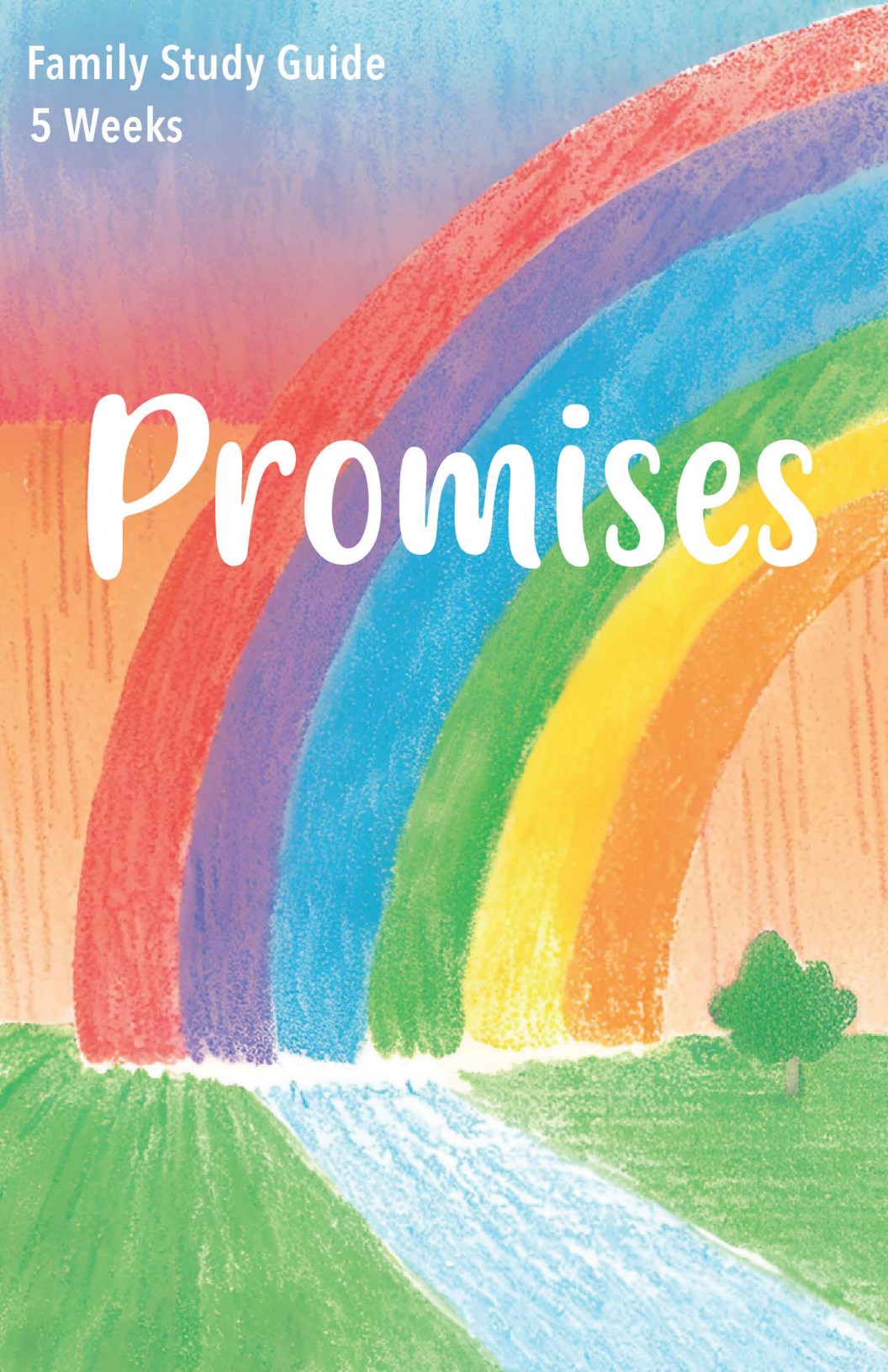


Family Study Guide
5 Weeks

Promises



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Hey families!

Maybe you've heard what Jesus has done for others. You want to believe He can do the same for you, but you're not sure it's even possible.

Jesus made several promises in the Bible—but what do they mean today? Let's find out together!

-Sunnybrook Family Ministry Team

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@sunnybrookkids
@sunnybrook_msm
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Week 1

START TALKING: If you could ask Jesus any question, what would you ask?

BIG IDEA: Jesus promises you will know His voice.

SUMMARY: Jesus is the Good Shepherd. Just like how a shepherd cares for his sheep, Jesus loves and protects us. We can hear His voice — through the Bible, prayer, and the Holy Spirit, Jesus speaks to our hearts. Knowing His voice takes practice. Just like recognizing a friend's voice, we learn to hear Jesus by spending time with Him.

KEY VERSE:

John 10:27

[Jesus says,] "My sheep listen to my voice; I know them, and they follow me."

START THINKING:

Read the parable of the Good Shepherd (John 10:1-18) and discuss what it means.

- What does Jesus call Himself?
- What does a shepherd do for his sheep?
- Why do the sheep listen to the shepherd?
- How can we hear Jesus' voice today?

START SHARING:

What do you think it means to hear Jesus' voice?

1. Play a game to help kids understand how we recognize familiar voices. Blindfold one child and have other kids say simple phrases. The blindfolded child will guess who is speaking. Just like we recognize our friends' voices, we can learn to recognize Jesus' voice.
2. Listening to Jesus takes practice, just like tuning a radio. Show kids by "tuning" a station on a radio. What happens if we're on the wrong station? (We can't hear clearly!) We need to "tune in" to Jesus by reading the Bible, praying, and obeying Him so we can hear Him better.



START DOING: Memorize John 10:27 together.

START PRAYING: Thank You, Jesus, for being our Good Shepherd. Help us to listen to Your voice. Thank You for caring enough to speak to us. Thank You for giving us the ability to hear You through the Bible, a song, or the words of a wise friend. Help us to hear You and obey—right away! Amen!



Week 2

START TALKING: What are things you can't always see but you know are real? (wind, smoke, money in non-cash form, love, etc.)

BIG IDEA: Jesus promises to always be with you.

SUMMARY: Jesus promises to always be with us. His presence brings comfort and courage. We can learn how to trust Jesus in every situation.

KEY VERSE:

Matthew 28:20 EASY

... You can be sure that I will be with you always. I will be with you until the end of time.

START THINKING:

Read one or more of these Bible stories about Jesus' promise to be with people.

- Jesus Calms the Storm (Mark 4:35-41) – Jesus was with His disciples even in the storm.
- The Great Commission (Matthew 28:18-20) – Jesus promises, "I am with you always."
- Shadrach, Meshach & Abednego (Daniel 3) – Jesus was with them in the fiery furnace.

START SHARING:

Talk about these questions after reading one of the stories:

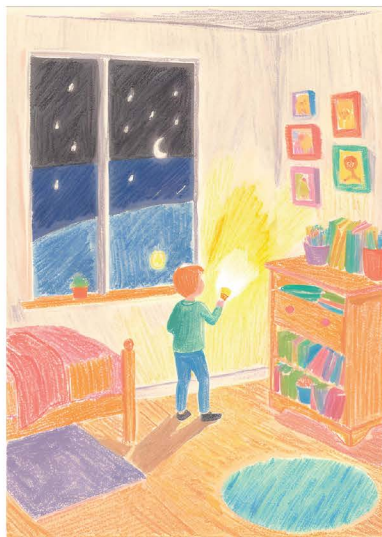
1. How did Jesus show He was with them in this story?
2. Does Jesus ever leave us? (No!)
3. When do you feel scared or alone? How can remembering Jesus' promise help?



START DOING:

- Demonstrate how Jesus is with us even when we can't see Him. Shine a flashlight and ask, "Can you see the light?" (Yes!) Then turn it off and ask, "Is light still real even when we don't see it?" Just like the light, Jesus is always with us, even when we can't see Him!
- Make footprints to remember Jesus' promise. Have kids trace their feet, cut out and color. Write "Jesus is with me wherever I go!"

START PRAYING: Jesus, You are always with us, even if we forget about You. We want to trust You in every situation. AMEN.



Week 3

START TALKING: What does peace mean to you? Can you think of a time when you felt peaceful?

BIG IDEA: Jesus promises to give you peace.

SUMMARY: Jesus wants to give us a special kind of peace. It's not the same peace the world gives us (like when everything is quiet), but a peace that is deep inside our hearts, even when things are hard or scary. Jesus' peace helps us feel calm and safe because we know He is with us, no matter what is happening around us. Jesus offers us peace that goes beyond our circumstances and helps us feel calm and secure, knowing He is always with us.

KEY VERSE:

John 14:27

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

START THINKING:

When you are worried or scared, what can you do to ask Jesus for peace? (Discuss how prayer or taking a deep breath and remembering Jesus' promise can help calm our hearts.)

Why do you think Jesus' promises us peace? Jesus knows we face challenges, and He wants us to know that He's always with us, giving us peace no matter what happens. What are some challenges your family is facing now? How can you be praying about those things as a family?

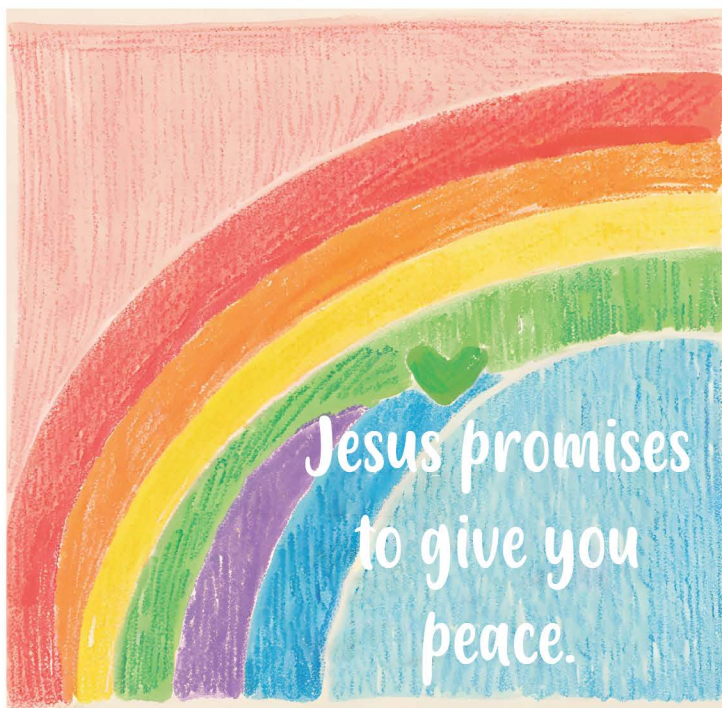
START SHARING:

Share a moment when you felt calm or peaceful because you trusted Jesus to help you. Encourage your child to do the same.

START DOING: Find a spot in the house to place a peace reminder (like a small cross, a calm picture, or a note with John 14:27 on it). Let this be a visual reminder of Jesus' promise of peace throughout the day.

START PRAYING: As a family, take a few minutes to pray together. Thank Jesus for His peace and ask Him to help each family member feel His calm presence in their hearts.

Jesus, thank You for giving us Your peace. Help us to remember that no matter what happens, You are always with us. Fill our hearts with Your calm and love today. Amen.



Week 4

START TALKING: What things do you worry about?

BIG IDEA: Jesus promises you don't have to worry.

SUMMARY: God loves us so much, and He promises to provide for us, so we don't need to worry about what might happen.

KEY VERSE:

Matthew 6:25-26 EASY

"So I tell you this. You should not worry about how to stay alive. Do not worry about the food and drink that you need. Do not worry about the clothes that you need to wear. Your life is more important than the food that you eat. Your body is more important than your clothes. Think about the wild birds. They do not plant seeds in the ground. They do not cut down plants to eat. They have no buildings to store food. But God, your Father in heaven, gives them food to eat. You are much more valuable than the birds."

START THINKING:

Have you ever worried about something? Maybe about a test at school, or if your parents will pick you up on time? Share a personal story about a time when you were worried but then learned you didn't have to be.

START SHARING:

Read Matthew 6:25-26. Jesus says that we don't need to worry about the things we need, like food, clothes, or what will happen tomorrow. If God takes care of the birds and flowers, He will take care of us too because we are much more important to Him.

1. When we start to worry, how can our family remind each other that God is always in control and will take care of us?
2. Who wants to be our family Prayer Encourager and encourage our family to pray and ask for help when we feel anxious?

START DOING:

- Show a picture or video of birds flying and ask the kids how the birds know where to find food. Explain how birds don't worry about their needs because God takes care of them.
- Make a Worry Jar. Write down or draw things that make you worried (like school, friends, family, etc.) and place them in a worry jar. Talk about how we can give our worries to God and trust Him to take care of us.

START PRAYING: Jesus, You tell us not to worry, so please help us when we do. Thank You for loving us and taking care of us. Please help us not to worry but to trust that You will always provide for us. We know that You are always with us. Amen.



Week 5

START TALKING: Which family member deserves a sleep award?

- Loudest Sleeper
- Can Fall Asleep Anywhere
- Best Sleep-walker
- Best Sleep-talker
- Allergic to Sleep

BIG IDEA: Jesus promises to give you rest.

SUMMARY: Jesus understands that life can be hard and stressful sometimes. He promises that if we come to Him with all our worries, He will give us rest.

KEY VERSE:

Matthew 11:28-30 NLT

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

START THINKING:

Have you ever felt tired or worn out, like you just needed a break? Share an example of a time when you felt really tired, like after a long day of work or play.

START SHARING:

What is rest? Rest means feeling peaceful, calm, and not tired or overwhelmed anymore. Jesus offers this kind of rest for our hearts and minds.



START DOING: Share a backpack or bag filled with items to represent worries or heavy things (books, toys, etc.). Let kids try to carry it and express how heavy it feels. Talk about how Jesus wants us to give our worries to Him and let Him help carry the load. Jesus is always ready to help when we are tired, sad, or stressed. When we talk to Him and pray, He gives us peace and strength. Jesus' "yoke" (a wooden frame for oxen) represents how He helps us work through hard things, but it doesn't feel heavy because He is with us.

START PRAYING: Jesus, You know what's best for us and sometimes that's rest. Please help us to slow down and rest when we need it. Give our minds and hearts rest from the worries of this world. Amen!





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