

# Safety Promise

By RLD Editorial Team

for use as  
**STEP 1**



**Lesson 9  
Focus:**

Keeping promises builds relationships.

**Lesson 9  
Bible Basis:**

Genesis 29:13-30;  
31:38-45, 51-53

**Lesson 9  
Memory Verse:**

The LORD detests lying lips, but he delights in people who are truthful. —Proverbs 12:22

**Students will discuss the potential consequences of broken promises and the benefits of keeping your word.**

**Materials:**

Internet access

**Promises are a big deal. When we break them, bad things happen to our relationships. People feel like they can't trust us anymore. On the other hand, when we keep promises, good things happen! In fact, keeping a promise might even save a life.**

➤ **What are some examples of promises that could save a life?** (Accept all reasonable responses.)

**A growing number of teens are taking a “safe driving pledge” and committing not to do dangerous things while driving, such as using their cellphones. The Impact Teen Drivers website offers an online pledge that teens can sign online. Let's see what the pledge says.**

Read the following pledge aloud for your students:

**“For my future—for life's big dreams and little comforts, I hereby make a conscious commitment to safe driving.**

**For my friends, my family, and anyone else who may have fond feelings toward me, I pledge not to drive distracted or recklessly.**

**For every person I may never meet, but share the road with, I pledge to give driving the 100% attention it deserves.**

**I COMMIT not to text, eat, or do anything that causes me to take my hands off the wheel or my eyes off the road.**

**I COMMIT to wearing a seatbelt and making sure everyone in the car does the same.**

**I COMMIT to speaking up to a driver who is driving unsafely.**

**I COMMIT to SAFE DRIVING, to THE LAW, and to MY LIFE.”**

**In signing this pledge, teens are promising to be as safe as they can while driving, obeying the law and showing respect both for their lives and the lives of others.**

➤ **What is the result of keeping the promise from this pledge?** (Staying safe in the car, being more protected in accidents, etc.)

➤ **While it will be a few years before all of you are driving, what are some common promises that middle schoolers make to other people?** (Make sure your students understand that by a “promise,” you mean any time one person makes a commitment to someone else. It doesn’t necessarily involve using the word “promise.”)

➤ **Let’s take a closer look at one of the promises that we just discussed. What will happen if that promise is kept? What if it’s broken?** (Help students identify potential positive and negative consequences of several of the promises that the class brainstormed in the previous question.)

**Besides safety issues like wearing your seatbelt, there are few promises that are a matter of life and death. But keeping promises *will* always strengthen your relationships by building trust. Breaking promises will always damage your relationships by destroying trust.**

**The Bible shows us a vivid example of what happens when promises get broken. Let’s read a story about two men named Jacob and Laban.**

Source:

<https://www.impactteendrivers.org/pledge/#:~:text=For%20my%20future%E2%80%94for%20life's,to%20drive%20distracted%20or%20recklessly.>

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

# Safety Promise

for use as  
**STEP 4** 

**Lesson 9****Focus:**

Keeping promises builds relationships.

**Lesson 9****Bible Basis:**

Genesis 29:13-30;  
31:38-45, 51-53

**Lesson 9****Memory Verse:**

The LORD detests lying lips, but he delights in people who are truthful. —Proverbs 12:22

**Materials:**

- Paper
- Pens/pencils

If your class is meeting online, invite students to bring supplies with them to class.

**Today in the story of Jacob and Laban, we saw that broken promises break relationships. Thankfully, the opposite is also true: keeping promises builds relationships!**

**Making a promise doesn't always involve saying the words "I promise." Jesus taught that our word should be our bond (see Matthew 5:37). In other words, when we say we'll do something—whether it's technically a "promise" or not—we need to follow through.**

Distribute supplies (or invite students to have them ready at home). **As we wrap up our lesson, let's think about a commitment that you've broken to someone in your life during the past week or so. Whether it was big or small, all of us make mistakes. For better or for worse, it isn't hard to think of ways that people break promises. Focus on just one commitment that you haven't kept. Write it on the front of your paper.**

**Now, here comes the hard part. Turn your paper over and write down something you can do to rebuild trust with the person who was hurt by your broken promise.**

➤ **What are some ways to rebuild trust after a broken promise?** (Students may suggest things like offering a sincere apology, following through on the promise even if it's late, or doing something kind for the person to try and make up for the neglected commitment.)

**Hopefully, you have some ideas about ways to help heal a broken promise! If you haven't already, write down one idea that applies to your situation on the back of your paper. This week, actually do what you wrote down! Keep tabs on what happened—you'll probably be pleasantly surprised at the results—and share about it if you like next week.**

**Keeping promises builds relationships—that's why it's so important to keep our word. But even when we break a promise, it doesn't have to mean the end of a relationship. We can rebuild trust when we work to make things right.**

Close in prayer.

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