

## **STUDY GOD'S PROMISES**

**God's promises are hope's substance to act upon. A man can as well live without air as faith and hope can live without a promise, and without taking in refreshment from that promise frequently. Therefore, set some time apart to meditate on what God has said.**

**If you appreciate your health, do not be satisfied with the air that comes to you as you work in your house or office, but walk outside once in a while to take in air that is fresh and full. And if you are a wise Christian, you will not be satisfied merely to think about God's promises now and then while you are preoccupied, but will find a place apart, and enjoy meditating on them.**