

Family Fridge Fun

Big Idea

Because God keeps His promises,
I can trust Him always!



Check out Genesis 17:1—18:19; 21:1-7.

What do you wish that someone would promise you?

Connecting to Jesus

God promised Abraham that all the people born in his family would be more than anyone could count—like the stars in the sky and the sand on the seashore! Through Isaac, Abraham’s son, the promises of God would be passed down to a whole nation.

Out of that nation came the one man through whom all people can be saved. Abraham didn’t see God’s promises completely fulfilled—he wasn’t alive when Jesus was born. But he believed that God would keep His promises. Through Jesus, we can receive God’s promises, too!

Just for Fun

Play tug-of-war (a soft rope is best). With each round, change the combination of family members on each team. In which round did you hold on longest? Pull hardest? Move the least? Sometimes in life, we need to team up to hold onto God’s promises. But no matter who else pulls with us, God is always on our side. Because He keeps His promises, we can trust Him always!



Bible Verse

“Let us hold unswervingly to the hope we profess, for he who promised is faithful.”

Hebrews 10:23

Set up a simple obstacle course in the family room (use cardboard blocks or paper plates) or backyard (use chairs or balls). Take turns to run the obstacle course as “unswervingly” as possible while everyone repeats the words of Hebrews 10:23 aloud!



Get into the Bible

- Read Psalm 18:1-3. What words do these verses use to describe God? When does your family need to remember to depend on God and His promises?
- Read Proverbs 19:20. Where can your family go for advice and instruction? Is it hard or easy to accept instruction? Why? What is a situation in which your family needs wisdom this week? Plan to pray together every day about it.
- Read Hebrews 13:5-6. What promises does God make to us? What do we say in return? What is one way your family can show you are confident in God’s help this week?