



### Here's what happens...

Jesus takes the complexity out of making vows or promises. Often we add qualifiers to our promises, such as "I swear by heaven!" or "I *really* mean it." But Jesus makes promises much simpler: If you always do what you say, then yes or no is all you need to say.

### Bible Point:

God wants us to do what we say.

*"In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father" (Matthew 5:16).*

### Through the Week

- As a family, come up with an affirmation you can give when other family members do what they said they would do. It could be a high-five, a fist bump, or anything else you think would be fun.
- Keep an eye out all week long! Whenever someone catches others family members following through on what they said they'd do, they can do the affirmation gesture together.
- Challenge kids to watch parents, too. It'll be nice to get credit for all your efforts!

### Church Announcements

- [Type your content or insert your church logo - here]

### Talk About This...

- What's one thing you'd never want to promise to do?