

God's Promises

Part 3

I can trust God to always keep his promises!

Deuteronomy 7:9; 2 Corinthians 1:20; Mark 4:35-41

To understand that God has made a legal agreement (covenant) with us to always keep his promises. That he will keep his kind and loving promises for a thousand generations! Therefore, we can trust him.

Worship

Choose from these ideas:

- Use the theme song for this series –
“Yes and Amen” by The Housefires
<https://www.youtube.com/watch?v=kkHo70DeiMM>
- Draw a rainbow and ask God to speak a promise over you and your family for each colour. Write each promise on the rainbow.
- Spend time quietly with Jesus talking with him about the things you are finding challenging at the moment or telling him about the people you love who need help today.
- Worship songs you could use:
“My lighthouse” by Rend Collective
<https://www.youtube.com/watch?v=lFBZJGSgyVQ>
“Promises” – Maverick City/TRIBL
<https://www.youtube.com/watch?v=q5m09rqOoxE>

Intro Activity - “God’s promises” bunting

Welcome to our series – God’s promises. God made lots of promises to us in the Bible and today we are going to learn about one of them.

Look up our promise for today, in Deuteronomy 7:9. Read together what it says. Explain that the word agreement or covenant is a legal promise between 2 people which cannot be broken, for example a covenant is not a promise like when you tell your Mum you promise you will tidy your room one day. A covenant is a promise like when 2 people get married or when a family adopts a child. It is a legal agreement which is binding and very difficult to break. This verse tells us that God has made a legal agreement with us to always keep his promises. That he will keep his kind and loving promises for a thousand generations! Therefore we can trust him.

Each session we are creating another section of our bunting illustrating God’s promises to us. We can add the phrase **“I can trust God to always keep his promises.” Deuteronomy 7:9** to the next flag of bunting and decorate it.

Explain the promises of God throughout the Bible give us hope. 2 Corinthians 1:20 says *“The yes to all of God’s promises is in Christ. And that is why we say “Amen” through Christ to the glory of God.”* Because of Jesus’ death and resurrection, we can be sure and confident that every promise God has made to us will happen. Therefore, we can trust him to do what he says.

Object Lesson – Worry and trust

The illustration for today is adapted from <https://ministry-to-children.com/worry-and-trust-object-lesson/>

You will need: Cooking Oil
Water
3 clear containers (2 smaller and 1 larger)
Food Colouring
Tape
Sharpie marker

Instructions:

1. Hold up the oil and pour some into one of the smaller clear containers. The oil represents worry. Write the word worry on a piece of tape as a label for the container.
2. Ask “What does it mean to worry?” (Worry is when we are afraid or concerned because we do not know what is going to happen.)
3. Pour some water into a second clear container. To help the children see the water add a few drops of food colouring to the water and stir until evenly mixed. The water represents trusting God. Write the word trust on a piece of tape as a label for the container.
4. Ask: “What does it mean to trust God?” (Trusting God means knowing He is in charge and knows everything. We don’t need to be afraid because God keeps his promises to love us always and to take care of us, so He will.)
5. Explain: “The problem is worry tries to stop us from trusting God.” Pour some of the oil and water into the third container at the same time. The oil and water will appear to mix at first. But as the children watch they will slowly see the two separate with the oil resting on top of the water.
6. Hold up the third container for the children to see. “From looking at our demonstration of worry and trust, worry separates us from trusting in God.”
7. Explain: “When worry about something hits our hearts and minds it tries to separate us from trusting in God, **it is then that we need to stand on the promise of God – that he will always keep his loving and kind promises and so we can trust him.**”

Bible story

Remember God’s promises are throughout the Bible. God always keeps his promises and today our Bible story illustrates our promise – “God loves me forever!” Read the story of **Jesus calms the storm from Mark 4: 35-41.**

Look out for when worry hits the disciples and what Jesus reminds them of by showing he is in charge.

You could tell the story in an active way by making an outline of a boat on the floor using masking tape. You could create a sail from paper or a sheet. Scrunch up pieces of blue paper to represent the waves. As you tell the story some of you could be disciples in the boat, one of you Jesus and others could throw the paper around to represent the storm!

For Younger children – you could tell the story and act it out as you do, using a box your child can sit in as a boat and a sheet or blanket for the sea, moving it up and around them like the water in a storm. Then being completely still when Jesus commands the wind and the waves to be still! You could also act out this story in the bath!

Discuss the story: When did worry hit the disciples? What were they worried about? What did Jesus say and do?

The disciples were big strong men, some of whom were fishermen and spent their lives out on boats in big storms. This storm must have been a bad one for them to feel so afraid. We don't know what it was that made them afraid, but they were. And as worry hit them they found it hard to trust God, that's why they asked him if he cared that they were going to die.

In that moment Jesus shows them who he is and why they can trust him. He calms the storm with a word "Peace be still!" and immediately the storm stopped.

There are times in our lives when worry hits us and it feels like we have a storm going on inside us, it feels overwhelming. It might be illnesses or things which happen at school, bullying or things which are happening in our family. Whatever it is we too can cry out to God – "help!" and lean into the promise that you can trust him to keep his promise. Then peace will come, he will show us he is in control, that he is watching over you and protecting you every moment of your life.

Activation

- Grab a piece of paper and coloured pens. Spend time quietly with Jesus and write down anything which is worrying you or making you feel overwhelmed right now. Tell Jesus about these things and ask him for help. Then ask Jesus to bring PEACE to you. Draw or write what that peace looked and felt like over the top of the things you have written down.
- **For younger children** – give them black paper and chalk and ask them to draw a storm. Talk about storms they have been in and make storm sounds! Ask them where Jesus was in the storm and what he said to the storm. Talk about things which worry them and pray for Jesus to give them peace. Ask them to draw the peace they feel.
- **Boat Craft** – Make boats with sails, you could use margarine tubs or fruit punnets, if you have polystyrene pieces these will float too! For the sail use straws or kebab skewers to fix a triangular piece of paper. Write onto the paper “I can trust God to always keep his promises.” The boat and sail can be decorated with stickers or shapes of paper cut out and stuck on!