's Word, the Bible. God's Word is our source of truth, and studying it is the wisest thing we can do.

Isaiah 5:20 says, "Woe to those who call evil good and good evil." We are living in a time when people are doing just that. These are dangerous days, days when many people no longer know the truth and are susceptible to Satan's lies.

Invest time each day in studying the truth of God's Word, and it will always guide you in the right direction. It will cause you to recognize Satan's lies and avoid being deceived by them. Teach the Word of God to your children, and let it guide your family life. It is important to teach your children the Word and to be an example to them of someone who applies God's Word to their life.

Just as we need food for our physical bodies, we also need food for our spirit and soul. God's Word is the food that we need. In Matthew 4:4, Jesus

says that people do not live “by bread alone, but by every word that proceeds from the mouth of God” (NKJV).

The words God speaks are “full of the Spirit and life” (John 6:63). The flesh profits nothing, but God’s Word ministers life to us—not just natural life, but life as God has it. I want this life, and I’m sure you do also.

2



God's Word is life, healing, and health to all who find it



*My son, attend to my words; consent and submit
to my sayings. Let them not depart from your sight;
keep them in the center of your heart.
For they are life to those who find them,
healing and health to all their flesh.*

Proverbs 4:20–22 AMPC

We all need healing at various times and in different ways. We may need spiritual healing, physical healing, emotional healing, or mental healing. We may need financial healing or healing in relationships. Jesus is our Healer, and He can heal you anywhere you hurt.

God works through various ways and means. He may heal you supernaturally through a miraculous healing, or He may work through a doctor, a counselor, a minister, or a friend to give you the help you need. Whether it happens through a miracle or through medication, surgery, physical therapy, or counseling, we should always remember that however healing comes, it is from Jesus.

When we feel we need healing, we should always ask Jesus for it and trust Him to work through any means He chooses. People who are physically sick or in pain need physical healing, and unless Jesus chooses to heal them miraculously, they will probably need to go to a doctor, who has the knowledge and skill to treat them effectively and who may prescribe medicine for them. People who are perpetually anxious and worried need mental healing. Perhaps they

suffer from a mental condition such as depression, bipolar disorder, or schizophrenia. I have heard many testimonies from people who were completely healed of mental illnesses through studying and meditating on God's Word. I have also heard of others who have been healed through counseling and some type of medication.

Sometimes healing comes quickly, and sometimes it is a long process, but we know that God is our Healer, and He heals in His ways and in His timing. We don't get to choose how or when God heals us, but we know that He will, because this is what His Word tells us.

If people have been emotionally wounded through abuse, rejection, criticism, or other experiences, they need emotional healing. Isaiah 61:3 says that God will give us beauty for ashes, meaning that He will redeem the negative experiences that could destroy us and bring beauty and strength out of our pain.

Because of the sexual abuse I suffered during my childhood, I desperately needed emotional healing, but I had no idea that Jesus would provide healing for me because I had never been told that He would. I

needed emotional stability because my emotions were wounded, and I lived according to my feelings, which were fickle and unreliable. Years ago, when I read about healing in the Bible, I assumed it referred only to spiritual healing, such as God's gift of eternal life through Jesus, but I was wrong. Thankfully, I discovered in Psalm 147:3 that Jesus heals us when we are brokenhearted, and He binds up our wounds.

I also needed mental healing because my thoughts were not in agreement with God's Word. My mind needed to be renewed (Romans 12:2; 2 Corinthians 10:4–5), and God's Word does this. If you learn God's Word, you will be able to discern when a thought comes to your mind that is not a godly one, and then you can reject it and replace it with God's thoughts. Our thoughts guide our life. They are the basis for our decisions, and if they are wrong, then our lives will go in the wrong direction.

*God cares about everything
that concerns you.*

God cares about everything that concerns us, and He has compassion for us and delights in showing us His power and mercy. But He wants us to ask for His help. The apostle James writes: “You do not have because you do not ask God” (James 4:2), and Jesus says whatever we ask in His name, He will do (John 14:13). I encourage you to begin asking for more than you have ever asked for before, because you cannot ask God for too much. He “is able to do immeasurably more than all we ask or imagine” (Ephesians 3:20).

Many people mistakenly believe that Jesus came to earth only to forgive sins and make a way for us to go to heaven when we die, but He came for much more than that. He came that we might have and enjoy a good life while we are here on earth (John 10:10). I went to church for many years before I learned that I could go to Jesus when I needed healing of any kind and trust Him to provide it. If that is also your story, I encourage you to go to Jesus anytime you need healing. Ask Him either to give you a miracle or to guide you in what you should do or where you can seek help.

God’s Word is like medicine for our souls; it “is

alive and full of power [making it active, operative, energizing, and effective]” (Hebrews 4:12 AMPC). When you need healing of any kind, I urge you to try God’s Word and let it act as medicine for your soul. It is free, and you can have all the refills you want.

God’s Word is medicine for your soul.

3



God's Word heals and delivers



*He sends forth His word and heals them
and rescues them from the pit and destruction.*

Psalm 107:20 AMPC

Our enemy, the devil (Satan), is dedicated to the destruction of God's children and His plan for their lives. Satan was once a beautiful archangel, but because he rebelled against God and said he would raise his throne above God's, he and the angels who rebelled with him were thrown out of heaven and cast down to the earth (Isaiah 14:12–15). This occurred before God created the earth as we know it and before He created the first human beings, Adam and Eve.

Genesis 3:1–6 tells us that Satan approached Eve in the form of a serpent and deceived her through lies. He convinced her to do what God had specifically told her not to do, and she convinced Adam to do the same. From that time on, humanity has suffered in various ways, but God did not leave people helpless. He had a plan from the very beginning—a plan that His Son, Jesus, would come to earth to rescue and deliver all humankind from the destruction the devil had planned.

In order to have God's help, all any person has to do is believe in Jesus. This means to believe that He

died for our sins and was raised from the dead, and that every promise in God's Word is true and available to all those who will believe.

Have you ever felt as though you have fallen into a pit of despair, depression, or discouragement, and you don't know how to get out? I have, and I am glad to know that when I cannot help myself, God's Word is available to help me. Jesus is the Word made flesh (John 1:14), and when the Word helps us, Jesus helps us.

If we are discouraged or in despair or if we feel depressed, we can go to the Psalms and read how David, who wrote many of the Psalms, often felt the same way. But the Psalms also show us how David trusted God to lift him out of the pit and deliver him from the destruction his enemies had planned for him (Psalm 40).

Satan wants to destroy your body, mind, emotions, relationships, finances, joy, peace, and anything else God wants you to enjoy. He works tirelessly and continuously to destroy us, but the good news is that Jesus has already provided all we need for healing

and help in any area of our life. All we need to do is claim it as ours and remind ourselves that the devil is a liar.

Satan often works through unsuspecting people to bring pain into our lives. He used my parents to begin what he intended to be a cycle of destruction in my life, but I cried out to God, and He rescued me. He didn't get me out of the situation I was in as a child, but He gave me the strength and grace to go through it, and now He uses me to lead others out of their own destructive cycles.

Satan is a deceiver, and he wants us to think that people are our problem or even that God is causing our problems. But we must look past whoever or whatever Satan is using and see that he is the real enemy. The good news is that we have power and authority over him (Luke 10:19). If we submit ourselves to God, we can resist the devil and he will flee (James 4:7).

In order to resist the enemy, we must recognize when he is at work and resist him at the onset of his attack. First Peter 5:8 tells us to be vigilant because our

adversary the devil “roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour” (AMPC). You and I don’t have to be devoured if we know God’s Word. God’s Word will deliver us. God’s Word will heal us.

Conclusion



I pray that this book has helped you and that you will return to it often when your faith needs to be strengthened or when you need to know what to do in certain situations. Life is full of questions and problems, but God has given us His Word to help us deal with every uncertainty and to lead us in victory through every difficulty.

*God created you to be
an overcomer.*

God has created us to be overcomers in this life. His Word tells us in Romans 8:37 that we are more than conquerors through Christ who loves us. You

are the head and not the tail, according to Deuteronomy 28:13. God wants us to be a success, and His Word says that whatever we do will prosper (Psalm 1:3). Begin to think of yourself as an overcomer, as someone who is a winner and not a loser. See yourself as God sees you, and your life will change little by little.

Many times, when people get busy, they try to find time to get everything done by reducing the time they spend in God's Word or by skipping their time with Him altogether. Often, they think, *God understands how busy I am. He'll forgive me for not reading the Bible today.* Of course, God understands how busy life can be, and He is always forgiving. But this is not the point. The point is that we hurt ourselves when we do not make God's Word a priority in our lives.

Let me encourage you to seek the wisdom and direction you need in God's Word before looking for it anywhere else. Other sources lack the life-changing, life-giving power of His Word. Remember that God does not guarantee or promise to perform anything but His Word (Jeremiah 1:12).

God's Word is the best and most trustworthy guide for life. It will never fail you. As you read it, study it, meditate on it, and obey it, you will find hope for every situation, answers for every question, and overcoming power for every problem.

Do you have a real relationship with Jesus?

God loves you! He created you to be a special, unique, one-of-a-kind individual, and He has a specific purpose and plan for your life. And through a personal relationship with your Creator—God—you can discover a way of life that will truly satisfy your soul.

No matter who you are, what you've done, or where you are in your life right now, God's love and grace are greater than your sin—your mistakes. Jesus willingly gave His life so you can receive forgiveness from God and have new life in Him. He's just waiting for you to invite Him to be your Savior and Lord.

If you are ready to commit your life to Jesus and follow Him, all you have to do is ask Him to forgive your sins and give you a fresh start in the life you are meant to live. Begin by praying this prayer . . .

Lord Jesus, thank You for giving Your life for me and forgiving me of my sins so I can have a personal relationship with You. I am sincerely sorry for the mistakes I've made, and I know I need You to help me live right.

Your Word says in Romans 10:9, “If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved” (NIV). I believe You are the Son of God and confess You as my Savior and Lord.

Take me just as I am, and work in my heart, making me the person You want me to be.

I want to live for You, Jesus, and I am so grateful that You are giving me a fresh start in my new life with You today.

I love You, Jesus!

It’s so amazing to know that God loves us so much! He wants to have a deep, intimate relationship with us that grows every day as we spend time with Him in prayer and Bible study. And we want to encourage you in your new life in Christ.

Please visit joycemeyer.org/salvation to request Joyce’s book *A New Way of Living*, which is our gift to you. We also have other free resources online to help you make progress in pursuing everything God has for you.

Congratulations on your fresh start in your life in Christ! We hope to hear from you soon.

About the Author



JOYCE MEYER is one of the world's leading practical Bible teachers and a *New York Times* bestselling author. Joyce's books have helped millions of people find hope and restoration through Jesus Christ. Joyce's program, *Enjoying Everyday Life*, is broadcast on television, radio, and online to millions worldwide in over one hundred languages.

Through Joyce Meyer Ministries, Joyce teaches internationally on a number of topics with a particular focus on how the Word of God applies to our everyday lives. Her candid communication style allows her to share openly and practically about her experiences so others can apply what she has learned to their lives.

Joyce has authored more than 140 books, which have been translated into more than 160 languages, and over 39 million of her books have been distributed worldwide. Bestsellers include *Power Thoughts*; *The Confident Woman*; *Look Great, Feel Great*; *Starting Your Day Right*; *Ending Your Day Right*; *Approval Addiction*; *How to Hear from God*; *Beauty for Ashes*; and *Battlefield of the Mind*.

Joyce's passion to help people who are hurting is foundational to the vision of Hand of Hope, the missions arm of Joyce Meyer Ministries. Each year Hand of Hope provides millions of meals for the hungry and malnourished, installs freshwater wells in poor and remote areas, provides critical relief after natural disasters, and offers free medical and dental care to thousands through their hospitals and clinics worldwide. Through Project GRL, women and children are rescued from human trafficking and provided safe places to receive an education, nutritious meals, and the love of God.