

Promises, Promises 10

Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

Leadership Personal Preparation:

Think about a time when you struggled to develop a character trait on your own, but, when you trusted God, he fulfilled his promise to help you. If the Holy Spirit invites you to do so, be ready to tell the group about your experience at some time during the session. Otherwise, use your experience of being connected to Jesus to inspire you as you lead out in today's session.

You will need:

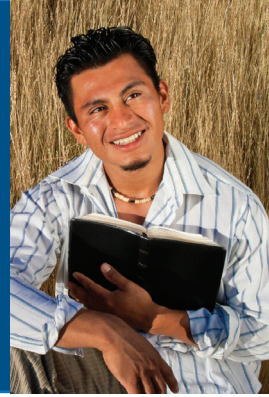
- Biroes, pens, pencils, permanent marker pens
- Paper
- Icebreaker:**
- Thin card
- 'Bible Treasure Hunt Cards' copy master
- Copy both pages of 'Bible Treasure Hunt Cards' onto thin card and cut them apart. You need one per person. If you need more cards for a large group you can make extra copies. It will not matter if there are some duplicates.
- Mission Possible:**
- Blank Index cards – one per person
- Copies of the Mission Possible Activity sheet – one per family
- Word Search:**
- Word Search studies (include the Promise Process as an extra handout)
- Copy a combined set of 'Word Search' studies for each person. They will use one study during the session and can look at the other studies later if they wish.
- Family Focus Time:**
- Cups and drinks
- Family Discussion Cards - 1 card per family
- Family Prayer Time:**
- Sheets of blank paper - one per person
- Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'JAM' Journal Pages per participant
- Take-away Menu (optional):**
- A small, sturdy, rectangular 'promise' box for each person (use old jars with lids, small gift boxes, or even tiny gift bags that can hold the promise cards)
- At least 20 small, blank business cards per person (or use strips of paper that can be rolled up and placed inside the box or jar)

By the end of the session, the group members will:

- Know that every aspect of God's character is also a promise that he will help us to develop that trait in our own lives.
- Feel the hope, strength and comfort that comes when we know that God promises to help us reflect his character.
- Respond by accepting and believing the many promises God has made to us that will help us to develop a Christ-like character.



10 KID for Teens: Leaders Guide: Promises, promises



Welcome and Prayer – 5 mins

Say:

“ Would you like to be like God? Not in the sense of possessing all his power and glory, but having a character that reflects his characteristics. God wants to help us be like him, and he has promised to help us change if we are committed to growing spiritually with him.

If we try to become like God by ourselves, we will always fail. But we are not alone: God promises to help us in our journey towards reflecting his character. ”

Ice Breaker - 7 mins

You will need:

1. 'Bible Treasure Hunt Cards'
 2. Pens
- Give each person a 'Bible Treasure Hunt Card' with a Bible verse on it. If you have a very large group it doesn't matter if you need to give out some duplicate texts.
 - Ask them to look up the Bible texts and discover what God is promising in each of the verses.
 - Then invite them to choose a word or phrase that best describes what God is promising and write it on the back of the card.
 - Ask the group to line themselves up in alphabetical order of the promises they have written on their cards (ignoring the words 'a' or 'the'). Set a time limit for this depending on the size of your group – but make the time limit challenging and count down the last ten seconds to add to the excitement.
 - When everyone has lined up alphabetically, ask each person to read what they have written on the back of their cards.

Mission Possible - 15 mins

You will need:

1. Blank Index Cards
 2. Pens
 3. Mission Possible Activity sheet – one per family.
- Give out the Activity sheet and ask the family to follow the instructions
 - Allow 10 mins for the activity then form the larger group for feedback questions.

Ask:

- When is it easy to keep a promise?
- What makes it hard to keep a promise?
- Can you guess how many promises there are in the Bible? (Let group members try to guess.)
- In the Bible there are over 1200 promises. Why might God enjoy making so many promises to us?

Word Search - 25/35 mins

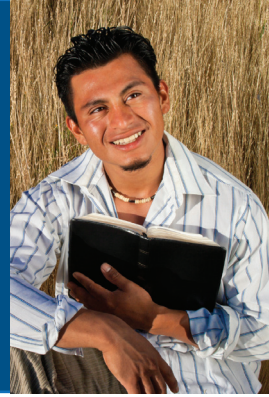
You will need:

1. Paper and pens
 2. Copies of Word Search studies - 1 set per person
 3. A combined set of 'Word Search' studies for each person.
- Divide your large group into smaller groups for this study.
 - Aim to keep each group smaller than eight people.
 - Appoint a group leader for each small group who will guide the group members through the questions and write down their ideas and responses.
 - Make sure all three studies are being explored.
 - Encourage them to look at the Promise Process diagram and see how their study reflects the process, or enriches their understanding of the process.
 - Ask groups to have a spokesperson ready to summarise their group's Bible study and the helpful ideas that arose from it.
 - Call people back to the larger group after 15 minutes.





10 KID for Teens: Leaders Guide: Promises, promises



Family Focus – 10/15 mins

You will need:

1. Drinks and cups
2. Family Discussion Cards

- Re-assemble into family groups, collecting a drink on the way.
- Give each family a discussion card to pass around their circle. Each person can discuss a topic or answer one of the questions from the card. They can also pass it to the next person if they would prefer not to speak.

Family Prayer Time - 15 mins

You will need:

1. Sheets of blank paper – one per person
2. Pens

- Invite each person in the family to choose a Godly character trait that they would most like to develop in their life.
- Ask them to write their name and their chosen characteristic at the top of a sheet of paper.
- Pass the sheets of paper around the family group so that each person can write either a Biblical promise about that characteristic or a short sentence prayer for the named person.
- Give the sheets back to their original owners.
- Have a quiet time where each person thinks about what has been written on their paper and prays silently to God.

Jam Session (Jesus and Me) - 5 mins

You will need:

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Journal pages for this week.
- Allow at least 5 minutes for everyone to make a start on the activity and during this time play some reflective, peaceful Christian music.

Take-Away Menu (optional)

You will need:

1. A 'promise' box for each person
2. At least 20 small, blank business cards per person, or use strips of paper
3. Pens

- Give each person a small box with some strips of paper or blank business cards.
- Ask them to create a promise box of their favourite promises. The verses listed in this week's lesson may be a helpful place to start.
- Suggest that whenever they need encouragement they can choose a verse from the box and find some special words from God.
- Or suggest that each person choose a couple of their favourite promises. Ask them to write out enough copies of their verse for everyone else in the group to have one to put in their promise boxes.
- Invite them to write their names on the back of the promises they have written. Then, whenever someone reads a promise, they can also pray for the person who chose the promise.

Closing Prayer

PROMISES



- Sit in your family groups.
- Collect enough index cards for each person in your family to have a card.
- Ask everyone in the family to write their name on one side of their card.
- Collect up the family's cards and shuffle them.
- Distribute the cards within the family group so that each person has a card with another family member's name on it. If they take a card with their own name on it they must swap with someone else. If there are only two of you in a family, just swap your cards!
- Ask each person to turn over the card they are holding so that the blank side is face up.
- Invite them to write a very small promise on the blank side of the card to the person named on the front of their card. It needs to be a promise that they would be willing and able to fulfil during the next week.
- The promise can be anything. The important thing is to be able to keep the promise. It could be 'I promise to wash up after dinner on Tuesday,' or 'I promise to pray every day this week that your leg will get better.' Each promise needs to be signed by the writer.
- Give your promise back to the person named on your card.
- Next week you will be asked whether you managed to keep your promises to each other – so be prepared!

PROMISES



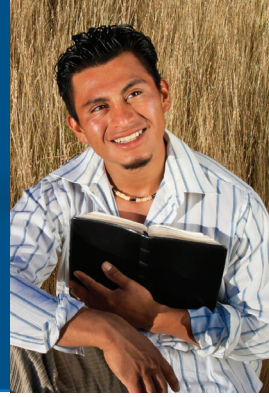
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| | | | |
|------------------|-----------------|----------------|-------------------|
| JOHN 10:10 | Revelation 2:10 | JOHN 14:1-3 | Isaiah 62:1-2 |
| 1 JOHN 5:14 | 2 TIMOTHY 1:12 | JOHN 15:3 | ZechariaH 3:4 |
| Isaiah 51:3 | JOHN 15:16 | 2 TIMOTHY 4:18 | 1 JOHN 3:1-2 |
| JOHN 3:16 | MATTHEW 18:19 | JOHN 15:4-5 | EPHESIANS 4:11-15 |
| 1 CORINTHIANS 12 | MATTHEW 13:43 | 1 PETER 5:6-7 | Isaiah 42:16 |

| | | | |
|--------------------|----------------------------|--------------------|------------------|
| HEBREW 6:18-19 | 1 PETER 1:3-4 | ISAIAH 35:10 | JEREMIAH 24:7 |
| ROMANS 8:2 | JOHN 14:27 | JOHN 14:12 | TITUS 3:5 |
| HEBREWS 4:9,11 | ISAIAH 57:18 1 JOHN 1:9 | ROMANS 8:11 | MATTHEW 10:42 |
| JOHN 6:35 | JOHN 12:46 | MATTHEW 6:19-20 | PHILIPPIANS 4:13 |
| MATTHEW 6:25-33 | PSALM 119:104 | 1 JOHN 5:4 | JAMES 1:5 |



KID for Teens: Handout: Promises, Promises Word Search: A



Read aloud the Parable of the Seeds in Luke 8:4-15. Then discuss together:

What are the seeds?

What is meant by the seeds that fall by the road side? What are the ways in which this might happen today?

What is meant by the seeds that fall on rocky ground? What are the ways in which this might happen today?

What is meant by the seeds that fall amongst thorns? What are the ways in which this might happen today?

What is meant by the seeds that grew and produced hundreds more seeds?

How did these seeds grow so well?

What might their harvest seeds represent – people, character traits, talents & spiritual gifts, something else?

What other thoughts and ideas do you have about the seed story?

What is the most important message in this story for you? Where is your personal seed in the story?

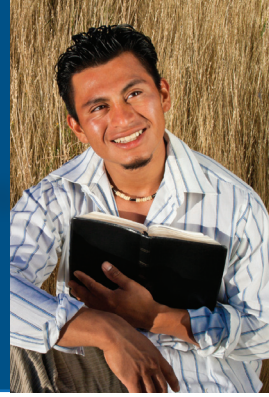
What can we do, with God's help, to make sure the seeds that God has already sown in our hearts will grow strong and healthy and produce a harvest of good fruit?





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KID for Teens: Handout: Promises, Promises Word Search: B



What two things do God's promises do for us? Read 2 Peter 1:3-4

1.

2.

2 Peter 1:5-7 What are some of the 'God qualities' that these promises can help us develop and grow?

2 Peter 1:9 What happens if we stop growing?

2 Peter 1:8 What happens when we are willing to grow and be transformed by God's promises?

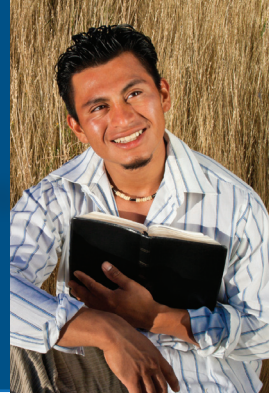
List some of the things we can do to nurture our spiritual development and give God's promises the best possible opportunity to flourish.





10

KID for Teens: Handout: Promises, Promises Word Search: C



God has already given us his promises – they are waiting for us to discover them and claim them - like buried treasure! He has also given us a 'map' and 'keys' for unlocking these incredible treasures. You can see this process at work in Abraham's story.

Read Romans 4:16-21 and write down your discoveries.

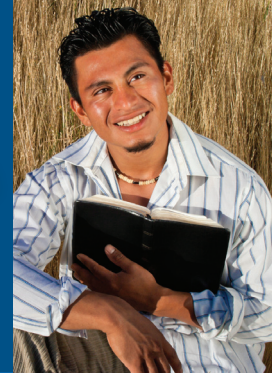
| | |
|--|--|
| What was God's promise to Abraham? | |
| Why did God give Abraham the promise? | |
| Why didn't the promise depend on his obedience? | |
| How do we know we can trust in God's promises? | |
| Who else can benefit from the promise God made to Abraham? | |
| What makes us descendants of Abraham, as well? | |
| What did Abraham do, even when the promise looked impossible? | |
| How long did it take God to keep his promise to Abraham? | |
| What do we need to do to benefit from the promise made to Abraham? | |
| What has God done so that we could be part of his family? | |

What are the most important things we can learn from Abraham's story?





10 KID for Teens: Handout: Promises, Promises The Promise Process



**God's
PROMISES
PROVIDE THE
POWER FOR
PRAYERS.**

Satan wants us to give up and lose faith in God's promises. He wants us to be discouraged and impatient rather than develop our faith in God.

Attack from
Satan

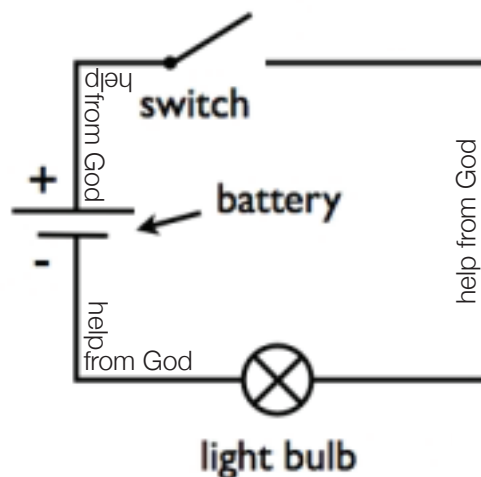


We have to keep trusting in the power-battery even when it seems dead or nothing is happening. We need to trust that God is waiting for the best possible time to flick the power switch of his promise in our lives.

Satan wants us to think that it's not important to develop a richer and more mature character. He wants us to be selfish and weak so he can manipulate us for his plans.

1

God promises to transform our characters and help us be amazing people – the power to change is already in his promise - like a fully-charged battery ready to be put in position and be switched on.



Our part in the transformation process is to believe that God will keep the promises he has made – then the powerful battery of God's promise is connected to the engine of our spiritual lives

**THE POWERFUL
PRAYERS CHANGE
US TO REFLECT
THE CHARACTER
OF Jesus.**

Satan wants us to give up believing in God's promises. He tries to tell us that God isn't trustworthy, or that God has forgotten the promises he made to us. But Satan is lying.

Attack from
Satan



Lesson 10 -

FAMILY Discussion CARD

The God-characteristic I would most like to develop in my life is...

A time when one of God's promises was fulfilled for me, or for someone else that I know, was when...

My favourite Bible promise is...

A promise that someone made to me and kept was...

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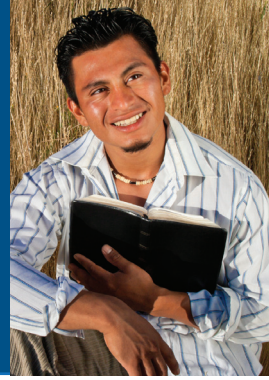
My favourite Bible promise is...

A promise that someone made to me and kept was...



10 Jesus and Me: Journal Lesson 10

Promises, Promises



Here are some of God's promises and their Bible references - choose the ones that you most need right now and read the promises for yourself.

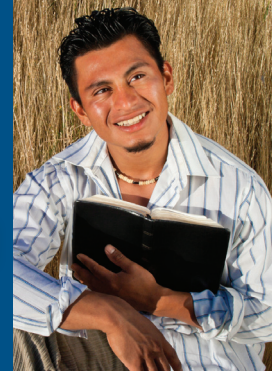
A full and rewarding life. John 10:10
A crown of life. Revelation 2:10
A heavenly home. John 14:1-3
Answers to prayer. 1 John 5:14
Assurance. 2 Timothy 1:12
Cleansing. John 15:3
Clothing. Zechariah 3:4
Comfort. Isaiah 51:3
Companionship. John 15:16
Deliverance. 2 Timothy 4:18
Being a child of God. 1 John 3:1-2
Everlasting life. John 3:16
Fellowship of Jesus. Matthew 18:19
Fruitfulness. John 15:4-5
Gifts of the Spirit. 1 Corinthians 12
Glory after death. Matthew 13:43
God's protection. 1 Peter 5:6-7
Growth. Ephesians 4:11-15
Guidance. Isaiah 42:16
Hope. Hebrews 6:18-19
Inheritance. 1 Peter 1:3-4
Happiness. Isaiah 35:10
Knowledge. Jeremiah 24:7
Freedom. Romans 8:2
Peace. John 14:27
Power for service. John 14:12
Renewal. Titus 3:5
Rest. Hebrews 4:9,11
Restoration. Isaiah 57:18 & 1 John 1:9
Resurrection. Romans 8:11
Rich rewards. Matthew 10:42
Spiritual fullness. John 6:35
Spiritual light. John 12:46
Spiritual treasures. Matthew 6:19-20
Strength. Philippians 4:13
Everyday blessings. Matt 6:25-33
Understanding. Psalm 119:104
Victory. 1 John 5:4
Wisdom. James 1:5





10

Jesus and Me: Journal Lesson 10 Promises, promises: God delights in me!



Read Zephaniah 3:17 and write a list of 6 things God is doing for us:

- | | |
|---|---|
| 1 | 4 |
| 2 | 5 |
| 3 | 6 |

What victories has God already won for you? List them and be encouraged by the way he has already worked in your life.

When God rejoices over you, what are three things in your life that you think he may be especially delighted about?

- 1
- 2
- 3

What are three characteristics that you would like God to help you develop further?

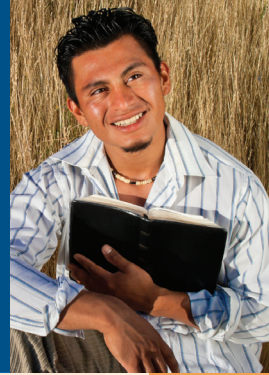
- 1
- 2
- 3

How is God refreshing you, loving you and giving you strength for your spiritual life?



10

Jesus and Me: Journal Lesson 10 God's Promises for Me



Draw a picture of yourself in the space below or draw a stick person that represents you.

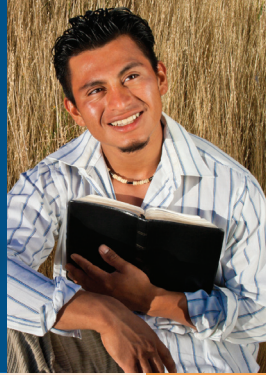
Spend a few moments looking at your life through God's eyes, the God who rejoices over you with singing. Look back over the list of promises that God has made to you. Using a black pen, write down around your picture, some of the special promises that God has already fulfilled for you.

Looking over the list again, which other promises do you think God would most like to see fulfilled in your life? Write these around your picture in a different colour.



10

Jesus and Me: Journal Lesson 10 God's Promises can transform my life



Choose one of the promises that God would like to fulfil in your life, and write it in the central circle below.

Think about the difference that the fulfilment of this promise will make to your life and to your relationships. Write some of these ideas in the circles around the edge.

My relationship
with God

My relationship
with my friends

My future
plans

My ability to serve
God in my local church

A promise
that God wants to
fulfill in my life is:

and it will transform my
life & my relationships
with others

My ability to show
God's love to others

My relationship with
my family members

My ability to
study and work well