



Dear GAP Kids

This week we continue with our BE STILL and KNOW series by looking at the promises of God. In this series we would like to encourage you to complete your lesson pack while you are listening to the lesson. We will have some breaks and some pauses so that you can complete the activity. But if that's not enough time, feel free to press pause on the video at any point. This lesson pack is also fillable so that you can complete it even if you cannot print it out. We hope you have fun with the video and the activities! And don't forget that this lesson pack also has something small for you to do every day of the week.

Lots of love,

- The GAP Team



SUNDAY 16TH AUGUST – Watch today's lesson on YouTube (GAP Gracepoint Online), Facebook (GAP_Gracepoint) or Instagram (gap_gracepoint)

While watching the lesson, complete the activities below:

I. Read the scripture

Today we will be looking at some of the promises of God and at different scriptures which tell us about them.

In the scriptures on the next page, highlight, circle or underline the part of the scripture which you think tells us about the promise or contains the promise.

Then listen to the explanation of the promise and make notes for yourself about what this promise means and how we can apply it. You can make these notes on the lines below the scripture which have been provided.



- John 16: 33: “I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

- Matthew 11:28-29: “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

- 2 Corinthians 12:9-10: “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

- Philippians 4:6-7: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

- Jeremiah 29:11: “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”



2. Relating the promises of God back to Psalm 46:10:

How do all these promises tie back into our main verse for this series? *Write down the answer in the space below.*

Hint #1: It is similar to Jeremiah 29:11

Hint #2: It is the theme/ title of this series



We will be looking at each part of this main scripture (Psalm 46:10) separately in the next few weeks so we can understand what it really means. *If you have not yet done so, look down below and see the subscribe button. If it is still red, click it now so that it turns grey, then click the little bell next to it so that it will tell you when your next GAP video is up so that you do not miss it.*

3. The big idea

What's the big idea for us today? *Write down some bullet points about what is important from today's lesson.*

4. This week's challenge

The challenge for you this week is to select any one of the many promises of God and try to memorize it. It could be one of the verses from today's lesson or could be any scripture. You can also find the promises of God by Googling them. *Select one and write it down below.*



- If you can write it on a piece of paper and stick it somewhere where you spend a lot of time, like your desk, bedroom door or bathroom mirror.
- Or if you do have a phone or tablet, set a reminder with the scripture on it so that it pops up every day this week.
- *Every time you see it, say it out loud and eventually see if you can remember it without reading it off.*



Why do we want to learn scripture off by heart? Because when we are scared, God pops these scriptures into our heads and that helps us remember to be still and trust God.

If you want you can even, get your parent or guardian to record a short video of you saying the promise that you have selected off by heart and send it to us on WhatsApp to this number: 067 067 5426.



MONDAY 17TH AUGUST – What do you think is the most important part of this week’s lesson? *Write down one thing which you thought was important.*



TUESDAY 18TH AUGUST – Complete the Bridge the GAP discussion with your family. If no one is able to complete it with you, you can also reflect on (think deeply about) the questions in the “Family Chats” section by yourself.

You can find this Bridge the GAP Resource on the next page of this booklet.



BRIDGE THE GAP

A Faith @ Home
Resource for Parents



**Sunday
16th August**

HELLO!



WHAT'S HAPPENING AT GAP?

In this series we will be exploring Psalm 46:10 NLT: "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

One of the focus areas/ ministry objectives for GAP for 2020 is "Equipping children to LOVE: love God, love life, love others."

Our approach to doing this...

Love God: Move children to love God by inciting wonder

Love Life: Move children to love life by provoking discovery

Love Others: Move children to love others by fueling passion

In this series we will aim to do just that by exploring each part of this simple, yet powerful scripture.

Today's Lesson: And Know...

Focus idea: We can be still and know that God will deliver on His promises. We need to know what God promises us so that this can help us trust in God. When we know what God promises us, we can be still because we can know that God is with us.

FAMILY CHATS:

As a family read search for God's promises in your Bibles. These could also be found with the assistance of a book or even Google. *Select 3 and discuss the following points per scripture:*

1. What is the promise for us, contained in this verse?
2. Why is this promise important for us to know?
3. How can we "use" this promise in different situations? (Think of both good and difficult situations and try to apply the promise to different scenarios).

Lastly, select one of these promises as your scripture to memorize for this week.



WEDNESDAY 19TH AUGUST – Select a promise of God verse and repeat it 5 times in order to start the process of memorizing it.

**Select one promise of
God and try to
memorize it.
Trust God to remind you
of it in the times when
you need a reminder of
God's goodness and
faithfulness.**



See if you can write it down from memory below:



THURSDAY 20TH AUGUST – At the back (last page) of this lesson pack is a colouring sheet on Psalm 46:10. *In your free time, if you like, you can colour it in.*



FRIDAY 21ST AUGUST – Check our Gracepoint Website for what’s happening for GAP Fridays today! Please join us for some fun!

You can access the website at this address:

<https://gracepoint.co.za/gap-grade-4-6/>

Just to make you smile 😊
GAP Joke of the Week...
Where do mummies go swimming?
Answer: The Dead Sea.



Don't forget to watch your next GAP Gracepoint Online Lesson this Sunday:

- YouTube: GAP Gracepoint Online
- Facebook: GAP_Gracepoint
- Instagram: gap_gracepoint
- WhatsApp: 067 067 5426



BE STILL,

and know that

I AM GOD;

I will be

exalted among

the nations

I WILL BE EXALTED
in the earth

PSALM 46:10

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