

# Promise Me

By RLD Editorial Team

for use as  
**STEP 1**

**Lesson 4****Focus:**

God fulfills His promises.

**Lesson 4****Bible Basis:**

Exodus 11:1—  
12:42

**Lesson 4****Memory Verse:**

God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill? —Numbers 23:19

**As they explore how God fulfills His promises, students will watch a video about children trying to keep their word.**

**Materials:**

- Internet access

Every day, we're faced with choices: how we'll act, what we'll say, or what decisions we'll make. Most of the time, those choices have consequences. Doing the right thing may earn us a reward; doing the wrong thing can get us into trouble.

Even though we usually know the right thing to do, it can be challenging to follow through.

- **Have you ever tried to do the right thing, but were distracted and couldn't finish? What happened?** (Answers may vary.)

It might seem easier to keep our promises if there's a reward on the line. In the video you're about to watch, a bunch of young kids were given the chance to win an exciting prize if they promised to stay completely still even when faced with distractions. Let's see how successful they are.

Play the video for the students [6:56]:

We Challenged Kids to Stay Completely Still | Don't You Dare | HiHo Kids

<https://www.youtube.com/watch?v=jcj7rVWPY-s>

- **Do you think the prize the kids were competing for was good enough to entice them to forego the distractions? Why or why not?** (Answers will vary.)

- **You're all older than the kids in this video. Do you think you'd have trouble staying still that long? Which distractions—including others besides the ones they showed—might have pulled you away?** (Answers may vary. Be prepared to share something you have a hard time saying "no" to.)

**For the kids in this video, breaking their promise to stay still might have lost them their chance at a cool gadget, but it didn't have any other negative consequences. In the real world, breaking promises is a big deal. When you say you're going to do something, people expect you to do it. If you don't follow through on promises, people won't trust you.**

- **Have you ever made a promise you couldn't keep? What happened?** (Answers may vary; be prepared to share your own experiences.)
- **Did anyone ever make a promise to you that they failed to keep? How did it make you feel?** (Answers may vary. Aside from feelings of sadness or disappointment, get your students to talk about difficulty trusting again and other long-term consequences.)

**Sadly, people don't always keep their promises. But there's one kind of promise that's always kept. Let's find out more.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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**STEP 4** 

**Lesson 4**

**Focus:**  
God fulfills His promises.

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**Bible Basis:**  
Exodus 11:1—  
12:42

**Lesson 4**

**Memory Verse:**  
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**Materials:**

- Internet access
- Bibles or smartphones with Bible app
- God's Promises Scripture reference printouts (1 per student plus 1; template with 3 sets per page found here)
- Colored paper
- Pens/pencils
- Small envelopes
- Scissors or paper cutter

Before class, print out the God's Promises Scripture reference sheets (one copy per student plus an extra one to cut apart; template with three sets per page found here). Cut apart at least one set of the Scripture references so that there is a slip of paper with one promise from God for each student. If you have a large class, you may have to print an extra page of references to cut apart so that each student in your class has an individual Scripture reference. (If your class is meeting online, email the template for families to print ahead of time and invite students to bring the printouts and other supplies with them to class.)

**Today we learned that God always fulfills His promises. We can trust God because unlike people, He always does exactly what He says He'll do.**

➤ **Were you ever surprised when someone kept their promise to you?** (Explain to students that a promise may not always involve the word "promise" but still counts.)

**Knowing that God will always keep His promises gives us confidence. We know we can obey God because we can always count on Him.**

➤ **Can anyone think of a time God kept a promise to you?** (Encourage students to discuss their experiences. Share your own experience.)

**The Bible is full of God's promises to us. The more we pay attention to God's promises, the more we can depend on Him and follow what the Bible says. For the rest of the time in the class, we're going to do a project that will help us remember God's promises to us.**

Depending on your class arrangement, you can either hand out Bibles to help students look up the following passages or have them look up Scriptures in a Bible app on their smartphones. Give each student a slip of paper cut from the master Scripture reference list and have them look up that Scripture in their Bible/Bible app. Hand out colored paper, pens/pencils, and an envelope to each student. (If your class is meeting online, invite students to have those items ready at home.) Ask them to write out the verse they were given and then list at least one reason they are thankful for that promise from God. (Let students know this item will be shared with classmates.)

Once students have had a chance to do this, instruct them: **Fold up your paper and put it into the envelope. Write "A Promise from God" on the outside.**

Organize your preteens into a line or other grouping so that you can collect the envelopes one by one, then pass them back out in such a way that no student gets his or her envelope back. (If your class is meeting online, invite students to share reasons they're grateful for God's promises with the class.) **Your envelope now contains one of God's promises. Whenever we need encouragement, we can remind each other of God's promises and it will help us. Take your envelope home with you today; when you are needing encouragement, open the envelope and read God's promise to you.**

Hand out a copy of the God's Promises Scripture reference sheet to each student. Challenge them to look up one per day and add to the list every time they come across another of God's promises. Urge them to use these verses not only for their own encouragement, but also for the encouragement of others.

Close in prayer.

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### **Some of God's Promises Scripture References**

- **Exodus 14:14**
- **Isaiah 40:31**
- **Isaiah 41:10**
- **Isaiah 61:1**
- **James 1:5**
- **I John 1:9**
- **Deuteronomy 31:8**
- **Jeremiah 29:11**
- **Mark 11:24**
- **Joshua 1:9**
- **Psalms 27:1**
- **Psalms 37:4**
- **Psalms 86:5**
- **Romans 8:28**
- **Psalms 9:9-10**
- **Matthew 6:31-33**

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