



Jesus Keeps His Promises

We have a Savior who always keeps
His promises and His name is Jesus.

After activity:

For those of you who completed all the
instructions, congratulations.

For those of you who did not complete them,
thank you for trying your best.

How do you feel when somebody makes promises
and break them?

Did you ever break any promises?



Before you continue, you must read this page and sign at the bottom in order to continue.

1. I promise that I will complete all the instructions
2. I promise that I will complete all the instructions in order
3. I promise that I will not skip any of the instructions
4. I promise that I will not complain while completing the instructions

Sign: _____

Date: _____

1. Do 20 jumping jacks
2. Do 10 regular push ups or knee push ups
3. Hop like a frog 10 times
4. Move side way like crab 10 times each direction (right and left)
5. Do imaginary jump rope 20 times
6. Do high knee 20 times
7. Read this verse 10 times out loud, "Jesus Christ is the same yesterday and today and forever. Hebrews 13:8"
8. Give a massage to one person around you for 30 seconds
9. Do 20 Squats
10. Do run in place for 1 minute
11. Do butt kick 20 times
12. Do crab walk 20 steps
13. Do 10 sit ups
14. Stand with right or left foot for 10 seconds without touching the ground
15. Repeat # 7 and memorize. You cannot advance to #12 unless the verse is memorized.
16. Do arm circles 20 times each (forward and back)
17. Do toe touch for 20 seconds from standing or sitting
18. Do superman for 15 seconds
19. Make a chair with your body for 10 seconds
20. Do 10 kicks each foot while holding chair pose
21. Do horse kick 10 times
22. Do elbow plank or push up hold for 30 seconds
23. Repeat from #1 thru 22 (just kidding)
24. Recite Hebrew 13:8 by memory
25. Drink water and give yourself a round of applause