

# The Rock, Sunday 17th May 2020

## Promise Keeper

### Warm up

Dance to, join in with the actions (if you can remember them) and sing our Rock song.

This video has the words:

<https://www.youtube.com/watch?v=dcAG4PbNXaA>

This video has the actions: <https://youtu.be/8dbOgbRxC1M>



### Getting started

#### Equipment

Crowns or tiaras and cloaks for Kings and Queens.

Ask the children if they know what a promise is. Say that all sorts of people make promises.

Children to dress up as Kings or Queens. What promises do Kings and Queens make? They promise to rule their people well and to look after people. (Your ruler could say, "I promise to be a good King")

Do Kings and Queens keep their promises? Most of them try, but sometimes they make mistakes and people are unhappy.

Ask: What about ordinary children. Do they make promises? All sorts! I promise to be good, I promise to tidy my room..... Do we keep these promises? Sometimes and sometimes not!

Say that God also makes promises. What does God promise us?

He promises to give us the things we need.

He promises he will always be with us.

He promises that he has a plan for us – he knows what will happen to us.

He promises that we will be his children.

Say that God always keeps his promises. Ask the children to think of one of Gods promises. They should close their eyes as you pray, "Thank you that you keep your promises. Amen."

**The Point:** To talk about how people don't always keep promises – but God does.



### Story/ teaching time

#### Equipment

A world map showing where Jews live today, a map of Israel, paper and pens.

Ask the children if they can think of any stories where people make promises?

For instance, Red Riding Hood promises to go straight to her grandmothers' house – but she didn't.

Cinderella promised to be home by midnight – but she wasn't.

Say that in life, people don't always keep their promises. But God does. When God makes a promise, he always keeps it. Many, many years ago God made a promise to Noah – does anyone know what it was? God promised never to flood the whole world again. And he has kept that promise.



Tell the story of Abraham, drawing it as you go, and letting the children add in some of the illustration:

Abraham lived in a huge city called Ur with his wife. (Let everyone draw the buildings of the city.) God told Abraham to leave the city. He asked Abraham to go and live in a tent. (Draw the tent and draw trees, grass and cows and sheep.)

One day, God made Abraham an incredible promise. He said, "I am going to give you all the land you can see. It will belong to you and your family forever."

Then he said, "Your family will be so big that no one can count them."

But there was a problem – Abraham was very, very old and he didn't have any children at all. And how can you have grand children if you don't have children?

But God can do miracles, and he gave Abraham and Sarah a baby called Isaac.

(Draw the baby.)

Ask the children what promises God gave Abraham?

Land.... show your map of Israel. Show the children the area. God promised Abraham that his family would own this land... and they still do, 5,000 years later.

Family ... show the children a map showing the distribution of Jews today. (Google images, "Where do Jews live today" will give you a selection of maps to choose from.) Don't worry about naming the countries – just show that there are Jews all over the world. God kept his promises. He gave Abraham's family land, like he said; and Abraham's family is so big that they don't all fit in it – they actually can be found all over the world!

Say that God always keeps his promises. We can trust God.

**The Point:** To look at how God kept his promises to Abraham.



## Craft ideas

### 1. Equipment

The attachments printed out, colouring pencils/pens.

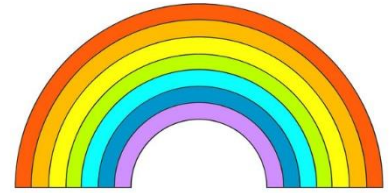
Let the children choose one of the promises on the attachment to colour in. They can decorate round the edges if they like.

**The Point:** To think about God's promises to us

**Download**

[3-4NG15Promises.pdf](#)

2. Print from the link below or draw and colour/ paint a rainbow and write the words; God's promise, God's love, (in fancy bubble writing perhaps!)



. <http://www.dltk-bible.com/t.asp?t=http://www.dltk-bible.com/posters/bbible1.gif>

**Prayer**

Dear God Thank you that you have promised that you will always be with us. Thank you that you promise to look after us. Thank you that I can always talk to you. Amen.

**Song**

Round off the session by singing this ditty together to the tune of Frere Jacques.

God has promised, God has promised  
It's okay, It's okay  
He is always with me, He is always with me  
Night and day, night and day

Thank God that He keeps his promise to be with us, all the time. Give out copies of the take-home prayer and challenge children to pray it every evening this week.

**The Point:** To round the session off together.

(Material taken from Energize by Urban Saints - <https://www.energize.uk.net/>)