

# Promise and Deliverance Student Workbook

Volume 1  
Level 1

Harvey De Groot

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# Preface

When S.G. De Graaf wrote his four-volume series, *Promise and Deliverance*, he showed educators how to teach Bible stories from a redemptive-historical perspective. Rather than turning Bible stories into moralistic tales, De Graaf taught us how all the Bible shows God revealing himself as the God of the covenant, who is working out His redemptive plan for humanity and all of creation.

The 80 workbooks written by Harvey De Groot are meant to supplement De Graaf's work. They are divided by volume and level number: 20 volumes with four levels per volume. Workbook lessons are written at four levels so that families with students in various grades can study the same Bible stories during the week in preparation for their classes on Sunday. Prior to class, the Sunday School teacher should study the lesson in De Graaf's book. The teacher and students can go through the workbook during class.

The levels are divided according to the following grades:

- **Level One:** Grades K-1
- **Level Two:** Grades 2-3
- **Level Three:** Grades 4-6
- **Level Four:** Grades 7-8

Each volume contains 12 or 13 lessons, and each lesson has the following sections:

- **Reference:** The volume and lesson number in De Graaf's series.
- **Scripture:** The passage from Scripture on which the lesson is based.
- **Memory Verse:** A memory verse related to the lesson
- **Lesson Truth:** A short statement to help the class focus on the main point of the lesson.
- **Lesson:** The lesson itself, which the teacher can read in class. For older grades, the teacher may opt to assign it as homework.
- **Questions:** Items to be discussed in class. For older grades, the teacher can assign these questions as homework but should also use them as a basis for class discussion. These are not the only questions that could or should be asked. Teachers should encourage students to come with their own questions as well.

This edition was written by Harvey De Groot and edited by his son Norlan De Groot.



## The Kingdom of God

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 1

**Scripture:** Genesis 1:1–2:3

**Memory Verse:** “All things were made through Him.” (John 1:3a)

**Lesson Truth:** God made all things.

### Lesson

God made all the things we can see. God made the sun and moon and stars. He made all the trees and flowers. He made all the animals and people. God made all things in six normal days. He made all things out of nothing. He just said, “Let there be . . .” and there they were.

The first day God made day and God made night.

The second day God made the sky and the air.

The third day God made the oceans, the lakes, and the mountains.

The fourth day God made the sun to shine each day. He made the moon and stars to shine each night.

The fifth day God made all the fish and all the birds.

The sixth day God made all the animals. Last of all, God made the first man and woman.

God made all these things in six days. Do you know what God did then? He rested. God wants you to rest each Sunday. He wants you to remember what He did, after He made all things.

## Questions

*Choose the correct answer.*

1. Say yes to the things that God made:

Trees   animals   man   fish   birds   sun   moon   stars

2. It took God (many years - a few weeks - six days) to make all things.

3. God made all things by (shouting - speaking).

4. On the seventh day God (worked - rested).

## The Covenant of God's Favor

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 2

**Scripture:** Genesis 2:4-25

**Memory Verse:** “And He will show them His covenant.” (Psalm 25:14b)

**Lesson Truth:** God told the man and woman they could be His special friends.

### Lesson

God made a beautiful garden. God said Adam and Eve could live in His beautiful garden. God wanted Adam and Eve to take care of His beautiful garden. God told Adam and Eve they could eat the fruit from all the trees in the garden except one in the middle of the garden. God said Adam and Eve would be His special friends if they would obey Him.

How sad it is that Adam and Eve did not obey God. They ate some of the fruit from the tree in the middle of the garden. Now Adam and Eve could no longer live in God's beautiful garden and be His special friends. Will Adam and Eve ever be special friends of God again?

Yes, God made a way for Adam and Eve to be His friends again. Adam and Eve did not obey God. But our Lord Jesus Christ did obey God. So, Adam and Eve could once again be God's friends. Because Jesus did obey God, you and I can also be God's friends. We will tell about that friendship next time.

### Questions

*Choose the correct answer.*

1. Adam and Eve lived in a beautiful (house - garden).
2. Adam and Eve were told not to eat fruit from the tree (in the middle - at the end) of the garden.

3. Adam and Eve (obeyed - disobeyed) God and broke a special friendship with God.
4. Our Lord Jesus (obeyed - disobeyed) God so we can again have a special friendship with God.



## The Covenant of God's Grace

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 3

**Scripture:** Genesis 3

**Memory Verse:** "I have made a covenant with my chosen" (Psalm 89:3a)

**Lesson Truth:** God told Adam and Eve about a new promise, after they had disobeyed Him in the Garden of Eden.

### Lesson

Our Bible story today is about two actions. These two actions took place in the Garden of Eden. One action was done by Adam and Eve when they ate the fruit from the tree from which God had said they should not eat. The second action was done by God when He decided to give Adam and Eve a new promise. Even after they had disobeyed God, He still loved them.

What a sad story that God's enemy, Satan, came to talk to Adam and Eve. He made them believe it wasn't fair not to eat from the tree in the middle of the garden. Satan even lied to Adam and Eve about God's Word. He told Adam and Eve you will not surely die, as God has said if you eat the fruit from the tree. Satan made it seem so nice. He said you will not die, but your eyes will be opened. And if your eyes are opened you will know what is good and what is evil.

Then Adam and Eve ate the fruit from the tree. They disobeyed God. After they disobeyed God, they felt terrible. They were afraid of God and tried to hide from God. But God still loved them.

God loved Adam and Eve so much. Even after they disobeyed God, He promised them that one of Eve's great grandchildren would one day destroy Satan. God sent Adam and Eve out of the garden because they disobeyed. They could no longer live close to God in the garden. Instead they believed God's promise that Satan would be destroyed. The great grandchild of Eve who will destroy Satan is our Lord Jesus.

## Questions

1. Who came and told Adam and Eve a lie about God's Word?
2. What did Adam and Eve do after they disobeyed God?
3. What did God promise would happen to Satan?
4. Who is the great grandchild of Eve who will destroy Satan?

Lesson 4  
**Living Seed**

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 4

**Scripture:** Genesis 4

**Memory Verse:** “For God has appointed another seed for me instead of Abel.” (Genesis 4:25b)

**Lesson Truth:** God promised Adam and Eve that a son, who would follow them, would one day destroy Satan.

### **Lesson**

When you make a promise to your little friends, do you always keep your promises? Sometimes we break our promises, but God never does. Today we are going to learn about our promise-keeping God. He kept His promises even when one of Adam and Eve’s sons did a very a wicked thing.

Adam and Eve were sent out of God’s beautiful garden. They were sent out of the garden because they disobeyed God. Think how happy they must have been when God gave them two little boys. They knew that God was keeping His promise. God had promised they would have children even outside the garden. Adam and Eve loved their little boys. They named them Cain and Abel. They taught them to worship God. They taught them to bring sacrifices to God.

One day Cain and Abel each brought a sacrifice to God. Abel had a heart that loved God, so God liked his sacrifice. Cain did not have a heart that loved God, so God did not like his sacrifice. Cain was angry because God did not like his sacrifice. He was angry at God and his brother Abel. Because he was angry Cain killed his brother Abel. Think how sad Adam and Eve must have been. Their son Cain was very wicked. Their son Abel was dead. How could God keep His promise if they did not have a son who loved God?

Remember God keeps His promises. God gave Adam and Eve another little boy. They named this boy, Seth. They named him, Seth, because they knew God had given them another son who loved God. Their son, Seth, would take the place of, Abel, who was killed by Cain.

God did keep His promise. He kept His promise to Adam and Eve. He gave them a son who loved God. He gave children to Seth who also loved God. One of these children from Seth would one day destroy Satan.

## Questions

*Choose the correct answer.*

1. Who was Adam and Eve's son who did not love God? Cain - Abel - Seth
2. Who were the two sons who did love God? Cain - Abel - Seth
3. This story tells us about: Cain who was faithful? or God who is faithful?
4. The son of Adam and Eve and the son of Seth who will destroy Satan is: Abel - Jesus - Lamech

Lesson 5

## Saved by Water

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 5

**Scripture:** Genesis 6–9

**Memory Verse:** “But as the days of Noah were, so also will the coming of the Son of Man be.” (Matt. 24:37)

**Lesson Truth:** The world is saved by water, when God saved Noah and his family

### Lesson

The whole earth was covered with water. All the people on the earth drowned except one family. That family was the family of Noah. Why did God destroy almost all the people on the earth? God destroyed them because they were so sinful. God’s promise to Adam and Eve could never come from sinful people. So, He decided to save one faithful family. This family would one day have the Savior who would crush Satan’s head.

God saved Noah and his family in a big boat. This boat was called an ark. God told Noah to build the ark. Noah’s neighbors made fun of him when he built the ark. They did not think it would rain enough to cover the whole earth. Noah believed God. He built the ark anyway. One day God told Noah and his family to go into the ark. He also brought animals to Noah to put into the ark. Then the rains came and the oceans overflowed. Even the high mountains were covered with water. Everyone drowned except Noah and his family. All the animals also drowned except the ones in the ark with Noah.

After the flood the earth finally dried. Noah and his family left the ark. Noah was thankful that God saved him. He made an altar and sacrificed to God. God liked his sacrifice. God promised Noah He would never send another big flood to destroy the whole earth. God said He would put the rainbow in the clouds so He would remember His promise about a flood.

Noah believed God, but he was also a sinner. One day he became drunk. When he was drunk he lay in his tent naked. His youngest son, Ham, did not honor him. His sons, Shem and Japheth, did honor him and covered him. Later, Noah woke from his drunkenness. He then talked like a prophet. He said Ham's son Canaan would be a slave. He said Shem would be blessed. The Savior would come from the family of Shem.

## Questions

*Choose the correct answer.*

1. God sent (a flood - a fire) to destroy the world.
2. God saved (Noah - his wife - his sons - his sons wives) in the ark.
3. God set (the dark clouds - the rainbow) as a sign He would not destroy the earth with a flood again.
4. Noah spoke as a prophet saying (Shem would be blessed - Canaan would be blessed).

## The Emergence of Distinct Peoples

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 6

**Scripture:** Genesis 11:1-9

**Memory Verse:** “Behold how good and how pleasant it is for brethren to dwell together in unity.” (Psalm 133:1)

**Lesson Truth:** Outward unity is torn down to make room for true unity in Christ.

### Lesson

In time Noah’s children moved to a plain called Shinar. At Shinar they became afraid. They did not want to become separated. They decided to build a city and a tower. “A huge tower will protect us,” they thought. They forgot that only God can protect us. God wanted them to populate the whole earth.

God saw what the people were doing. He did not like to have them trust in a huge tower and city. He wanted them to trust in God. So, God decided to stop them from building. He gave each of these people a different language to speak. All these different languages were called Babel. At Babel God showed how much He loves His people. He would not let them trust in a tower. He wanted them to trust in a Redeemer.

The people could not understand each other. They moved to different parts of the world. God made them into different people. They spoke different languages. No matter what their language, they needed love. God showed them how to become one again. A tower could not help them become one. They could become one by trusting in Jesus.

Boys and girls are still tempted. They are tempted to trust themselves. They are tempted, just like the people at Babel. Remember to trust only in Jesus. Trust in Jesus can help you be one with all people.

## Questions

*Choose the correct answer.*

1. The people of the earth lived on the plain of (Babel - Shinar - Ararat).
2. The people disobeyed God by building a (church - school - tower).
3. The Bible says, God (listened - came down - spoke).
4. God stopped their building by confusing their (language - tools - streets).
5. Because of this confusion the place was called (Shinar - Babel - Ararat).



## Blessed in The One

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 7

**Scripture:** Genesis 12

**Memory Verse:** “And in you all the families of the earth shall be blessed.”  
(Genesis 12:3b)

**Lesson Truth:** God chose one through whom He would bless everyone.

### Lesson

Today our story is about a man called Abram. God later changed his name to Abraham. God said he was to be the father of great nations. God had not talked to anyone in the world for a long time. Ever since the great flood God had been silent. In our story today we learn that God appeared to Abram. God told Abram that he and Sarai would have a son. He told Abram the children of this son would grow into a great nation. Then God told Abram something even more wonderful. He said that from this great nation He was going to send a Redeemer. A Redeemer is someone who can save us from our sins. Do you know who this Redeemer is?

God told Abram about the Redeemer. God then asked Abram to do some very hard things. He asked Abram to leave his family. The Lord also asked Abram to go to a new place to live. Isn't it wonderful that Abram obeyed God? He did what God wanted him to do. He left his family and went to a new place to live. He obeyed because God worked in his heart.

Isn't it sad, that Abram did not always trust God to take care of him? One day he went to Egypt to find food. When he was in Egypt, he became afraid. He was afraid the people in Egypt would kill him and take his wife. So, he told Sarai to lie. He told Sarai to say that she was his sister. Sure enough, the Pharaoh in Egypt did try to take Sarai. But God could never let that happen. Sarai was to be the mother of the great nation God promised to Abram. Sarai was going to be the mother of the Redeemer.

## Questions

*Choose the correct answer.*

1. God asked Abram to leave his (family - country).
2. Abram's wife was (Sarai - Rebecca - Rachel).
3. God promised Abram He would become a (great army - great nation).
4. Abram told Sarai (to pray - to lie) when he was in Egypt.
5. God promised Abram that a (Pharaoh - Redeemer) would come from his children.

Lesson 8  
**Christ Alone**

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 8

**Scripture:** Genesis 13

**Memory Verse:** “And if you are Christ’s, then you are Abraham’s seed...” (Galatians 3:29a)

**Lesson Truth:** The blessings of God come through Jesus.

## **Lesson**

Abram took his wife, Sarai, and his nephew, Lot, and moved to a new country. He obeyed God. He lived separate from his own family. Our story today tells us that God wanted Abram to be even more separate. He wanted Abram to be separate from Lot. God wanted Abram to be a picture of what Jesus would be. Jesus was separate from everything on the earth. How would Abram separate from Lot?

Both Abram and Lot had a lot of cattle and sheep. They were rich. There wasn’t enough grass for all their flocks and herds. Abram did not want to quarrel with Lot. He said to Lot, “Please separate from me, if you take the left then I will go to the right; or if you go to the right then I will go to the left.” Abram was very generous. He let Lot choose first. This was the way God helped Abram become all the way separate.

Lot chose the beautiful valley of the Jordan River. This was a bad choice for Lot. It was bad because there were two very wicked cities in that valley. Lot set up his tent near Sodom.

Lot was no longer with Abram. Now God came to Abram. God gave Abram His rich promises. He had given these promises to Abram before. He told Abram he would become a great nation. This promise meant that God would make a special son come from Abram. This special son of Abram is Jesus.

## Questions

*Choose the correct answer.*

1. Abram moved to Canaan with his nephew (Isaac - Lot).
2. Abram took his wife (Sarai - Rebecca) to Canaan.
3. God wanted Abram and Lot to be (together - separate).
4. Lot chose to live near the city of (Sodom - Jerusalem).
5. The promised son of Abram is (Jacob - Jesus).

## Blessed by the Greater

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 9

**Scripture:** Genesis 14

**Memory Verse:** “And he blessed him and said: Blessed be Abram of God most High...” (Genesis 14:19a)

**Lesson Truth:** Abram is blessed by someone greater than himself.

### Lesson

Two important things happened in Abram’s life. First, he won a battle against the king of Elam. Second, he met the priest of God Most High. Today we will learn about these two important things.

Four kings decided to fight their neighbors. One of the neighbors was the king of Sodom. Remember, Lot lived at Sodom. The kings attacked Sodom and other towns. They took their possessions. Lot was captured. Lot’s family was also captured. This made Abram feel very bad. Lot was Abram's nephew.

Abram decided to rescue Lot. God was with Abram. He defeated the kings who had Lot. He captured the possessions. He also rescued Lot and his family. Abram brought the possessions back to the king of Sodom. He also brought back Lot and his family.

The king of Sodom wanted to honor Abram. He wanted to give Abram all the captured possessions. Abram did not take the possessions. He said, “God helped me win the battle. I did not win the battle myself. God gave me everything I own. The possessions from the battle did not make me rich. God made me rich.”

Then a wonderful thing happened. The priest of God Most High met Abram. This priest blessed Abram. He said God made you win the battle against your enemies. Do you know what Abram did? He gave this priest a tenth of everything.

Abram now knew his blessings came from God. He knew his children would be blessed by our Lord Jesus Christ.

## Questions

*Choose the correct answer.*

1. Abram went to battle to rescue (Lot - Jacob) his nephew.
2. Abram captured the (priest - possessions) when he defeated the kings.
3. Abram said (God - the king of Sodom) made him rich.
4. Abram was blessed by (the king - the priest of God Most High).
5. Abram's children will be blessed by (our Lord Jesus Christ - the king).

## The Lord in the Covenant

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 10

**Scripture:** Genesis 15

**Memory Verse:** “Just as Abraham ‘believed God and it was accounted to him for righteousness.’” (Galatians 3:6)

**Lesson Truth:** Jesus tells us He is the one who will keep the promises made to Abram and all believers.

### Lesson

Have you ever made a promise to your mom or dad? Did you keep your promise? One day God made a promise to Abram. He gave Abram a sign that meant He would keep His promise. Today we will learn about God’s promise to Abram. We will also learn how God showed Abram He would keep His promise.

God told Abram he would have many children. He told Abram that one of his children would bless all the nations. Abram was afraid this would not happen. He was afraid because he did not have any children at all. Then God came to Abram. God said to Abram, “Do not be afraid.” He showed Abram all the stars in the sky. He told Abram his children would be as many as the stars. The Bible says Abram believed God.

God then gave Abram another promise. He promised the land of Canaan to Abram’s children. Abram asked God, “How do I know your promise is true?” God told Abram He would show him a special sign. This sign meant that a promise was really, really true.

God showed Abram a sign of animals cut in two. The one who promised passed between the animal parts. This meant the promise was true. The promise must be kept. Only God passed between the animal parts. Abram knew God would keep His promise.

God told Abram his children would be servants. They would be servants four hundred years. It really happened. Abram's children were servants in Egypt four hundred years. Now we know God always keeps His promises.

## Questions

*Choose the correct answer.*

1. God promised Abram (many children - a castle).
2. God told Abram (do not cry - do not be afraid).
3. God promised Abram's children the land of (Canaan - Moab).
4. God told Abram his children would be (kings - servants) for 400 years.
5. (God - Abram) always keeps His promises.



Lesson 11  
**God Hears**

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 11

**Scripture:** Genesis 16

**Memory Verse:** “My voice You shall hear in the morning, O Lord.”  
(Psalm 5:3a)

**Lesson Truth:** God hears His children when they cry to Him.

## **Lesson**

God takes care of His family. He took care of Hagar. Hagar was Sarai’s maid. She was from Abram’s house. So, God took care of her.

Sarai wanted to have a child. God had not yet given her a child. Sarai thought, “I will get a child from Hagar, my maid.” Abram thought this would work. But, this was not God’s way.

Hagar was going to have a baby. She did not like Sarai, her mistress. Sarai wanted to have Hagar’s baby. Hagar ran away. She ran into the wilderness. Hagar was very tired. She sat by a spring of water. The Angel of the Lord found her.

The Angel said to Hagar, “You must go back to Sarai. The baby you will have, will become a great nation. You must name your baby, Ishmael.” Ishmael means, the Lord hears.

Hagar obeyed the Angel. She went back to Sarai and Abram. Hagar’s baby was born. Abram gave him the name, Ishmael. Abram knew this was the right name. He knew the name, Ishmael, means the Lord hears. The Lord did hear Hagar in the wilderness.

## **Questions**

*Choose the correct answer.*

1. Sarai’s maidservant was (Hagar - Ruth).

2. Hagar ran away to (the city - the wilderness).
3. The Angel of the Lord talked to (Hagar - Sarai).
4. Abram named Hagar's son (Jacob - Ishmael).
5. The name, Ishmael, means (God Hears - Abram Hears).

## God the Almighty

**Reference:** De Graaf, *Promise and Deliverance*, Volume 1, Lesson 12

**Scripture:** Genesis 17

**Memory Verse:** “I am Almighty God; walk before Me and be blameless.”  
(Genesis 17:1b)

**Lesson Truth:** God told Abraham that He is Almighty.

### Lesson

God gave promises to Abram. God promised that Abram would have children. He promised that all the nations would be blessed by Abram’s children. Abram did not have a godly son. Abram and Sarai were old. How could God keep His Promises, Abram wondered?

God appeared to Abram. God said, “I am Almighty God. I can do all things. I can give old people a child. I can give you and Sarai a child. I promised you would have children. I keep my promises.”

“Abram, I will help you to trust me. I will give you a new name. Your new name will be Abraham. Abraham means you will be the father of many nations. I will give Sarai a new name. Her new name will be Sarah. Sarah means she shall be the mother of nations. Sarah means kings and peoples will come from her.”

Now Abraham knew God would keep His promises. He and Sarah would have a child. Even though they were old. God would give them a child. God is Almighty. God can do everything.

### Questions

*Choose the correct answer.*

1. Almighty God appeared to (Abram – Isaac).

2. God changed Abram's name to (Ishmael – Abraham).
3. God changed Sarai's name to (Sarah – Hagar).
4. Abraham means (Father of Nations – Father of Israel).
5. Sarah means (Mother of Ishmael – Mother of Nations).