

God Remembers His Promises

The purpose of Sunday School is to inspire class members to learn, teach, and live the gospel of Jesus Christ every day.

The scriptures are full of examples of our Heavenly Father making and keeping promises to His children. Studying the examples of Enoch, Noah, and Abraham will help us understand God’s nature and learn to rely on the promises He has made to us in our day.

Prepare

As you study the accounts found in [Genesis 6–7; 17; 20](#); [Moses 6–7](#), consider asking yourself:

- What promises have I made to the Lord? What has He promised in return? How have I been blessed by these promises?
- What could class members do to discover from the scriptures God’s promises to His children? How could they help build each other’s faith in God’s promises?
- What are members of my class doing to understand and live so that they receive the promises God has given them? What experiences could they share that show how God is keeping His promises in their lives?
- How will I inspire class members to learn, teach, and live this doctrine in the coming week?

Encourage personal and family study

Each week you have the opportunity to encourage class members to have meaningful gospel study, individually and with their families. For instance, you could do one of the following:

- Invite one or more class members to explain how they teach the gospel to their family. As part of this discussion, you could spend a few minutes showing class members the many resources available on youth.lds.org (such as [videos for youth](#), [music downloads](#), and [For the Strength of Youth topic pages](#)).
- Invite class members to share how they have acted on impressions they received during a previous class.
- Ask class members to share and explain stories they know from [Genesis 3–21](#) that are examples of God fulfilling His promises. This activity could take the majority of the time in class.

Teaching in the Savior’s Way

Jesus Christ used the scriptures to teach about His mission. He taught His disciples to think about scriptures for themselves and to use them to answer their questions. How can you help class members turn to the scriptures to understand that God’s promises are sure?

Learn together and invite to act

Follow the guidance of the Spirit as you select one or more of these activities or create your own based on the needs of your class.

- **What promises did God make to Enoch, Noah, and Abraham? How were these promises fulfilled?**
Before class begins, you could write *God Remembers His Promises* on the board and create a simple chart with the scripture references below. You could divide the class into three groups and assign each group one of the stories from the chart. Group members could read their assigned passages individually, looking for promises God made and how He fulfilled them. Each group could then discuss event they read about share any insights they gained. The groups could assign one member to tell the rest of the class about the story they studied and ways God fulfilled His promises. Consider having the selected group member do this from the point of view of Enoch, Noah, or Abraham. After each group presents its story, class members could ask questions and discuss further insights. Why is it important for us to know about the fulfillment of these promises?

People	Promises God made	Promises fulfilled
Enoch	Moses 6:26–34	Moses 6:37–39, 47; 7:13–18
Noah	Genesis 6:13–22; 9:11–17	Genesis 7:15–24
Abraham	Genesis 15:1–6; 17:1–9, 15–21	Genesis 21:1–8; D&C 132:29–30

- **What promises has the Lord made to us today? How are they being fulfilled?**

You could show the video "[Good Things to Come](#)" and invite class members to share their feelings and what they learn from Elder Holland's message. You could then give them time to ponder the promises God has made to them and write a few of them down. (Ideas could include the promises connected to covenants they have made, patriarchal blessings, or blessings promised from keeping commandments.) Several class members could share experiences they have had in which they received promised blessings for keeping their covenants with God. Consider inviting class members to think of someone they know who could benefit from a message of hope in God's promises and plan ways to share with that person what they learned today.

Learning and living the gospel every day

Encourage class members to think about what they have learned and felt today. What do they feel impressed to do? For instance, they could:

- Share with their families something from today's discussion.
- Continue studying this doctrine and act on what they learn.
- Look for other scriptural examples of God fulfilling His promises. In a future class, you could invite them to share what they found.

During the coming week, you could send class members suggestions for home study from the additional learning resources at the end of the next outline you select. Encourage them to consider using one of the ideas listed under "Basic Scripture Study Strategies" or "Family Study Ideas" as they review these resources.

Additional learning resources

- [Alma 37:17; D&C 1:37–39; 82:10](#)
- President Henry B. Eyring, "[Witnesses for God](#)," *Ensign*, Nov. 1996, 30–32
- Elder Jeffrey R. Holland, "[An High Priest of Good Things to Come](#)," *Ensign*, Nov. 1999, 36–38
- Anne C. Pingree, "[Seeing the Promises Afar Off](#)," *Ensign* or *Liahona*, Nov. 2003, 13–15
- Video: "[Good Things to Come](#)" (4:56)