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Lesson 4 / September 27, 2026

Promises Kept

By RLD Editorial Team

for use as STEP 1

Lesson 4
Focus:
God reaches out to us with His promises.

Lesson 4
Bible Basis:
2 Samuel 7:8-17; Hebrews 8:8b-13

Lesson 4
Memory Verse:
Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance.
—Hebrews 9:15a

Students will seek to understand the importance of keeping their promises as they explore how God's promises to us are reliable.

Materials:
☐ None

Facilitate a discussion about promises, using the following questions as a guide.

➢ **Think of a time when someone kept his or her promise to you. What was the promise? How did it make you feel when the person kept that promise?** (Answers will vary.)

➢ **Now think of a time when someone broke his or her promise. What was it? How did you feel when the promise was broken?** (Answers will vary.)

➢ **When trust is broken, what happens to the relationship?** (Answers will vary.)

Seeing how students respond to these questions will help you get a better grasp on how they feel about promises in general. If a student has experienced many broken promises, he or she will be less likely to trust others.

➢ **Why do you think trust is so important in all kinds of relationships?** (Accept all reasonable responses.)

According to Psychology Today, "Trust—or the belief that someone or something can be relied on to do what they say they will—is a key element of social relationships and a foundation for cooperation…and a lack of trust in such scenarios can come with serious consequences. Indeed, society as a whole would likely fail to function in the absence of trust."

Broken trust can also impact our mental health. One recent article lists some of the ways broken trust can affect us, including:

1. **"Increased Stress and Anxiety**
2. **Difficulty Thinking Clearly**

3. **Changes in How You View Trust and Relationships**
4. **Increased Overthinking and Risk of Depression"**

God designed people to need and trust each other. This is just one reason why keeping promises is important. When someone we know repeatedly breaks promises to us, we'll be less likely to trust that person. Today's lesson is about a Person who reaches out to us with His promises. Let's dig in to learn more about what these promises are and Who is making them.

Sources:
Psychology Today: https://www.psychologytoday.com/us/basics/trust
Medium Article: https://medium.com/@sanuriadithya1104/the-pain-of-broken-trust-and-how-to-heal-from-it-7360b2fa4af0

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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Materials:
- ☐ Index cards or pieces of paper
- ☐ Pens/pencils

If you are meeting online, invite students to bring supplies with them to class.

One of the best promises we have been given as God's children is the assurance of heaven because of Jesus' death and resurrection. This promise can take away our fear and anxiety about the future if we rest in its truth. David in the Bible had been running in fear from his oppressors when God gave him this promise of eternal rest in 2 Samuel 7:11b: "I will also give you rest from all your enemies." Hebrews 8:12b assured the believers about God's new covenant promise to "remember their sins no more."

➢ **What are your fears as you face another week?** (Invite interaction and caring discussion. Answers may include: facing bullies, tests, homework or large projects that are due, friendship struggles, conflicts at home, inability to deal with anxiety, depression, anger, etc.)

➢ **God has promised His children an eternal future that is better than anything imaginable—how can this truth change how we feel about our week ahead?** (Answers will vary. Students may not feel that it changes their concrete fears about tomorrow. Go around to the groups, listen in, and offer support as necessary.)

Distribute supplies (or invite students to have them ready at home).

➢ **What is one of God's promises that encourages you?** (Answers will vary; students may mention God's promise of heaven and eternal life; His promise to never forsake us; His promise to forgive us; His promise that nothing can separate us from His love; etc.)

Invite students to write down one of God's promises that "won't let go of them." Ask them to write the name of one person they can reach out to this week to share why this promise of God's is one of their favorites. Be sure to follow up with students during the week to see if they were able to encourage someone else with God's promises and if they themselves have been encouraged this week.

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