How Do Promises Feel?
Think about a time someone broke a promise to you. Draw what you felt when they broke their promise. Now, think about a time when someone kept a promise to you. Draw what that felt like. Look at your pictures and remember to keep your promises so that you honor others!

Share a Snack and a Promise
David shared his food with Mephibosheth as part of keeping his promise to Jonathan. Share a snack with someone in your family and tell them about some promises you are going to keep. You might have promised to be kind to others, to put a family member first, or just to always keep your promises. Tell them all about it! Know that you honor others when you keep your promises.

Pray About Promising
Ask God to help you to be a promise keeper. Ask Him to help you to only make the promises you should. Tell God thank you for teaching you to honor others by keeping your promises. Then ask God to help you keep those promises.

Pat and Clap
Make up a rhythm by clapping and patting your legs. It can be fast or slow, any rhythm you want! Then say the words to this verse while you are clapping and patting your rhythm. Know that this will help you remember to keep your promises.

Honor others by keeping your promises. Read Ecclesiastes 5:5