



WHY DO PROMISES MATTER SO MUCH?

DAY 5

Have you ever heard of a pinky promise? The idea is that two friends, when making a promise to each other, each hold out a hand and touch pinkies. There's nothing extra special about this promise, but it's just a fun way to remind yourself that you've made a promise. It also shows the other person that you're taking this promise seriously.

FIND A PIECE OF STRING, OR EVEN A LOOSE RUBBER BAND. Making sure not to tie it or wrap it too tight (ask a parent to check this!), put it around your pinky. Try to leave it on as long as you can today.

Then repeat the activity from yesterday, paying attention to all the promises you make throughout the day. The pinky "ring" should help you do an even better job of remembering what promises you've made, and will also give you an extra nudge to follow through. **AND WHEN YOU DO, YOU WILL SHOW OTHERS HOW VALUABLE THEY ARE TO YOU.**



LETTING SOMEONE KNOW YOU SEE
HOW VALUABLE THEY REALLY ARE

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on *Fun2Watch!* then *The So & So Show.*)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

DAY 2

READ 2 SAMUEL 9:1-12— Have you ever made a promise before? Were you able to keep your promises or did you break them?

After you've read 2 Samuel 9:1-12, flip back a few pages and read 1 Samuel 20:14-17. Here is where we first see the promise that David made to Jonathan. The pages between these two sections represent time, and a good bit of it. David would keep his promise, but it would be years later before he could follow through.

Now look down to verse 42 of 1 Samuel 20. Jonathan reminds David here of the promise they've made to each other because he knew that he was asking a lot. Even though David and Jonathan were best friends, Jonathan's father, the king hated David. The two men would have to fight on opposite sides of the battle for a while, but Jonathan loved David and knew he could trust him to keep his family safe.

And David certainly held up his end of the promise. After all those years on the defense and running from Saul, and then continuing to fight battles for the kingdom even after Saul was gone, David was finally king. Now, years later, he could fulfill his promise of taking care of Jonathan's family. Even though Jonathan had died, David honored his friend by keeping his promise.

Think about the next promise you make and work on keeping that promise so you can show honor to the person you gave it to.

DAY 3

Psalm 145:13 has some awesome news for us: "The Lord will keep all his promises. He is faithful in everything he does." (NirV)

HOW HAVE YOU SEEN GOD KEEP HIS PROMISE TO BE WITH YOU ALWAYS, TO GIVE YOU STRENGTH WHEN YOU FEEL WEAK, OR TO COMFORT YOU WHEN YOU FEEL SCARED?

If God keeps His promises to all of us, we can keep our promises to each other too. He will give us the strength we need to do it!

PRAY A PRAYER WITH TWO PARTS:

- 1) Thank God that you can trust Him no matter what, and remind Him of a few ways you've seen Him keep His promises in your own life.
- 2) Ask God to help you be someone others can trust. Share with Him a couple of people in particular you know you need to honor by keeping your promises. Ask Him for help in being a promise-keeper like He is.

DAY 4

WHICH OF THESE WORDS DO YOU THINK MEANS A PROMISE? Check them off.

- | | |
|---------------------------------|----------------------------------|
| <input type="radio"/> I PROMISE | <input type="radio"/> YES |
| <input type="radio"/> I SWEAR | <input type="radio"/> I'LL DO IT |
| <input type="radio"/> I WILL | |

Believe it or not, they're really all promises, at least according to Jesus. Listen to what He said, as recorded in Matthew 5:37, "All you need to say is simply 'Yes' or 'No.' Anything more than this comes from the evil

one," (NirV). Jesus wasn't necessarily saying it was wrong to make a promise, but more what He meant was that our language and our actions towards others should be so trustworthy that all it takes is a simple "yes," or "no," for people to know we will keep our word.

Pay attention to all the promises you make throughout the day, and follow through. Honor others by keeping your promises.