

# You can trust God.

You can trust God because He is always good. He never tells lies. God always keeps his promises because He loves you very much. He created you and thinks you are very special. God has made lots of promises to us and each promise is important to God. He won't forget what He has promised. You can count on God to do what He says. You can trust Him.

Ask a grown up to help you find some of these wonderful promises in the Bible. You could write one, or all of them, out on a piece of paper or in a notebook.

Hebrews 13:5b   Nahum 1:7   Psalm 121:2   1 Peter 5:7

If you are worried, or things are difficult or uncertain, you can always trust the promises of God. He will always be with you.

The greatest promise God has made is that if we believe in Jesus and put our trust in Him, He promises that we can live with Him forever in heaven because He died on the cross to make that possible. What a wonderful promise!

## Memory verse:

Psalm 145:13 'The Lord is trustworthy in all he promises and faithful in all he does.'

## Bible story:

Find the story of Noah in your Children's Bible. Read the story and find out if God kept his promise to Noah and his family.

## Craft:

Make a rainbow. Find a piece of card, large or small, and see if you can draw an arc across from one side to the other. You may need a grown up to help you with this. Carry on drawing lines underneath for each of the seven colours of the rainbow - red, orange, yellow, green, blue, indigo and violet. Now colour or paint your rainbow! When you've finished find somewhere to put your rainbow where you can see it; perhaps on the fridge, or on your bedroom door, hang it from the ceiling or put it in the window so that other people can see it, or you may want to give your rainbow to someone who needs cheering up. Each time you see your rainbow you will remember it is a symbol of hope, that God loves you very much and always, **ALWAYS**, keeps his promises!



## Prayer:

Lord Jesus thank you for always keeping your promises. Thank you that I can trust you. Amen.