



In Person & Zoom Community Group Lesson – October 30 & November 2, 2022

Commandment #7 - Keep Your Promises

Main Point

- You must keep your promises

Scripture

- “You shall not commit adultery.” Exodus 20:14

Prayer Time

- Spend a couple of minutes in praise and prayer to God.

Praise and Worship

- Egypt – Bethel Music, Cory Asbury
<https://www.youtube.com/watch?v=5B-dfMnZOUg>

Memory Verse

- 1 John 5:3
 - “In fact, here is what it means to love God. We love Him by obeying His commands. And His commands are not hard to obey.”

Review of Last Week

- Last week we learned that God wants us to be kind to others and not hurt them with our words or actions. This is not just for our friends and family but also for those we don't know and maybe don't like very much.
- Is there someone who you hurt with your words or actions recently? If no one comes to mind, did you ask God to help you, just in case you didn't know that you hurt someone? Did you go and say sorry to that person? Did you say sorry to God?

Lesson

- Today we are learning that keeping promises is important.
- This commandment is talking about keeping our marriage promise and not commit adultery, which means to not be faithful to our marriage partner
- However, God tells us that we should never make a promise that we cannot keep, and we should always keep the promises that we do make. God always keeps His promises.
- Has any of you ever broken a promise?
- Do you think that some promises are more important or bigger than others?

- I have a list of promises here; I want you to raise your hand up really high like this (raise hand in air with arm straight) if you think that it is a big promise; if you think it is a little promise, then only put your hand up to your ear like this
- Each time I read a promise, you do the motion that you think it should be
 1. You promise your mom that you will walk your dog. Is that a big promise or a little promise?
 2. Jesus promises to always forgive us when we ask. Is that a big promise or a little promise?
 3. You promise your dad that you will wash the dishes before you go and watch TV. Is that a big promise or a little promise?
 4. Jesus promised to always be with us. Is that a big promise or a little promise?
 5. You promise your roommate to help shovel the snow outside. Is that a big promise or a little promise?
 6. David promised to fight Goliath. Is that a big promise or a little promise?
 7. You promise your friend that you will go to the movies with them. Is that a big promise or a little promise?
 8. God promised he would never send a flood again. Is that a big promise or a little promise?
- We might think some of these are big or small, but a promise is a promise; it doesn't matter if a promise seems little or big, someone is counting on us to keep our promise
- In addition to the person or people who you made the promise to, someone else expects us to keep our promises
- God expects us to be faithful because he is faithful. So no matter how big or small your promises seem, all promises are important to God

Application and Group Discussion

- Talk about this at your tables.
 1. What does it mean to keep our promises?
 2. Give an example in your life when you have kept a promise.
 3. Is there a time when you have not kept a promise? How do you think that it makes God feel when we don't keep our promises?
- Look below in the Activity section for more questions.

Live it out Challenge

- Next time you don't feel like you want to keep a promise, what could or should you do? Talk about it in your small group and write something down on your activity sheet.

Activity

Answer the Questions

1. Keeping your promise means...
 - a. Always knowing the right answer
 - b. Never having to say you're sorry
 - c. Staying out of trouble
 - d. Doing what we say we will do
2. What of these is an example of keeping your promise?
 - a. Borrowing money and not paying it back
 - b. Saying sorry for not cleaning your room
 - c. Promising to help wash the dishes and then doing it
 - d. Showing up late to hand out with friends
3. You promised your roommate that you would help shovel the snow outside. What should you do?
 - a. Go and play video games in your bedroom
 - b. Help your roommate shovel the snow
 - c. Tell your roommate that you will help him tomorrow
 - d. Make your friend help your roommate
4. Why should we keep our promises?
 - a. It makes God smile
 - b. We want to show our friends and family that they are important to us
 - c. We want to keep our commitments we make
 - d. God keeps His promises to us





**GOD KEEPS
HIS PROMISES**