

How do you practice keeping promises?

“I do what I say I will do.”

What does God say?

“They always do what they
promise, no matter how much
it may cost.”

Psalm 15:4b GNT

Teaching Objectives

for use in evaluations

1. To memorize declaration and verse.
 2. To encourage students to respond to requests to do something with “Yes, I will.”
 3. To give students the opportunity to keep promises by completing homework papers and returning them the following week with a parent’s initials. Promise-keepers are rewarded with a sticker plus a stamp on their paper to show parents.
- Homework handouts will be given after each class this season beginning with week two. There are four to choose from.
 - BEFORE handing out, ask each student **each week** if they promise to do it and remind them of the importance of keeping a promise.
 - Students will need to complete at least three of the five days of all the exercises in order to receive their reward. **Parents will need to initial them.**
 - Students who complete and return them with the initials receive a sticker (4 sheets to choose from) and a stamp on their papers - or the other way around, whatever they prefer.

Fall 2022 CT Jr Version: I Keep My Promises

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What does God say?

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2022 Fall

COMMITMENT

September 6 - December 3

Closed:

Sep 1-5 (Labor day Break)

Nov 13: Starwatch Student Show

Nov 22-25: (Thanksgiving Break)

September 2022						
Su	M	Tu	W	Th	F	Sa
				4	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Story: Stella Learns to Keep Her Promises

Main Points Each Week:

Week 1 Intro: When you make a promise to someone, you're telling them: *"You don't have to worry about this being done. You can be sure I WILL do it!"*

Weeks 2 -3: I will keep my promise because others depend on me.

Weeks 4-6: When I tell someone "I promise," it helps me remember to do what I said.

Weeks 7-9: I will keep my promise even when it's hard and I don't want to.

Weeks 10-11: I will keep my promises to others because God keeps His promises to me.

Week 12: When you make a promise to someone, you're telling them: *"You don't have to worry about this being done. You can be sure I WILL do it!"*

Stella Learns About Promises at Home

Week 1: [Supplements 1,2](#)

Week 2: Add all pictures to wall / [Supplements 1,2](#) / begin homework handouts

Week 3: Handout: [Supplement 3](#)

Stella Learns About Promises at Emeth

Week 4: Add all pics to wall / The [Promise Song](#) (Slow it down at first if needed)

<https://youtube.com/clip/Ugkxd8-NAXrFLrJ501lkk8r6Doad1ZpxQpnW>

Week 5:

Week 6: [Supplements 4 & 5 - Game Cards](#)

Stella Learns About Promises to Friends

Week 7: Add all pics to wall

Week 8:

Week 9: [Supplement 6 - coloring page](#)

Stella Learns About Promises to God

Week 10: Add all pics to wall

Week 11: [Supplement 7 & 8 / Suppl. 9 rainbow coloring page](#)

Week 12: Review week. Have visuals separated and ready to play **Who Remembers**.

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Week 1: Sep. 6-10 (Monday classes miss. Week 1 has no story)

1. **Intro:** This season we’re going to learn how important it is to keep the promises we make. Have you ever made a promise to someone? What did you promise them? What do you think it means to keep a promise? Promises can be big - like feeding, walking, and cleaning up after a pet. (*Supplements 1,2*) Or they can be small like promising to bring the mail in for your mom today or to make your bed. Either way, if you make a promise, it’s very important that you keep it.
2. **Teach and repeat the declaration, verse, and sign language several times.**
3. **Lesson 1: When you make a promise to someone, you’re telling them: “You don’t have to worry about this being done. You can be sure I WILL do it!”**
 - a. If your parents agree to let you have a dog if you promise to take full care of it and you keep your promise, what will they say if you want to add another pet to take care of?
 - i. *They will probably say yes. Why?*
 1. You have proved to them that you are responsible and can be trusted. You have shown them they do not have to worry about the dog being well-cared for.
 - b. If you promised to take full care of your dog, but you **didn’t** keep your promise, what will they say if you want to add another pet to take care of?
 - i. *They will say no. Why?*
 1. You have proved to them that you are **not** responsible and **cannot** be trusted.
 2. They will not believe you are telling the truth.
 3. You will have to work very hard at doing everything you are told in little things before they will think about getting you another pet.
 - c. When you keep your promise, others know they can trust you to do important things for them.
 - i. They don’t need to remind you or check up on you.
 - ii. They are certain you will do what you said.
 - iii. You will build a good reputation which means *other people* will also know they can believe you and trust you.
4. **Dismissal:** Practice declaration, verse, and sign language once more.

When you make a promise to someone, you’re telling them: “You don’t have to worry about this being done. You can be sure I WILL do it!”

Planning Notes:

Fall 2022 CT Jr Version: I Keep My Promises

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Week 2: Sep. 12-17

1. **Practice declaration & verse along with sign language.**
2. **Lead-in:**
 - a. Who remembers what we're learning about this season? (*Review declaration & Suppl. 1,2*)
 - b. Today we're going to meet Stella. As you listen, pay attention to what her mom tells her about making a promise.
3. **Lesson 2: I will keep my promise because others depend on me.**
4. **Listen to Chapter 1 of story and show pictures: *Stella Learns About Promises at Home***
5. **Questions (Choose one or more that best fits your class)**
 - a. (*Show pic 1*) What did Stella promise she would do?
 - i. *She would feed Chubbs, the cat.*
 - b. Did she keep her promise?
 - i. *No. She started to play with her blocks.*
 - c. (*Show pic 3*) What did her mom tell her about making a promise?
 - i. *Mom told Stella three things:*
 1. *When you make a promise to someone, they believe you will do what you say.*
 2. *They trust you.*
 3. *If you break your promise, then something will not get done and usually someone will suffer because of it.*
6. **What do you think?**
 - a. I have something I'd like for you to do before your next class. (*Show a homework page*) These are homework papers for you to take home. I would like you to promise to do all these exercises at least three of the days until next class. You will get stronger if you do extra work at home! Do you think you can do that? **Will you promise?** If you keep your promise and bring them back next week with your mom or dad's initials here, I'll give you a sticker and stamp your paper. I'll hand these out at the end of class.
7. **Dismissal:** review the verse and say the main point together:

I will keep my promise because others depend on me.

Homework

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Week 3: Sep. 19-24

1. **Practice declaration & verse together**
2. **Lead-in:** Who remembered to keep their promise and do their homework from last week? *(Give stickers and stamps and lots of kudos!)*
3. **Lesson 3: I will keep my promise because others depend on me.**
4. **Review the chapter using pictures: *Stella Learns About Promises at Home***
5. **Questions (Choose one or more that best fits your class)**
 - a. *(Show pic 2)* Who is suffering because Stella did not keep her promise?
 - i. *Chubbs*
 - b. Look at his face. If you were Chubbs and you could talk, what would you say to Stella?
 - i. *Lots of answers possible. Emphasize that he may feel unloved and forgotten.*
 - c. When we break a promise, the other person may feel like they don't matter, that they are unimportant to you. Has that ever happened to you?
 - i. *Some people are a bit like Chubbs. They can't explain how they feel when you break your promise, so they get very angry.*
 - ii. *(Show pic 4) Everyone needs to feel loved and cared for and when we keep our promises, we are telling them they are important to us.*
6. **What do you think?**
 - a. Do you think Stella didn't want to keep her promise or did she just get distracted?
 - b. Can you think of ways to remind yourself to keep your promise?
 - i. *Write a note or draw a picture for yourself.*
 - ii. *Set an alarm if it's something you promised to do in a short time.*
 - iii. *If you forgot to do your homework, put it up on the fridge or on a mirror so you see it!*
7. **Dismissal:** review the verse and say the main point together:

I will keep my promise because others depend on me.

Supplement 3 Maze / Homework

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Week 4: Sep. 26 - Oct. 1

1. **Practice declaration & verse together**
2. **Lead-in:** (*Give stickers and stamps*) Begin teaching The Promise Song
3. **Lesson 4: When I tell someone “I promise,” it helps me remember to do what I said.**
4. **Listen to Chapter 2 of story and show pictures: *Stella Learns About Promises at Emeth***
5. **Questions (Choose one or more that best fits your class)**
 - a. What promise did Stella make to Mr. Mark?
 - i. *To tell Tia it was her turn on bars*
 - b. Was it easy to keep her promise? (*No*) Why not?
 - i. *(Pic 2) She got distracted by Bobby.*
 - c. If Stella had not kept her promise to tell Tia it was her turn, would it have been Bobby’s fault?
 - i. *No. He didn’t even know about the promise.*
 - d. Whose fault would it have been?
 - i. *Stella’s. If we make a promise, it’s our job not to let anything stop us from keeping the promise.*
 - ii. *If we know we get distracted easily, it would be better not to make a promise!*
 - iii. *Always think before you make a promise to be sure you can keep it.*
6. **What do you think?**
 - a. Do you think you should promise to call your friend at 7 o’clock in the morning?
 - i. *If you love to get up early - yes. If not - no!*
 - b. Should you promise to do your Emeth homework this week if your family is going on a vacation?
 - i. *I’m sure you could find time to do it if you WANTED to. But if you’re not sure if you would remember or you think you want to skip this week, then don’t make the promise.*
7. **Dismissal:** review the verse and sign language; say the main point together:

When I tell someone “I promise,” it helps me remember to do what I said.

Homework

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Week 5: Oct. 3-8

1. **Practice declaration & verse together**
2. **Lead-in:** *(Give stickers and stamps)* Keep teaching The Promise Song
3. **Lesson 5: When I tell someone “I promise,” it helps me remember to do what I said.**
4. **Review the chapter using pictures: *Stella Learns About Promises at Emeth***
5. **Questions (Choose one or more that best fits your class)**
 - a. What would have happened if Stella had forgotten to tell Tia her turn was next on bars?
 - i. *Mr. Mark would have had to take time away from another student.*
 - ii. *He would not have been able to finish class on time.*
 - iii. *Tia may have missed her turn on bars.*
6. **What do you think?**
 - a. Who thinks Stella would have remembered to tell Tia to go to bars if she had not made a promise? Who thinks she would have forgotten?
 - i. *(No right answer. Ask them why they chose their answer.)*
 - ii. *When we say YES to something and then add a promise to that, it's kind of like writing it down twice in our brains with big, fat letters. We are more likely to remember.*
 - b. How else do you think you can help yourself remember a promise?
 - i. *Carefully imagine yourself doing what you promised.*
 - ii. *Think about WHEN and WHERE you will do what you promised.*
7. **Dismissal:** review the verse and say the main point together:

When I tell someone “I promise,” it helps me remember to do what I said.

Homework

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Week 6: Oct. 10-15

- 1. Practice declaration & verse together**
- 2. Lead-in:** (Give stickers and stamps) *“Would you promise to?” Supplements 4 & 5 game cards.*
 - Who remembers what we should always do before we make a promise?
 - Think before we promise.*
 - Here’s a little game to help you remember to do that. I’m going to hold up a card (or have a student pick from the pile) and ask you if you would make a promise to do what it asks. Not everyone will always have the same answer. You need to think for yourself if you should answer yes or no.
- 3. Lesson 6: When I tell someone “I promise,” it helps me remember to do what I said.**
- 4. Review the chapter using pictures: Stella Learns About Promises at Emeth**
- 5. Questions (Choose one or more that best fits your class)**
 - (Pic 4) What do you think Mr. Mark was trying to teach everyone when he gave Stella three stamps instead of two?
 - He believes making a promise and keeping it is very important. He wants everyone to follow Stella’s example.*
 - Can you think of one way Stella could help herself remember her next promise and not be distracted by anything?
 - Say it many times out loud: “I promised I would.....(help clean up mats after class; bring my own water bottle to class next week; do 10 backward rolls...)”*
 - Remember that by saying something out loud, our brains see them better and remember better.*
- 6. What do you think?**
 - If you were Stella and your favorite coach just gave you an extra stamp because you kept your promise, how would you feel? What would you say?
- 7. Do you know anyone who always keeps their promises?**
 - God! *“The Lord will keep all His promises. He is faithful in everything He does.”* Psalm 145:13
 - When we keep our promises, we are being like God and that makes Him very happy.
 - If you have trouble keeping your promises, ask God to help you. He’s really good about reminding us to do the right thing!
- 8. Dismissal:** review the verse and say the main point together:

When I tell someone “I promise,” it helps me remember to do what I said.

Homework

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Week 7: Oct. 17-22

- 1. Practice declaration & verse together**
- 2. Lead-in:** (*Give stickers and stamps*) Have you ever told a brother or sister you would play with them later but then you really didn't feel like it when the time came because you wanted to do something else - like play video games or play with a friend instead? Was your brother or sister happy about that? That's the problem Stella's having today in our new story!
- 3. Lesson 7: I will keep my promise even when it's hard and I don't want to.**
- 4. Listen to the chapter and show pictures: *Stella Learns About Promises to Friends***
- 5. Questions (Choose one or more that best fits your class)**
 - What does Stella promise to do?
 - Pull Jessie in the wagon after Jessie pulls her.*
 - Why doesn't Stella want to keep her promise?
 - She wanted to play in the sandbox; she didn't **feel** like pulling Jessie.*
 - How does Jessie feel when Stella breaks her promise?
 - Very hurt and sad; disappointed in Stella; she may think Stella doesn't care about her*
- 6. What do you think?**
 - How do you think Stella feels about herself when she breaks her promise to Jessie?
 - If you care about someone and break a promise you made to them, can you feel happy about that?
 - Do you think you would want to stay friends with someone who did what Stella did?
- 7. Promise Song**
- 8. Dismissal:** review the verse and say the main point together:

I will keep my promise even when it's hard and I don't want to.

Homework

Have you talked with any parents about their child keeping their promise to do their homework? If not, ask if they are remembering to do homework or if they need reminders from the parent.

Parents I need to connect with:

How are your students doing at achieving the objectives? How can you encourage any stragglers?

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Week 8: Oct. 24-29

1. Practice declaration & verse together

2. Lead-in: (*Give stickers and stamps*) Has anyone done their homework every single week so far? If you have, do you feel stronger? Can you do more push-ups or better bridges now than you could before? Making promises can be just as good for us as it is for others. We can make our “promise muscles” stronger!

3. Lesson 8: I will keep my promise even when it’s hard and I don’t want to.

4. Review the chapter using pictures: *Stella Learns About Promises to Friends*

5. Questions (Choose one or more that best fits your class)

- a. (*Pic 3*) Why is Stella looking at the ground when Jessie’s mom asks her if she promised to pull Jessie in the wagon?
 - i. *She feels guilty because she knows she broke her promise; she’s embarrassed; she feels bad because she has hurt her friend’s feelings*
- b. What did Stella’s mom tell her that she remembers as she stares at the ground?
 - i. *“The Bible tells us that God ‘makes a promise, and then He keeps it.’ He wants us to do the same.”*

6. What do you think?

- a. We are all like Stella. All of us have not done something that we said we would because we didn’t feel like it. But what do you think it is that makes us feel guilty afterward? Why can’t we just forget about it and act like nothing happened?
 - i. *It’s because we’ve been made in God’s image. He gave us something called a conscience.*
 - ii. *Our conscience is a gift from God that quickly tells us what is right and what is wrong.*
 - iii. *If we pay attention to what it says, we will be happy. If not, we will feel guilty like Stella.*

7. Promise Song

8. Dismissal: review the verse and say the main point together:

I will keep my promise even when it’s hard and I don’t want to.

Homework

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Week 9: Oct. 31 - Nov. 5

1. **Practice declaration & verse together**
2. **Lead-in:** (*Give stickers and stamps*) Does anyone remember what a conscience is?
 - a. *It's a special gift from God that quickly tells us what is right and what is wrong.*
 - b. Did anyone hear their conscience talking to them this week?
 - i. *Coaches - share a simple example, such as not feeling like helping someone after you said you would; wanting to spend your money on pizza rather than pay a bill, etc. Tell them how you felt as your conscience was telling you to do the right thing but you wanted to do the opposite. Then tell them how you felt when you made the right choice to follow your conscience.)*
 - ii. *Our consciences help us keep our promises to God and others.*
3. **Lesson 9: I will keep my promise even when it's hard and I don't want to.**
4. **Review the chapter using pictures: *Stella Learns About Promises to Friends***
5. **Questions (Choose one or more that best fits your class)**
 - a. *(Pic 3)* What do you think Stella's conscience was telling her as she looked at the ground?
 - i. *You've made a bad choice and broken your promise. You need to fix it.*
 - b. What did Stella do when Jessie's mom asked her, "What do you think you should do?"
 - i. *She admitted she was wrong and told Jessie she was sorry.*
 - ii. *(Pic 4)* *She proved she was truly sorry by following through on her original promise - to pull Jessie in the wagon.*
6. **What do you think?**
 - a. If you were Jessie, do you think you would still choose to be friends with Stella?
7. **Dismissal:** review the verse and say the main point together:

I will keep my promise even when it's hard and I don't want to.

Supplement 6 Coloring / Homework

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Week 10: Nov. 7-12

1. Practice declaration & verse together
2. Lead-in: (*Give stickers and stamps*) Promise Song
3. Lesson 10: I will keep my promises to others because God keeps His promises to me.
4. Listen to the chapter and show pictures: **Stella Learns About Promises to God**
(*An enlarged page of the animals and ark is included as Ms. Jensen talks about Noah. Pause the recording if kids want to look closer*)
5. Questions (Choose one or more that best fits your class)
 - a. How bad were the people that lived in the time of Noah? What were they doing?
 - i. *They were destroying everything God had made for them, even other people.*
 - b. What did God do to fix the problem?
 - i. *He flooded the whole earth so He could make everything new again.*
 - c. What did God promise afterward?
 - i. *To never destroy the earth by flooding it with water again.*
 - d. How do we know God has kept His promise?
 - i. *He has given us a reminder that we see when it's sunny and raining - the rainbow.*
6. What do you think?
 - a. Do you think God gave us the rainbow so **He** would remember to keep His promise?
 - b. Do you think He gave us the rainbow to remind **us** that He always keeps all His promises?
 - c. Does God need to be reminded of His promises?
 - i. *God is perfect. He never forgets.*
 - ii. *If He makes a promise, He will keep it because God is not even able to do wrong. It is impossible for Him to make mistakes.*
 - iii. *Because He is perfect in all He does, we know He will never break a promise.*
7. Dismissal: review the verse and say the main point together:

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Homework

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Week 11: Nov. 14-19 (This is the last full lesson. Week 12 will be for quotes of what kids learned, videos, pictures.)

1. Practice declaration & verse together

2. Lead-in: *(Give stickers and stamps)* Does anyone know how many colors are in the rainbow?

- a. *(Suppl. 7)* Seven. Red, orange, yellow, green, blue, indigo, violet.
- b. How many days are there in a week?
- c. Maybe God gave us seven days so we could make one promise every day to keep!

3. Lesson 11: I will keep my promises to others because God keeps His promises to me.

4. Review the chapter using pictures: *Stella Learns About Promises to God*

5. Questions

- a. Why did Miss Judy have the kids make a rainbow? *(Suppl. 8)*
 - i. *To give them a chance to make and keep promises*
- b. What was Stella's promise?
 - i. *To obey her parents.*

6. What do you think?

- a. Can you think of a promise you can make and keep this week?
 - i. *Show them the handouts you'll give them after class. (Suppl. 9)*
 - ii. *Write their name in and the promise they said they would keep in the bottom right cloud.*
 - iii. *Ask them to bring it back next week with a parent's initials.*

7. Dismissal: review the verse and say the main point together:

I will keep my promises to others because God keeps His promises to me.

Suppl. 9 Rainbow Handouts / Homework

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Week 12: Nov. 21, 26 & Nov. 28-Dec. 3 (Nov. 22-25 = break) Mon & Sat get two review weeks.

1. **Practice declaration & verse together**
2. Today's main point: **When you make a promise to someone, you're telling them: "You don't have to worry about this being done. You can be sure I WILL do it!"**
3. **Lead-in:** (Give stickers and stamps) It's our last week learning about promises so we're going to play a game called **Who Remembers!**

Coaches: How to play:

1. Turn all visuals (except supplements) face down on the floor.
2. Review lesson points on each of the supplements then line them up against the wall.
3. Have kids sit in a circle around the visuals and let a student pick one up and show it to everyone.
4. Coach asks: "Who remembers what this picture is about?" Or ask a more specific question like, "Who remembers why (*character's*) face is so sad in this picture?"
5. Ask which lesson point it is connected to.
6. Set that visual under the correct lesson point.
7. Go around the circle until everyone has picked one up. Do more than one if time.

4. Finish with the Promise Song

5. **Questions** (If possible, take videos and pictures, some having students' faces and holding visuals.)
 - a. Who was your favorite character in the story and why?
 - b. Did you make the commitment to do homework most of the weeks?
 - c. How do you think that commitment has changed you into a better person?

Dismissal: review the verse and sign language; say the main point together:

When you make a promise to someone, you're telling them: "You don't have to worry about this being done. You can be sure I WILL do it!"

Name _____ On a scale of 1 - 5, rate how well your students did in general in reaching the objectives and explain why you chose that number. Add any other feedback that might make CT better. Give this to Rebecca before week 1 of next season. Thank you!

1 2 3 4 5
