

## Teachers Dig In

### Dig In to the Bible

- Read: Genesis 15
- In This Passage: Abram is an old man with no children. But God makes an amazing promise: to give him more descendants than there are stars in the sky. Wow! Abram believed God, and God kept his promise. God keeps his promises to us, too.
- Bible Point: God keeps his promises to us.
- Summary Verse: “In the beginning God created the heavens and the earth” (Genesis 1:1).

### Dig Deeper

- You'll Be Teaching: *God keeps his promises to us.* Kids, like all of us, have experienced a broken promise. They're learning that they can't always trust people to do what they say. Help them see that they *can* trust God because God always keeps his amazing promises to us.
- Think About: When have you broken a promise? When have you kept a hard promise?

### Dig In to Prayer

- Pray that your kids will trust God to keep his promises.

### Quick Tip

- Set an example of keeping promises. If you see a child raising his hand and you say, “I’ll come back to you later,” make sure you do. If you tell someone you’ll watch the YouTube video she recommended, make a note to check it out that week and then follow up with the child the following week. As you keep your promises, you’ll show kids what God is like.

## This Lesson at a Glance



### OPENING

Kids share about a topic related to the lesson.

#### Supplies

- Bible



### CORE BIBLE DISCOVERY

Kids explore God's promises to Abram, when those promises were kept, and God's similar promises to us.

#### Supplies

- Bibles
- "Promises" handout (1 per reader) (download [here](#))
- blue construction paper
- sharpened pencils
- assorted candy



### OBJECT LESSON

Kids figure out how to get a quarter through a dime-sized hole.

#### Supplies

- "Dime-Sized Hole" handout, copied onto card stock (1 for every 4 kids) (download [here](#))
- quarters (1 for every 2 kids)
- scissors

#### Easy Prep

- Cut the "Dime-Sized Hole" handout in half. Each pair needs a half, but you may want a few extras in case one rips.
- Poke a hole in each circle so kids can more easily cut out the circle without folding the paper.



### CRAFT

Kids make a version of a "cootie catcher" that reveals God's promises to us.

#### Supplies

- Bibles
- "God's Promise Catcher" handout (1 per child) (download [here](#))
- scissors
- small star stickers (46 per child)

#### Easy Prep

- Make a sample craft to show kids.



### MUSIC VIDEO

Kids sing songs of praise to God.

#### Supplies

- "I Will Trust You" (watch or download [here](#))
- "All Creatures of Our God and King" (watch or download [here](#))
- "I Sing the Mighty Power of God" (watch or download [here](#))



### TALK-ABOUT VIDEO

Kids watch a video and discuss the Bible Point.

## Supplies

- “Promises, Promises” teaching video (watch or download [here](#))



## TAKE-HOME

Kids receive a take-home page about the lesson.

### Supplies

- this week’s “Dig In @ Home” handout (1 per child) (download [here](#))

### Easy Prep

- Add your church announcements to the “Dig In @ Home” handout.



## LIFE APPLICATION WRAP-UP

Kids use light shapes to thank God for his promises.

### Supplies

- 4 flashlights
- dark construction paper

### Easy Prep

- Cut 4 construction paper circles that will fit on the flashlights. In the middle of each circle, cut out 1 of the following: heart, cross, cloud, arrow.
- Tape each circle to a flashlight so that the light shines through the cutout.

*\*Marked supplies can be reused from Core Bible Discovery*

Let’s keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



### Supplies

- Bible

### Welcome

Thank kids for coming.

Just for fun, have kids give a fist bump to four friends.

Make announcements.

Introduce new kids.

Celebrate birthdays by lining up people with birthdays in the upcoming week and having everyone else run by to high-five them.

Collect the offering.

### Introduce the Lesson

Say: **Today we're going to learn about a promise God made to a man in the Bible named Abram. God kept his promise to Abram, and God keeps his promises to us. God's promise to Abram was about his family, so let's talk about our families.**

### Share

Tell kids how many members of *your* extended family you've met, and list their names.

Have kids form pairs and tell how many members of *their* families they've met and list names.

After partners have discussed, ask two or three kids to share with the whole group what they talked about with their partners.

### Summarize

Open a Bible, and say: **God gave us our families. And he kept his promise to Abram to give *him* a big family. Let's look at that promise and other promises God makes to us in the Bible. The Bible is God's special book. God uses the Bible to talk to us. He's always here, and he wants to talk to you now.**

Pray, thanking God for keeping his promises.

**Supplies**

- Bibles
- “Promises” handout (1 per reader) (download [here](#))
- blue construction paper
- sharpened pencils
- assorted candy

**Make a Promise**

Say: **Today we’re going to learn that God keeps his promises to us.**

Ask: • **Tell about a promise you kept.** Share your own example first.

Say: **I’m going to make you a promise, but you’re going to have to wait a little bit for me to keep it.**

**I promise that I will give everyone here a piece of candy at some point before you leave today. But it won’t be right away, so wait patiently!**

**In our true Bible story today, God made some promises to a man named Abram, but Abram didn’t get what he was promised right away either. Let’s see what God promised and how God kept his promises. We’ll also explore that God keeps his promises to us.**

**Make Stars**

Give each reader a “Promises” handout, and give everyone a pencil and a piece of blue construction paper. Show kids the first four marks on the timeline on their handout, and tell them that those represent the promises God made to Abram. If younger kids are interested in the handout, they can look along with older children. Since the handout is primarily words, it won’t be very meaningful or interesting to nonreaders.

Say: **Abram was a very, very old man, and he didn’t have any children. That meant that when he died, all of his belongings and land would go to one of his servants. He wished he had a son. Listen to God’s first promise.**

Read Genesis 15:5.

Say: **God promised Abram not only a son but also a family so big that there’d be more people than stars in the sky! Let’s make starry skies to remember this promise.**

Let kids use their pencils to poke a lot of holes in their construction paper. When they hold the paper up to the light, they’ll see a starry sky.

Say: **So did God keep his promise? Let’s see!**

Read Hebrews 6:13-15. Then show kids on the timeline when God kept this promise.

Say: **God kept his promise to Abram, and God keeps his promises to us. Let’s read a promise to us about being in a family.**

Ask someone to read John 1:12 from the handout.

Ask: • **What is God promising us in this verse?**

• **What’s nice about being in God’s family?**

Say: **Whether you have an awesome family or one that’s harder to get along with, God invites all of us to be in *his* family. He promises to call us his children when we believe in him. And God keeps his promises to us. You might be wondering when *I’m* going to keep my promise to give you candy. Keep waiting!**

**Act Like an Old Man**

Say: **Let’s check out another promise God made to Abram.** Point kids to promise 2 on the timeline.

Read Genesis 15:15.

Say: **What a great promise! Abram was going to live a long life and then die peacefully. Abram was already old when God made this promise, but he was going to get *really, really* old. Stand up and walk around like you’re an old man.**

Allow time for kids to act like old men.

Say: **Let’s see how old Abram lived to be.**

Read Genesis 25:7-8. Then show kids on the timeline when God kept this promise.

Say: **God definitely kept his promise to Abram. He lived to be 175 and died peacefully. God makes promises to us about living forever.**

Have a child read John 3:16 from the handout.

Ask: • **What does this promise mean to you?**

Say: **Wow! God keeps his promises to us, and he promises we can live forever when we believe in Jesus. We can go to heaven and have eternal life. What a promise! And speaking of promises...do you think I should keep my promise about giving you candy now? Pause. It's not time yet. Keep waiting!**

### **Travel to a New Land**

Say: **Let's look at more promises God made to Abram. He told Abram that Abram's future family would end up moving to a foreign land and being treated like slaves. Not good! But God promised something else.** Show kids promise 3 on the timeline.

Read Genesis 15:18.

Say: **After Abram's family escaped the land where they were slaves, God promised to give them a new home. They'd go through some hard times, but God would work it out and give them an awesome place to live. So did he keep his promise? Let's see.**

Read Jeremiah 32:21-22. Then show kids on the timeline when God kept this promise.

Say: **God kept his promise! Let's travel around the room and hall like we're traveling back to the Promised Land.** Lead kids in walking around the room, down the hall, and back to the room. Then have them sit down.

Say: **Sometimes bad things happen in our lives, just like bad things happened to Abram's family. But God makes a promise about that.**

Have a child read Romans 8:28 from the handout.

Ask: • **What does this promise mean to you?**

• **Tell about a bad time that worked out okay.** Share your own example first.

Say: **God keeps his promises to us, so we can trust that he'll work things out even when things aren't going well. You can trust that I'm going to keep my candy promise...but not yet! Let's look at one last promise God made to Abram.**

### **Take Over the Land**

Say: **This promise is really a continuation of the last one. We'll pick up with that one and then keep reading.** Point out promise 4 on the timeline.

Read Genesis 15:18-20.

Say: **Yikes! The Promised Land wasn't just a cozy new place to move to. Other people lived there! But God promised to help them beat their enemies so they could move in. Let's see what God did.**

Read Joshua 12:7-8 and 24. Then show kids on the timeline when God kept this promise.

Say: **They defeated a lot of kings to move into the Promised Land. If you read through the Bible book of Joshua, you can find out more about how God really won all of those battles for Abram's family. There are a lot of really amazing true stories that show how God kept his promises to Abram.**

**As you can see from your timeline, Abram waited a long time for God to keep some of his promises. And you've waited a while for my promise. It's time for me to keep it.** Distribute a piece of candy to each child, but tell kids not to eat it yet.

Say: **Since we learned that Abram's family got to take good land from their enemies, we're going to do something like that but a little nicer. You might not have a kind of candy you like, so now's your chance to trade for one you really want.** Allow time for kids to trade with each other or with you.

As kids enjoy their candy, say: **It's nice to end up with candy you really like. And it was awesome that God gave Abram's family a really nice place to live.**

**But what about us? Does God promise that we'll defeat our enemies? Not exactly. But he does promise that good things will happen when people are mean to us.**

Have someone read Matthew 5:11-12 from the handout.

Ask: • **How do you feel about this promise?**

• **Tell about a time someone was mean to you because you love Jesus.** Share your own example first.

Say: **When people are mean to us, we might see them as enemies. God probably won't let us take over their homes, but he *will* reward us one day. And that's a promise we can believe because God keeps his promises to us.**

### **Wrap Up**

**The Bible is full of promises God makes to us. We can trust them all. We've seen that God kept all his promises to Abram, so we know he's good at keeping promises. Let's thank God that he keeps his promises to us.**

**Pray: God, thank you that you promise to let us be a part of your family, to live with you forever, to work things out for good, and to reward us when people are mean to us. Thank you for keeping all of your promises! In Jesus' name, amen.**



## Supplies

- “Dime-Sized Hole” handout, copied onto card stock (1 for every 4 kids) (download [here](#))
- quarters (1 for every 2 kids)
- scissors

## Easy Prep

- Cut the “Dime-Sized Hole” handout in half. Each pair needs a half, but you may want a few extras in case one rips.
- Poke a hole in each circle so kids can more easily cut out the circle without folding the paper.

## Tips

- Be sure to try this ahead of time so you can be ready to demonstrate the solution.
- If you don't have enough coins for each child, encourage kids to share.

## Cut Out a Dime-Shaped Hole

Say: **I have a challenge for you to try. I promise it's possible, but it may be difficult!**

Have younger kids find an older partner. Give each pair half of the “Dime-Sized Hole” handout and a quarter. Older partners should use scissors to cut out the circle in the handout and should also make sure preschoolers don't try to ingest the quarter.

Say: **Okay, here's the challenge: Get the quarter through the dime-sized hole without ripping the paper. I promise it's possible.**

Allow kids to experiment and try. As they experiment, continue to say: **I promise it's possible.**

## Fit the Quarter Through the Hole

If someone successfully finds a way, have that person demonstrate for the entire group. If no one can figure it out, show the kids this solution:

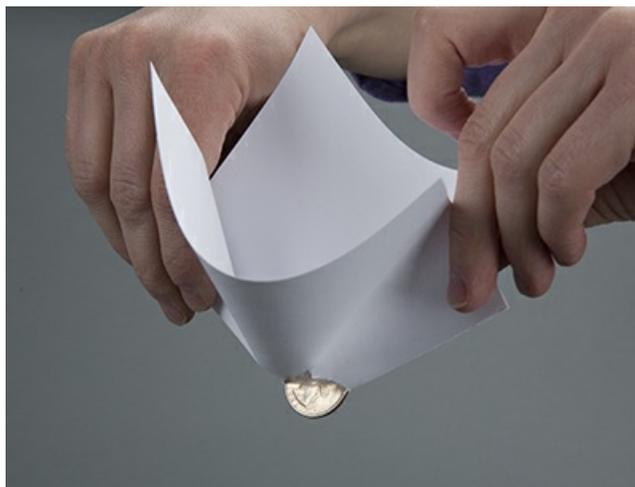
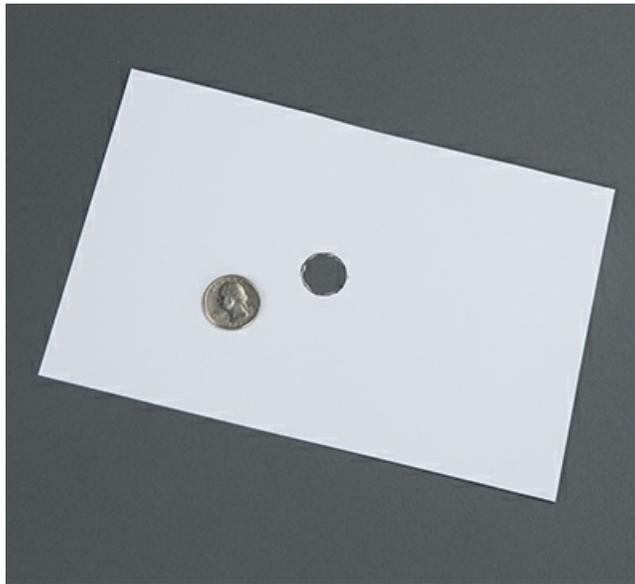
- Fold the paper in half so the circle is also folded in half.
- Place the quarter in the half circle. It still won't go through.
- With the quarter in the fold, squeeze the folded paper in at the sides to look like a funnel. As you do, the hole will get wider so you can tap the quarter through.

## Talk About It

Ask: • **Explain whether or not you doubted my promise as you worked to solve this puzzle.**

• **When is it hard to believe God's promises?**

Say: **Just like I kept my promise that it's possible to fit a quarter through a dime-sized hole, God keeps his promises to us. Abram may have thought that God's promise to give him a child was impossible because it seemed that he and his wife were too old to have children. But God kept his promise to Abram, and he keeps his promises to us, too. We can trust in God's promises even when they're hard to believe.**





## CRAFT

### God's Promise Catcher

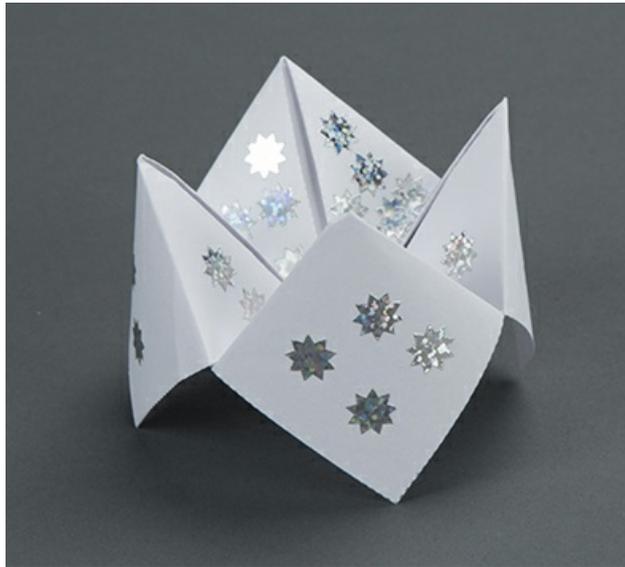
[20 min]

#### Supplies

- Bibles
- "God's Promise Catcher" handout (1 per child) (download [here](#))
- scissors
- small star stickers (46 per child)

#### Easy Prep

- Make a sample craft to show kids.



#### Make a Version of a Cootie Catcher

Say: **We're learning that God keeps his promises to us. Let's make a craft that we can use to count his promises!**

Give each child a copy of the "God's Promise Catcher" handout. Lead kids in following these instructions. (Note: Some of the kids in your class may already know how to make a "cootie catcher." If so, let them coach others on how to fold this craft.) Older kids can help younger kids with the cutting and folding.

- Cut out the larger square.
- Turn the square print-side down and fold along the dotted lines toward the center of the underside of the paper.
- Turn the new squares over and fold the corners in toward the center dot.
- Finally, fold the squares in half one way, undo that fold, and fold them in half the other way.
- When kids undo that fold, they can hold their God's Promise Catchers as shown in the photo.

#### Decorate

The God's Promise Catchers already have eight promises of God written under the flaps. Kids will finish the catchers by placing star stickers on each of the four outer flaps. On one flap, they'll place one sticker, on another two, and so on up to four stickers. They don't need to go in any order. Preschoolers can just place stickers at random.

Then kids will place star stickers on each of the eight inner triangles. They'll place one sticker on one flap, two on another, and so on up to eight stickers. Stickers may need to overlap; that's fine as long as kids can count how many are on each flap. Again, kids don't need to go in any order; it's best if the numbers are randomly arranged. Preschoolers can place the stickers at random. It's best to limit them to numbers they can count.

## **Play**

To use their God's Promise Catchers, kids will hold them so they can see the four outer flaps. They'll choose a number of stars shown on one of the flaps, and open the God's Promise Catcher one way and then the other that many times. This is a great way for preschoolers to practice counting, but don't worry about them getting it exact.

Then they'll choose a number from one of the inner triangles that's showing and move the God's Promise Catcher that many times. They'll choose a number and move the catcher that many times for three turns and then open the panel with the number they choose and read the promise. (Preschoolers can play with older kids so that the older kids can read the promise they choose.)

Let kids play as much as time allows.

## **Talk About It**

Ask: • **What promise on your God's Promise Catcher is your favorite?**

Say: **As you count the stars on your catcher, you'll end up discovering some of God's promises. Your God's Promise Catcher has just eight of God's many promises. But the Bible is full of so many more! God promised Abram more descendants than there are stars, and God kept his promise. God keeps his promises to us, too.**

Encourage kids to take their crafts home and let their friends and families count their way to God's promises.



## MUSIC VIDEO

### I Will Trust You

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[10 min]

#### Supplies

- “I Will Trust You” (watch or download [here](#))
- “All Creatures of Our God and King” (watch or download [here](#))
- “I Sing the Mighty Power of God” (watch or download [here](#))

#### Tip

- Don't have internet in your classroom? That's okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter's DVD [here](#).

#### Sing Songs to God

Sing the three songs in any order.



## Supplies

- “Promises, Promises” teaching video (watch or download [here](#))

## Tip

- Don’t have internet in your classroom? That’s okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter’s DVD [here](#).

## Discuss and Watch “Promises, Promises”

Say: **We’ve been learning that God keeps his promises to us.**

Ask: • **Tell about a promise you *wish* God would make to you.** Share your own example first.

Say: **Let’s watch a video about some kids who make promises—and see what happens next.**

Watch “Promises, Promises.”

Ask: • **Tell about a time you broke a promise.**

• **At the end of the video, the kids list some promises. Which of these is your favorite: God promises to always love us, God promises to help us make good choices, or God promises he’ll always be with us? Why?**

• **How do you know you can trust in that promise?**

Say: **God keeps his promises to us.** Like the kids in the video, we make a lot of promises that we break. Sometimes we just forget to keep them. Sometimes it’s an accident. Sometimes we purposely break them. But God *never* breaks his promises, for any reason! We can trust **God to keep his promises to us**.



## TAKE-HOME

### Dig In @ Home

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#### Supplies

- this week's "Dig In @ Home" handout (1 per child) (download [here](#))

#### Easy Prep

- Add your church announcements to the "Dig In @ Home" handout.

Distribute a copy of the "Dig In @ Home" handout to kids as they leave, or email it to parents during the week.



## Supplies

- 4 flashlights
- dark construction paper

## Easy Prep

- Cut 4 construction paper circles that will fit on the flashlights. In the middle of each circle, cut out 1 of the following: heart, cross, cloud, arrow.
- Tape each circle to a flashlight so that the light shines through the cutout.

## Explain the Promises

Say: **We're learning that God keeps his promises to us. He used stars to show his promise to Abram. We'll use light to thank God for his promises.**

Dim the lights as much as possible. Stand right next to a wall.

Point the flashlight with the heart at the wall. Say: **God promises to love us.**

Point the flashlight with the cross at the wall. Say: **God promises to forgive us.**

Point the flashlight with the arrow at the wall. Say: **The arrow points to where God is: with us. God promises to always be with us.**

Point the arrow with the cloud at the wall. Say: **The cloud reminds us of heaven. God promises we'll go to heaven when we believe in Jesus.**

## Pray

Have kids sit on the floor in a circle. Say: **We're going to pass these flashlights around. When you get one, shine it on your arm, leg, or hand, and silently thank God for the promise you see.**

Give four kids each a flashlight. Have kids shine the lights, pray, and then pass the flashlights clockwise around the circle so everyone gets a turn with each flashlight.

When the flashlights have gone all the way around the circle, pray: **God, thank you that you keep your promises to love us, forgive us, be with us, and take us to heaven. In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week.