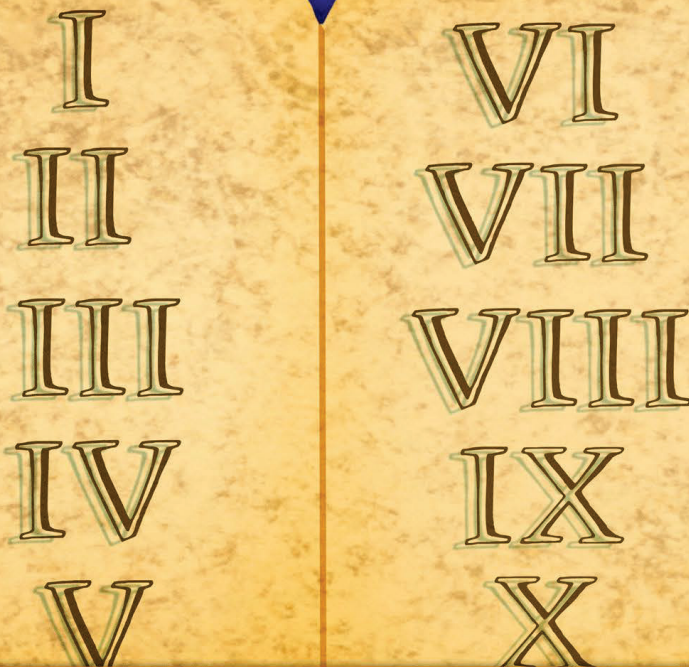




**BIBLE
FUN
FACTORY**

BIBLE LESSONS FOR KIDS | Volume 4



I
II
III
IV
V
VI
VII
VIII
IX
X

EXODUS 20

Copyright Notice

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notice

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

BIBLE FUN FACTORY

BIBLE LESSONS FOR KIDS

EXODUS 20

Welcome to this series of Bible lessons for students in preschool through sixth grade. These lessons introduce characters in the book of Genesis and help children make a personal connection by putting the characters problems into a modern day context. The lessons introduce principles students can use every day at school, at home, and in the neighborhood, while growing in Christ.

In this series of five lessons, we help children focus in on some of the **Ten Commandments** which they are most likely to need for a daily walk with God. We teach children what modern day idols are and how to avoid them with **Thou Shalt Have No Other Gods Before Me**. The Sabbath is as important as it always was, even in these busy times, as taught in **Remember the Sabbath to Keep it Holy**. Children learn about the love of God by comparing it to the love of parents in **Honoring Father and Mother**. **Thou Shalt Not Lie** and **Thou Shalt Not Steal** provide ammunition to fight off two of the greatest temptations among children.

These lessons bring a fresh look at some timeless material.

Lessons Included:

- Lesson 1: Thou Shalt Have No Other Gods Before Me
- Lesson 2: Remember the Sabbath Day By Keeping It Holy
- Lesson 3: Honor Thy Father and Mother
- Lesson 4: Thou Shalt Not Steal
- Lesson 5: Thou Shalt Not Lie

A couple notes before you “dig in” to the lesson plans:

We provide more than enough activities to fill a 60 minute class so you can be selective and choose the activities that appeal to you or opt for the activities that match the supplies you have on hand.

The sections written in **BOLD** font type are meant to be a rough “teaching script” for you to use while you are teaching each section. Follow these scripts verbatim or change them to suit your needs!

CONTENTS

Lesson 1

Thou Shalt Have No Other Gods	6
Materials List	6
Bible Reading / Story: Exodus 20:2.....	8
Lesson (Teacher Words In Bold): Thou Shalt Have No Other Gods Before Me.....	9
Intro Activity, Younger Children: Thou Shalt Have No Other Gods Before Me	11
Activity, Younger Children: Praying Hands to Show How We Love God	11
Activity, Older Children: Idols Charades	12
Game, Younger Children: Talk To God & Tell Him You Love Him!.....	13
Game, Older Children: Royal Purple Passion Punch & Letting Go of Idols	14
Closing Prayer	15

Lesson 2

Remember the Sabbath Day	16
Materials List	16
Bible Reading / Story: Exodus 20: 8-11	18
Lesson (Teacher Words In Bold): Remember the Sabbath to Keep it Holy	19
Intro Activity, Younger Children: Gratitude Pictures.....	21
Intro Activity, Older Children: Gratitude Lists	21
Activity, Younger Children: Framing Gratitude Pictures.....	22
Activity, Older Children: Gratitude Lists- Collage Frame	22
Game, Younger Children: Sabbath Prayer Balloons.....	23
Game, Older Children: Being a Great Prayer Partner.....	24
Closing Prayer	24

Lesson 3

Honor Thy Father and Mother	25
Materials List	25
Bible Reading / Story: Exodus 20: 12.....	27
Lesson (Teacher Words In Bold): Honor Thy Father and Mother.....	28
Intro Activity, Younger Children: Obeying Parents' Rules	29
Intro Activity, Older Children: Obeying the Rules Secret Code	30
Activity, Younger Children: Gift Wrapped Bookmarks	31
Activity, Older Children: Poetry for Mom and Dad	31
Game, Younger Children: Loving Parents / Loving God	33
Game, Older Children: Young Poet's Contest	33
Closing Prayer	34

Lesson 4

Thou Shalt Not Steal	35
Materials List	35
Bible Reading / Story: Habakkuk 1&2.....	36
Lesson (Teacher Words In Bold): Thou Shalt Not Steal	37
Intro Activity, Younger Children: The Waiting Game.....	40
Intro Activity, Older Children: Be Patient and Don't Smile!.....	40
Activity, Younger Children: Thou Shalt Not Steal / Let's Be Real.....	40
Activity, Older Children: Waiting on the Lord Clocks	41
Game, Younger Children: Turtle Race.....	41
Game, Older Children: Thou Shalt Not Steal Jump Rope.....	42
Closing Prayer	42

Lesson 5

Thou Shalt Not Lie	43
Materials List	43
Bible Reading / Story: Exodus 20:12	44
Lesson (Teacher Words In Bold): Thou Shalt Not Lie	45
Intro Activity, Younger Children: The Trust Game	46
Intro Activity, Older Children: Back Writing	47
Activity, Younger Children: Always Tell the Truth: Roll Playing.....	47
Activity, Older Children: Reasons People Lie.....	49
Game, Younger Children: Lie Like a Rug Game	52
Game, Older Children: To Tell the Truth.....	52
Closing Prayer	53

THOU SHALT HAVE NO OTHER GODS

As children are often comforted by rules, and the Ten Commandments are quite telling about the nature of goodness, we will focus on one commandment for each of the next five lessons. The focus will be on the commandments that children will most actively use in their lives and different ways they can reflect on them.

“Thou shalt have no other gods before me,” the First Commandment is very important in teaching loyalty to God, even when we are called upon to make sacrifices or tough choices. Children should learn at an early age that **a god is anything we love so much that it clouds our love for the True God, our Heavenly Father, or more importantly, His love for us.**

MATERIALS LIST

Lesson

- Chocolate gold coins
- Collection basket
- Second similar basket

Intro Activity for Younger Children

- Chocolate gold coins
- Aluminum foil
- Four slips of paper with words written on each: WHAT IS A GOD?

Intro Activity for Older Children

- Aluminum foil
- Eight slips of paper with one word written on each: THOU SHALT HAVE NO OTHER GODS BEFORE ME

Activity, Younger Children

- Yellow, tan or pink construction paper, one sheet for each child
- Pencils or crayons for tracing
- Scissors
- Little messages, approximately 2" x 2", two for each child:
 - “Thou shalt have no other gods before me.” --Exodus 20:3
 - “With God all things are possible.” --Matthew 19:26

Activity, Older Children

- Idol charades on little slips of paper (see Activity)
- Hat or basket

Game, Younger Children

- Punch bowl
- Paper cups
- Pitcher filled with water
- Food coloring drops, blue and red

Game, Older Children

- Punch bowl
- Paper cups
- Pitcher filled with water
- Food coloring drops, blue and red

BIBLE READING / STORY: EXODUS 20:2

1 And God spoke all these words:

2 "I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

3 "You shall have no other gods before me.

Applicable Bible Story: Matthew 19:16-26

16 Now a man came up to Jesus and asked, "Teacher, what good thing must I do to get eternal life?"

17 "Why do you ask me about what is good?" Jesus replied. "There is only One who is good. If you want to enter life, obey the commandments."

18 "Which ones?" the man inquired.

Jesus replied, " 'Do not murder, do not commit adultery, do not steal, do not give false testimony,

19 honor your father and mother,' and 'love your neighbor as yourself.'"

20 "All these I have kept," the young man said. "What do I still lack?"

21 Jesus answered, "If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me."

22 When the young man heard this, he went away sad, because he had great wealth.

23 Then Jesus said to his disciples, "I tell you the truth, it is hard for a rich man to enter the kingdom of heaven.

24 Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God."

25 When the disciples heard this, they were greatly astonished and asked, "Who then can be saved?"

26 Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

LESSON (TEACHER WORDS IN BOLD): THOU SHALT HAVE NO OTHER GODS BEFORE ME

What is a god? Can someone define “a god”?

Answers should range from someone you worship to someone who answers prayers.

It used to be that people prayed to statues and thought they were real! They thought statues could hear their prayers. God was very hurt by that. When we want something, he wants us to ask Him and involve Him in our lives.

There is only one God the Father up in heaven. Are you aware that a car can be a god because of how we feel about it? Or a bicycle? Or a video game? A god is something that you want so badly or love so much that you can't remember your love for God the Father.

When God says, “You shall have no other gods before me,” it means you can love your stuff, but not to the point where you're worshipping your stuff. What stuff can you think of that could become a god or idol in your life?

Allow children to think of things they can get addicted to or jealous over, etc.

Jesus told the rich man in today's lesson to give away all of his money. He didn't want to though? What was his god? His money.

Today, I'm going to prove how much I love God. I'm going to give away all my money. Take out a bag of gold-covered chocolate coins. Go around the table two or three times, giving several to each child. Make a production of it.

Don't eat them yet. We have to say Grace. Father in heaven, I thank you that I had it in my heart to give away all my money to these beautiful children who need the money so badly... What's that you say? (Pretend you are listening closely to God.) **You're saying these children don't need the money as badly as some others? Where are the others?** (Pretend to nod and understand perfectly.) **The Rescue Mission? I had no idea! Thank you, Lord. Amen.**

Turn to the students. **It seems that there are very poor children who lost their homes and they live in the Rescue Mission. Should we give our candy to them?**

You should get a fun mix of reactions here—some disappointment, some very generous souls who give it over quickly, some cynics. Pass the collection basket around regardless.

It is hard to make a sacrifice, but sometimes God asks us to do that. Put in the basket what you think is best.

Most will put in one or two of their coins, but will keep one for themselves. Look disappointed in what returns to you.

In the story told today about Jesus and the rich man, did Jesus ask the rich man to sell part of his fortune, or did Jesus tell the man to sell all of his fortune?

Send the basket around again. **We want that candy really bad, but we don't want to make an idol out of candy. An idol is something we want so badly that we can't feel God's love when we're around it. Of course God wants us to feel thankful for our stuff—our bikes, our food, our clothes, our pets, and our house, but when those things mean so much to us that we no longer feel the joy in sharing, it has become an idol.**

Offer praise and/or disappointment over what's in the basket as it comes back around. Put the basket aside.

Why does God ask us to give some things away to people who are in need? To prove our love for Him...because others need it more than we do and we are supposed to love them.

What happens when we share? We help make sure that everyone has enough.

Do we worship the type of God who is happy when we feel disappointed? No.

Doesn't he enjoy watching us be happy? Yes.

Sometimes God asks you to do something for Him now, like make a sacrifice for others. It doesn't mean He makes constant demands. It doesn't mean He likes to see us disappointed. His promises for the future include plans for us to learn to be unselfish in the present. He plans to bless us in this life as well as in heaven. We often get blessings when we're not expecting them, and that way, we won't give away something in order to get something bigger and better.

Bring out a bigger bowl of chocolate coins and put it in the middle of the table.

We'll have these for snack later on!

INTRO ACTIVITY, YOUNGER CHILDREN: THOU SHALT HAVE NO OTHER GODS BEFORE ME

Today, we'll be starting with a treasure hunt. There are gold coins hidden all over this room. Find them but don't eat them! There are also four bigger silver treasures hidden.

Hold up a balled up piece of aluminum foil so they can see it.

Find all the gold and silver and put it in the center of the table!

Once all the coins are found, open the silver balls and find the four pieces of paper hidden inside. Put them in order. They will spell out:

WHAT IS A GOD?

That is the question we're going to answer in today's lesson.

Have them give the gold coins to the teacher.

Intro Activity, Older Children:

Thou Shalt Have No Other Gods Before Me

Look all around the room for hidden treasure. You should find seven silver treasures. Bring them back to the table and open them.

Let the kids hunt around for the balled up pieces of aluminum foil, bring them to the table, and find the slips of paper inside.

Try to figure out what order the words go in. It's today's lesson!

The words should spell out:

Thou Shalt Have No Other Gods Before Me

ACTIVITY, YOUNGER CHILDREN: PRAYING HANDS TO SHOW HOW WE LOVE GOD

If we want to show our moms and dads we love them, we can hug them. We can't do that with God yet, can we? So we pray to Him instead! He hears everything we say and is very happy when we speak to Him!

Give each student a sheet of yellow or brown or pink construction paper. Have them put their left hand on the left side of the sheet and trace around it. Then, have them put their right hand

down and either trace around it, or have a friend trace around it (when tracing with the opposite hand they use in writing, they may find it too hard.)

MOST IMPORTANT: Have them trace so that their thumbs are overlapping.

When they have cut out the hands, they should open up as one cutout.

Have them fold in half where the thumbs meet to make praying hands.

One on hand, they can paste the little message that says, "Thou shalt have no other gods before me." --Exodus 20:3

On the other hand, they can paste the little message that says, "With God all things are possible." --Matthew 19:26

ACTIVITY, OLDER CHILDREN: IDOLS CHARADES

Write out the following words on little slips of paper and put them in a hat or basket. Students should take turn pulling a slip and acting out (pantomime) the idol.

soccer

fashion

junk food

play station

popularity

achievement

car

trophies

bicycle

football

money

beauty

smart phones

texting friends

iPod

vacations

great grades

dirt bike

winning

mansions

movie stars

GAME, YOUNGER CHILDREN: TALK TO GOD & TELL HIM YOU LOVE HIM!

Did you know that purple is considered a very royal color? It's the color that princes and princesses wear! They like purple clothes and purple drinks and purple punch and purple crowns.

Today, we're going to show how talking to God makes you His royal child!

Put paper cups filled halfway with water on the art table. Have the children take turns stepping forward and taking a cup of water. Say to each child:

Now, tell God that you love Him and thank Him for something good that he has given you.

Add red food coloring drops until the water turns red as the child speaks. *They should not drink this...that will come later!*

Pretending you are the voice of God, say, **I love you, too, [child's name]. I am happy to have given you that [whatever the child mentioned in thanks].**

As you're responding, take another cup filled halfway with water and add blue drops until the water turns blue.

Let's see what happens when we add your prayers to God's love for you.

Mix the two together so that one cup is full, and the color should be purple, the color of royalty.

See? We have a royal color! This water is a little like your prayers when you pray. You get to know God better and better, and you begin to feel more like a prince or princess!

Repeat for each child. Again, they should not drink it yet. Have them all dump their cups into a punch bowl. Mix the purple water with lemonade mix to make purple passion royalty punch. Serve glasses and they can now eat their gold coins with the punch.

GAME, OLDER CHILDREN: ROYAL PURPLE PASSION PUNCH & LETTING GO OF IDOLS

Our game of charades helped us think of a lot of things that could be idols. How many of you recognized something that you maybe spend too much time thinking about? And it is threatening to become an idol?

Let kids think of some things they don't want to become idols in their lives.

The way to love God more than your potential idol is to talk to Him and listen to Him. When you speak to Him, He does speak back to your heart. He is kind and good and cares about everything you do.

Because God is the King, talking with Him can make you feel more like the children of the King. Did you know that purple is considered the color of royalty?

Have on the art table cups filled halfway with water. Have one child come forward and pick up a cup of water.

Think of something you could almost make into an idol and promise that you won't.

As the child says what the almost-idol is, put drops of red food coloring into his water.

Now shut your eyes and say a silent prayer. Try to think of what God might be saying to you.

Do not let them drink the liquid. Drinks will come later.

Repeat this for every child at the table. Then go around with red food coloring. Ask each child to repeat what his almost-idol was. Say,

God loves you a lot more than [soccer, football, whatever the item was] loves you.

Add drops of blue food coloring until the color in his cup is purple.

Communing with God, mixing your prayers in with His love, will make you feel like one of His royal children. Now, everyone add their royal water to the punch bowl.

After children pour their water in, add lemonade mix, and they can drink with their gold coins from the lesson.

CLOSING PRAYER

Dear Lord, Help us to remember that when we are creative, we are imitating You and that pleases You. Help us to remember to look for the evidence of You in all Your artwork, which is nature, and to know You are real. Help us to know You are writing our story, even if You don't show up in the pages.

Amen.

REMEMBER THE SABBATH DAY

“Remember the Sabbath day by keeping it holy,” the Fourth Commandment, has taken on diverse meaning in our culture. For some children, Sunday means that their parents will be scheduled to work, while for others it means completing homework for Monday. For some it still means the traditional dinner at Grandma’s house, but these students seem to be in the minority more and more often.

For all lifestyles and schedules, there are still ways to keep the Sabbath holy—special, restful, and a day to look forward to in our week for rejuvenation of our faith. **The Sabbath is a special day for our relationship with the Lord.** This lesson will give students some ideas on how to “remember” the Sabbath to start their week off right.

MATERIALS LIST

Lesson

- Large balloons, varying colors, one for each child and the teacher, plus some extras in case some pop
- Blow up one balloon before class and write on it, “Plan with God,” “Thank God,” “Ask God’s help”
- Soft tip marker pens for writing on balloons
- Cardboard sticks from drycleaner hangers for pants, one for each child.
- Tape for tying balloons to stick.
- Optional: curling ribbon to tie balloons to sticks makes it colorful and decorative

Intro Activity for Younger Children

- Half sheets of light-colored construction paper for drawing
- Crayons

Intro Activity for Older Children

- Sheets of lined paper for writing game
- Pencils

Activity, Younger Children

- Gratitude drawings from Intro Activity
- Sheets of construction paper of different colors than Intro Activity, one for each child, with words written on each one: ON THE SABBATH, I AM GRATEFUL FOR...
- Sheets of white paper, on which you have drawn or downloaded small balloon outlines, maybe 3"x 2". Two balloons cutouts for each child, on which you have written THANKS, GOD!
- Crayons for coloring in balloons
- Pieces of twine cut in 6" pieces, two for each child
- Glue Sticks

Activity, Older Children

- Gratitude lists from Intro Activity
- Scissors
- Construction paper, one sheet for each child
- Old catalogues and magazines
- Glue sticks
- Markers

Game, Younger Children

- One balloon

Game, Older Children

- Construction paper, one sheet for each child.
- Marker pens, one for every pair of two children
- String or curling ribbon
- Hole punch

BIBLE READING / STORY:

EXODUS 20: 8-11

8 "Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Applicable Bible Story: Matthew 12:1-13

1 At that time Jesus went through the grain fields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. 2 When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath."

3 He answered, "Haven't you read what David did when he and his companions were hungry? 4 He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. 5 Or haven't you read in the Law that on the Sabbath the priests in the temple desecrate the day and yet are innocent? 6 I tell you that one greater than the temple is here. 7 If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8 For the Son of Man is Lord of the Sabbath."

9 Going on from that place, he went into their synagogue, 10 and a man with a shriveled hand was there. Looking for a reason to accuse Jesus, they asked him, "Is it lawful to heal on the Sabbath?"

11 He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12 How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath."

13 Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored, just as sound as the other.

LESSON (TEACHER WORDS IN BOLD): REMEMBER THE SABBATH TO KEEP IT HOLY

Note: As this lesson involves balloons, be sure to restate your Church's safety rules that should be adhered to when playing balloon games with children.

One thing Jesus made sure to let people know was that Sunday is a very, very special day. It's the first day of the week. If we want to feel God walking with us all week long, it helps to think of him lots and lots on Sunday. He certainly thinks of us!

What did Jesus do on the Sabbath that some other people didn't approve of?

Healed a person.

Why did they object to healing on the Sabbath?

They thought it was work.

The point of the Sabbath is to do good!

Hold up a deflated balloon, on which you had earlier blown up and written in fat-felt-tipped pen: "Plan with God," "Thank God," and "Ask God's Help". Blow into it one time.

Some special things we can do on Sunday include

- **Setting plans with God about good things we will do during the week.**
Blow second time.
- **Thanking him for good things that happened last week.**
Blow third time.
- **Asking for His help with something that really bothers us.**
Blow fourth time.

By this point, your balloon should be big enough for the children to see what you have written. Make sure it is very filled with air, then tie a knot in the bottom.

Now, you can see three things we can do on the Sabbath to make God's day special. Read the items.

We're going to make our own Sabbath balloons today to remind us of ways Sundays can be special. But first, let's look at some things we shouldn't allow ourselves to do on Sunday and what happens when we do them.

Hold the balloon between your palms.

Some things can “squeeze the life” out of Sunday. Squeeze it once. They include

➤ **Fighting with sisters and brothers.**

Squeeze the balloon harder.

➤ **Talking back to your parents.**

Squeeze the balloon harder.

➤ **Deciding, “Oh, I don’t have any time to talk to God today. I’ll just go be with my friends and forget all about this...”**

Squeeze the balloon harder.

What’s going to happen if I keep squeezing the Sunday Balloon? It’s going to break.

Sometimes balloons break by accident or by things we can’t help. And sometimes the things we decided to do on Sunday don’t work out, but we’re going to try to keep our Sunday balloons in our bedrooms all week to remind us of things we decided on Sunday.

Give out balloons to each child. Make sure the color is light enough so that a felt tip marker can be seen when they write on it.

Tell them not to blow up the balloon too big, as they will need to write on it, and tight balloons will pop.

Explain that balloons get smaller every day, so they want to put enough air in that it will shrink more slowly.

Help them put knots in the bottoms.

Sometimes we don’t do good deeds during the week for one simple reason: We don’t set a plan to do it. By writing a good deed on this balloon it will help us to remember to do it. Let’s think of our teachers in school. Teachers work very hard. Did you know that many people don’t thank their teachers for all of their hard work? There can create a big hole in a teacher’s heart, where the words “thank you” should go.

Think of something a teacher does in school that you are grateful for. Then, try to remember to say “thank you” to him/her this week.

Have students go around, saying something that they realize teachers do. Prompts:

- Planning each and every lesson, which is a lot of work
- Being nice when kids thoughtlessly interrupt their teaching
- Marking all those papers

Now we're going to write the name of the teacher on the balloon (home schooled kids can put "mom" or "dad"). **Write underneath it one word that will remind you of what you will thank the teacher for this week. Then, remember to thank her or him!**

Pass marker pens around with encouragement to write lightly so that the balloon doesn't break. Have a few replacements ready, as some kids inevitably break balloons.

If children are too young to write, write their ideas on the balloon for them.

Have them write "Sabbath Balloon" on it, too.

Pass out sticks made from the cardboard parts of dry-cleaner hangers. Tape or tie the balloon to the stick. Have kids put their balloons in a large garbage bag for now so they won't disrupt the rest of the lesson.

By next Sunday, what's likely to have happened to this Sunday balloon? It will get smaller and smaller each day.

So each Sunday we're going to try to remember to "make a pretend Sunday balloon in our hearts." Blow it up big in your minds, so it will last all week!

INTRO ACTIVITY, YOUNGER CHILDREN: GRATITUDE PICTURES

Today we're going to be talking about how to keep Sunday as God's special day. One way is being thankful for all our good stuff. Draw a picture of something you're thankful for.

Have crayons ready and a half-sheet of construction paper for each child so that kids can draw. When all have arrived and finished a picture, have them share what's in their gratitude picture.

The half-sheet size is important because later they will frame these with a whole sheet.

INTRO ACTIVITY, OLDER CHILDREN: GRATITUDE LISTS

Today we're going to be talking about how to keep Sunday as God's special day. One way is being thankful for all our good stuff. Sit down and just start listing without thinking too hard. See if you can list fifty things in your life you're thankful for. Go!

Prompts: favorite pillow, bed sheets, favorite foods, socks, shoe laces. At the end, have them read the TEN things they're most grateful for from that list.

Put pages aside for now to use later.

ACTIVITY, YOUNGER CHILDREN: FRAMING GRATITUDE PICTURES

The Sabbath is a great time to thank God for all we have, and we've already drawn a gratitude picture. To help us remember to be grateful all week long, we're going to frame those pictures.

Have students:

- Take back their original gratitude picture
- Run a stick glue across the back
- Center it on a whole sheet of paper on which you have written the words, "I am grateful on the Sabbath for..."

Then:

- Hand out balloon cutouts, two for each child. They can color them.
- Hand out string. Explain how to glue the string down first, then glue the balloon cutout on top, so it looks like the string is attached.

They can also opt to draw some things onto the construction paper.

If you put your framed picture in your room where you can see it, you can use the picture you drew on the Sabbath to be grateful all week!

ACTIVITY, OLDER CHILDREN: GRATITUDE LISTS- COLLAGE FRAME

We're already discussed how the Sabbath is a great time to thank God for all we have, and we've already made up gratitude lists. To help us remember to be grateful all week long, we're going to frame those lists and put them in our rooms.

Have students:

- Take back their original gratitude lists
- Cut around the sides with scissors, losing any extraneous margins not written on
- Using a glue stick, center it on a piece of construction paper

Place old magazines and catalogues on the table so kids can cut things out to paste on the edges of the construction paper to make their “frame.” Cutouts should be similar to things they have for which they are grateful, though they’re not looking for perfect matches.

They can also opt to draw some things onto the construction paper. Explain,

The point is to be creative—and grateful!

GAME, YOUNGER CHILDREN: SABBATH PRAYER BALLOONS

So far, we have learned about the Sabbath in terms of how to be grateful on that day and how to plan out a nice thing to do, like say thank you to a teacher.

Now we’re going to think about how to ask for God’s help on the Sabbath.

Have children stand in the play area, ready to catch a balloon as you let it go with the air blowing out. Explain,

I want you to think of something you want help with this week while I’m holding this empty balloon. Think of something that is hard for you or scares you or that you want help with, then we’ll say a prayer together.

Bring one child forward and have him or her tell you the prayer request.

This is a very special balloon. After we blow it up, it will contain your prayer. Then, we’re going to let the balloon go. The prayer will go up to God and the balloon will come back down. Let’s see who can catch the balloon on the way down. It will be that person’s turn to offer their prayer request for the week.

Say a prayer with the child and blow up the balloon. Both of you say, **Amen!**

Let go of the balloon. See which child catches it or picks it up first. Repeat with that child. Obviously, some children are more coordinated than others. Direct the production by suggesting that if someone keeps getting the balloon to give others a chance.

GAME, OLDER CHILDREN: BEING A GREAT PRAYER PARTNER

So far we've talked about how to be grateful on the Sabbath and how to plan out good deeds for the week. Now let's talk about that last thing, asking God for help for the upcoming week.

Give students one piece of light colored construction paper. Have the students work in pairs. If you have an odd number, be the last person in the last pair. One student should trace around the hand of the other, then switch, with the other student tracing. They each should cut out the hand print of the other.

Jesus said, "When two or more are gathered in my name, I am among them." Sometimes it's important when asking for a prayer request to have someone pray with you. You are more likely to have faith and believe that your request will happen.

Have the paired students share something they would like to see happen that week. Have the listener write the prayer request on the back of the hand print. Switch roles.

We're going to tie these hand prints to your Sunday Balloons. When you see it at home, it will remind you not only to express gratitude to your teacher, but also to pray for your friend and prayer partner.

Punch a hole in each hand print and loop the string or curling ribbon through the hole. Tie each to the Sabbath balloons from the lesson. Each child should get the hand print of his prayer partner on his own balloon.

CLOSING PRAYER

Father, The Sabbath is a celebration of our relationship with You. Help us to remember to use it well—to think of good deeds for the week, to be grateful for all we have, and to ask for help from You... along with our friends!

Amen.

HONOR THY FATHER AND MOTHER

“**Honor Thy Father and Mother,**” the **Fifth Commandment**, is an important command to teach these days, as children are spending more and more time away from family between extended school hours and working parents.

This commandment gives us an opportunity to show children who God is by showing comparisons between God the Father and their parents here on earth. Children need to understand that **God loves them even more than parents do, and He will always be there for them**, as this lesson will show.

MATERIALS LIST

Lesson

- Construction paper, cut into a bookmark size, 2”x 6”, light color, one bookmark for each child
- Transparency sheets, cut 2” x 6”, two strips for each child
- Hole punch
- Thin ribbon, cut in 9” lengths, two for each child
- Marker pens

Intro Activity for Younger Children

- Construction paper for coloring, one sheet for each child. Write across the top, “I will obey the rule...”
- Crayons or markers

Intro Activity for Older Children

- Printer paper, on which you will write one copy of the secret code sheet (see Activity)
- Marker

Activity, Younger Children

- Sheets of multi-colored tissue paper, two for each child
- Strips of curling ribbon, 2 feet long, one for each child, curled after cutting
- Construction paper for cards, cut 2"x3", hole punched, one card for each child
- Marker pens
- Scissors

Activity, Older Children

- Pens and Paper

Game, Younger Children

- Index cards, one for each child
- Clothes pins, the kind that pinch closed, one for each child

Game, Older Children

- Prizes for Poetry Reading contest

BIBLE READING / STORY: EXODUS 20: 12

12 "Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

Applicable Bible Story: Luke 2: 39-51

39 When Joseph and Mary had done everything required by the Law of the Lord, they returned to Galilee to their own town of Nazareth. 40 And Jesus grew and became strong; he was filled with wisdom, and the grace of God was upon him.

41 Every year his parents went to Jerusalem for the Feast of the Passover. 42 When he was twelve years old, they went up to the Feast, according to the custom. 43 After the Feast was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. 44 Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends. 45 When they did not find him, they went back to Jerusalem to look for him. 46 After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. 47 Everyone who heard him was amazed at his understanding and his answers. 48 When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you."

49 "Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?" 50 But they did not understand what he was saying to them.

51 Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. 52 And Jesus grew in wisdom and stature, and in favor with God and men.

LESSON (TEACHER WORDS IN BOLD): HONOR THY FATHER AND MOTHER

When Jesus' parents couldn't find him with the caravan, they became very worried.

Why? They thought he was lost. They thought he might have gotten stolen or kidnapped.

Why do parents worry about their children? Because they love their children.

The story closes by saying that Jesus obeyed his parents until he was grown. His parents had rules, just like your parents do. Being a parent means getting to set the rules, right?

Let's pretend I'm your parent, and I'm setting the rules for today. Everybody stand up. Raise your right foot off the ground and catch it in your right hand. That's how I want you to walk for the rest of class. Nobody walks in this room except on their left foot with their right foot caught in their right hand. Everyone, get in a line and "walk" around the room two times.

Allow children to try to do this. Interrupt with commands:

Say, who told you to put your foot down? I'm the parent. I set the rules. I told you to keep that right foot in the air.

Oh, and I forgot! Everyone has to point their left elbow straight up in the air and drape their hand around the back of their necks. Do it! Now! I'm the parent, I set the rules.

Let children go around the room twice, hopping and hobbling.

Now, everyone sit down, but keep one foot in the air. I'm setting the rules, here.

Let everyone sit.

What's the difference between these rules and the rules your parents set? Your rules are aggravating. They're silly.

But don't the rules your parents set bother you sometimes? How about bedtime? Who likes to go to bed if they don't feel tired yet?

Let the children think of other rules their parents set, like brushing teeth, doing chores, going to school, doing homework before watching TV.

Why do parents set these rules? Are they just trying to aggravate you?

Because they care about us and want us to be safe and healthy and get good grades.

So parents set rules because they care. We're talking today about the fifth commandment, Honor Your Father and Mother. Even Jesus obeyed his parents. So, if you're going to honor your father and mother, what's one thing you can do? Obey the rules.

And what's another thing you can do to honor your parents? Be nice, don't complain, make them feel special...

How about if we make them a present? Something they can use?

Make bookmarks. Give out the materials. Instructions are as follows.

Have children:

1. Write on the construction paper portion of their bookmarks, "Thank you for keeping me safe, Mom and Dad." Use variations for single-parent homes. Write the words on for them if your children are too young to write.
2. Draw designs around the wording using markers or crayons.
3. Put the construction paper piece between the clear plastic pieces.
4. Punch a hole through all three using the hole puncher.
5. Take the ribbon, fold it in half and stick the loop through the bookmark.
6. Loop the ends around and through to make the ribbon tail of the bookmark.

INTRO ACTIVITY, YOUNGER CHILDREN: OBEYING PARENTS' RULES

Today, we're going to be talking about the fifth commandment, Honor Your Father and Your Mother. One way we can honor our parents is by obeying the rules. Think of one rule in your family and draw a picture of yourself following it.

After children draw, write on the top of the picture somewhere, "I will obey the rule..." And at the bottom write what the rule is.

INTRO ACTIVITY, OLDER CHILDREN: OBEYING THE RULES SECRET CODE

Today, we're going to be talking about the fifth commandment, Honor Your Father and Your Mother. One way we can honor our parents is by obeying the rules. Think of one rule in your house and write it down in secret code. See if the other students can figure it out.

Write out a copy of the code and put it on the table. It looks like this:

a	=	1	n	=	14
b	=	2	o	=	15
c	=	3	p	=	16
d	=	4	q	=	17
e	=	5	r	=	18
f	=	6	s	=	19
g	=	7	t	=	20
h	=	8	u	=	21
i	=	9	v	=	22
j	=	10	w	=	23
k	=	11	x	=	24
l	=	12	y	=	25
m	=	13	z	=	26

Hence, "Eat your vegetables" would be 5-1-20 25-15-21-18 22-5-7-5-20-1-2-12-3-19. Have them try to guess each other's rule.

ACTIVITY, YOUNGER CHILDREN: GIFT WRAPPED BOOKMARKS

With “HONOR” your father and mother, the word “HONOR” means to make people feel good. It means to make them feel important. We have learned to say thanks to God on Sunday for all the good things He does for us. Today, we’re saying thank you to our parents with our bookmarks, and now we’re going to wrap them special.

Using the bookmarks you made in the lesson, you’ll wrap them in pretty tissue paper.

1. Give each child two sheets of paper and one length of curling ribbon. Show them how to put the bookmark straight up in front of them in the middle of the two sheets. Fold the sheets in half, then bunch them right at the top of the bookmark, so the two bookmark ribbons stick out of the top.
2. Pinching the paper at the top of the bookmark, there should be a large puff of tissue paper sticking up.
3. Help them tie off the pinched area with the one piece of curling ribbon.
4. On the card, they should draw a picture of themselves with their parents with the words “Honor Thy Father and Mother” on it and sign their names.
5. Draw one of the ribbons through the hole punch in the card and pull it close to the present.
6. Tie the ribbon again (not tight enough to break through the hole punch) to keep it in place.

ACTIVITY, OLDER CHILDREN: POETRY FOR MOM AND DAD

Ask kids to write a poem for their mom and/or dad starting with one of the “writer’s prompts” listed below. Most kids like to write rhyming poetry, but some kids are better at rhyming than others. Have anyone who gets stuck read the line preceding and see which fellow student can rhyme it.

Prompts:

1. God gave me a mom and dad...
2. I saw my mother look at me / in such a special way...
3. My folks don’t own a castle, but...

Here is the beginning of an actual famous poem by Michelle Moran, "A Tribute to Family." Another idea is to give them the first verse and see if they can write a second 4 line verse, using that same rhyme scheme:

I don't know when it started,
Or how it all began.
But God created families,
As only our Lord can.

At the end, compare what they wrote to what Ms. Moran wrote and see if there are any similarities:

He was teaching what it means,
To love, honor, and obey.
He wanted a strong bond,
That we don't see too much today.
He wanted someone to hold us,
And show respect for others.
He wanted someone who'd be gentle,
And so he created mothers.
He wanted someone strong,
A support filled with love.
And so he created fathers,
Sent from heaven up above.
If it weren't for the two of you.
To show us strength, support, and love,
Like only the two of you can do.

This lovely and well-known poem is actually much longer. To see the whole thing visit the following:

Source: <http://www.familyfriendpoems.com/poem/tribute-to-family#ixzz387zaazNO>
Family Friend Poems

GAME, YOUNGER CHILDREN: LOVING PARENTS / LOVING GOD

One of the reasons God likes it when we listen to mom and dad is that it's good training for us. Our parents love us more than anyone on earth. So they come closest to showing us how much God loves us, which is even more. That's why we call God our *Father in Heaven*.

Bring out one index card for each child. Place an index card on each child's shoulder and tell them all to hold the card in place with their hand.

Let's pretend this card is like a really good friend. Let's see how well the friend stays with us. Everyone let go of the card and let it balance on your shoulder.

Allow them to get the card balanced.

Now everyone take three big steps forward.

All should lose their cards. Go around with clothes pins (the pinching kind) and attach the card with the clothes pin to everyone's shoulder.

God's love, which is a lot like your parents' love, doesn't fall away at the first sign of trouble. Do not touch the clothes pin or the card. Jiggle yourselves around and try to get rid of "God's love."

Give them a chance to wiggle and jiggle. Some will be able to dislodge the clothes pin, though most will not.

It is a lot harder to get rid of the love of God in your life than even a good friend, isn't it? People give up on us sometimes and go find new friends, and that hurts. But God's love is like a parents' love. It stays.

GAME, OLDER CHILDREN: YOUNG POET'S CONTEST

Have children write their poem to Mom and/or Dad on fresh paper, then draw designs around it. As they are drawing, each should take turns standing in front of the other and reading their poem.

Give out prizes. Prizes can be fruit snacks, ribbons, or even simple applause.

Prizes might be: Best Funny Poem, Best Use of Rhymes, Tried the Hardest.

CLOSING PRAYER

Father, The love of one of our parents is the best love on earth. Your love is even stronger. Help us to remember this week how carefully You watch over us. Help us to remember Your command, “Honor your father and mother,” so that we can stay safe and healthy.

Amen.

THOU SHALT NOT STEAL

“**Thou Shalt Not Steal,**” the **Eighth Commandment**, is easy for kids to understand because they understand fairness very well. Kids are known for saying, “not fair!” when they see an injustice, and having something taken from them strikes a nerve.

This eighth commandment allows us to discuss what happens to people’s hearts when they steal, and how they should react if someone steals from them. **God wants us to learn to be patient and wait, so we won’t steal and so we’ll know how to act if someone steals from us.**

MATERIALS LIST

Lesson

- No materials needed

Intro Activity for Younger Children

- No materials needed

Intro Activity for Older Children

- No materials needed

Activity, Younger Children

- Blindfold
- Jar
- Pennies or other coins, one for each child

Activity, Older Children

- Paper plates, one for each child

- Construction paper, cut into strips to make hour and minute hands of a clock
- Construction paper, cut into arrows that fit onto the hands of the clock to point at the time
- Gold fasteners, one for each child
- Hole punch
- Crayons and markers
- Glue sticks

Game, Younger Children

- No materials needed

Game, Older Children

- Jump rope
- Prize (optional)

BIBLE READING / STORY: HABAKKUK 1&2

Habakkuk 1 & 2 Excerpts (paraphrasing for story-telling sake)

Habakkuk 2

Habakkuk was a great prophet of God. One day, he complained to God because all the leaders in his city were stealing from innocent people and laughing and thinking they could get away with it. Then Habakkuk reasoned, "What is God going to say to my questions? I'll climb to the lookout tower and scan the horizon. I'll wait to see what God says, how he'll answer my complaint."

And then God answered:

If help seems slow in coming, wait.

It's on its way. It will come right on time.

Look at that bad leader, bloated by self-importance—

full of himself but his soul is empty.

But the person in right standing before God

through loyal and steady believing

is fully alive, really alive.

Note well: Money deceives.

The rich people who stole their money don't last.

They are more hungry for wealth

than the grave is for dead bodies.

Don't give people like this a second thought.

Soon the whole world will be taunting them:

Who do you think you are—

getting rich by stealing and bullying?

How long do you think

you can get away with this?'

LESSON (TEACHER WORDS IN BOLD): THOU SHALT NOT STEAL

Habakkuk watched a lot of grown men steal money from families and it bothered him. What did God tell him to do first? To wait.

Today, I'm going to tell you a story about a girl named Annie. Annie's dad was a pastor and they didn't have a whole lot. One thing that Annie rarely got was candy because her sister Leah was diabetic, so her mom didn't think it was fair to spend money on candy, and it would only make Leah sad that she couldn't have any.

One day, Annie was outside playing with her friend Dwight. Dwight's father was a genius who had invented lots of things that other people weren't smart enough to think of. Annie had always felt that Dwight was a lot smarter than she was.

Annie's sister Leah came running up the street shouting. "Mom! Mom! I can't find my bike anywhere! I can't remember where I left it!"

Mom tried to help Leah retrace her steps in their heads, but Leah was so panicked she couldn't think. The bike was brand new—a birthday present and only two weeks old.

Mom shouted outside to Annie and Dwight, "Today, I won a door prize at the church luncheon..." She disappeared into the house and came back with a big bag of pink, green, blue and yellow mints. Annie's eyes almost fell out of her head!

"You two can run faster than Leah so whoever finds Leah's bike wins the candy!"

Annie and Dwight ran down the street. Annie came upon a group of Leah's girlfriends. "My sister lost her bike!" she said.

One girl said, "She left it in front of my house right in the middle of the side walk. My mom walked it around to the side of the house so that no one would fall over it."

Annie was so relieved, she ran the two blocks over to the girl's house to get her sister's bike. Dwight seemed to have disappeared, but Annie wasn't concerned. She had found Leah's new bike. When she brought it back to the house, Leah was thrilled and thanked Annie with a giant hug.

"Mom, where's my candy?" Annie asked. Mom looked confused. "Why... Dwight was just here. He said he found the bike. He said you were riding it back for him. I'm sorry, Annie. I gave the candy to Dwight."

Annie was so angry and disappointed, she didn't know what to say. She had been outsmarted by Dwight, and that made her angry. She could not ever have dreamed up a way to steal candy right from a grownup's very hands. Dwight's dad was considered a genius, and Dwight might be following in his footsteps, but not in a good way. She ran down to his house and knocked firmly on the door. His mother answered, and she told Dwight's mom her tale.

"Dwight! Get down here!" the mother shouted. "Did you take Annie's candy?"

"Oh wow, I'm sorry!" Dwight said, appearing on the stairs. "We actually both did the hunting, so I thought it was only fair that I should have half. When Annie didn't come back right away, I thought she didn't want any. I ate it all."

"Dwight didn't mean any harm," his mother said. "It was an accident."

Annie knew it wasn't. Dwight's mom always thought he was innocent. He was far too smart. When she got home, she told her dad.

"Annie, I know this will be a hard lesson for you," the Pastor said. "...but wait and forgive. God will have His way."

Let's give some thought to this story (Q&A):

1. Was Annie being stupid when she didn't rush back to her house to get the candy? She could have done that before she got her sister's bike. No, Annie was just being a good sister.

2. Annie's dad, the pastor, told Annie to wait for God to bring justice. How might God have helped Annie out?

Possible answers:

Dwight could have gotten a massive stomach ache from eating so much candy.

Dwight might have had something stolen from him next and seen how it felt.

Dwight might have stolen something bigger the following week and gotten caught by the cops.

3. Annie's dad told Annie to forgive Dwight. Why should we forgive?

Answers you're looking for:

If we keep bitter feelings in our hearts, we can end up doing bad things too.

We all mess up, and if we forgive others it will be easier for us to feel forgiven.

4. Does forgiving Dwight mean that Annie has to trust him in the future?

Answer you're looking for:

Only if Dwight is truly sorry. You can be kind and polite to people who aren't sorry, but you can't really trust them.

Let's see what happened in the end of this story:

Annie's mother didn't have the money to replace Annie's stolen candy. That whole year all Annie got was one small candy cane on Christmas.

Dwight never apologized to Annie. In fact, that year he got very good at stealing homework answers from kids in school and stealing essays for classes off the Internet. The teachers thought his essays were brilliant. He was named Student of the Year.

The following year, he won an essay contest at school. The essay was published in the local newspaper. He was offered free tuition to a very expensive private school thirty miles away, and his mom said she would proudly drive him every day, as no student from their town had ever been offered a scholarship there before.

A few days before he was supposed to go to that school—three years after he stole Annie's candy—a high school student wrote a letter angrily to the newspaper. He said the essay had been stolen off his hard drive, and the essay had actually been written by him for his sophomore English exam. The computer noted the date that the essay had been created, which meant the high school student was telling the truth. The student said, "I just can't figure out how anyone would be smart enough to break into my hard drive."

The newspaper ran the whole story. The school told Dwight's family that they didn't want a thief, and he couldn't come there, even if he paid. His mother was quoted in the article as saying, "My son would never do a thing like cheat or steal!" Dwight had to go to the public school as usual, and everyone laughed when they saw him.

Questions:

Annie's dad had told her to wait. How long did Annie have to wait before she got justice?

Three years.

God always allows justice to happen. Does it always happen quickly? No.

How should she treat Dwight now? Answer you're looking for: It could be a good opportunity to teach him about Jesus. She should be nice, and after all, she forgave him.

Annie had to wait a long time, and sometimes, so will we. But today, we get our reward for all our good answers right away!

Bring out a bag of mints, similar to those Annie lost, and eat them in her honor.

INTRO ACTIVITY, YOUNGER CHILDREN: THE WAITING GAME

Today, we're going to talk about how God looks out for us when things go wrong. God always looks out, but sometimes we have to wait patiently. To practice, we're going to play the Waiting Game.

You need at least two students to have entered the class. Have them sit facing each other. The first one who moves loses. Keep playing over and over as more children arrive.

INTRO ACTIVITY, OLDER CHILDREN: BE PATIENT AND DON'T SMILE!

Today, we'll be talking about how God looks out for us when things go wrong, though sometimes His justice doesn't come right away. We have to be patient. Hence, we're playing the Smile Game.

Have students sit in a circle and look at one another. The first one to crack a smile loses. Keep repeating the round until all the children have arrived and played.

Plaster Face Award goes to the person who wins. [Prize can be cookies or treats]

ACTIVITY, YOUNGER CHILDREN: THOU SHALT NOT STEAL / LET'S BE REAL

Sometimes people steal things because they think God doesn't see them. But he sees everything, doesn't he? He knows everyone. Let's see how well we know each other by playing "Thou Shalt Not Steal / Let's Be Real" game.

Blindfold one student. Put a jar in her lap. Give all the other students a penny.

Have other students come up one at a time, place the penny in her jar and say, "Thou Shalt Not Steal... Let's Be Real."

Have the student guess which of her classmates just spoke and dropped the penny in the jar, just by the sound of the voice.

We know each other fairly well, but God knows us even better. If we do something—good or bad—believe the truth: God knows it all.

ACTIVITY, OLDER CHILDREN: WAITING ON THE LORD CLOCKS

When somebody steals or does something bad to us, it is hard to wait and do the Christian thing, which is not to seek revenge. But if we wait, we find that God takes care of bad situations for us.

God is always on time!

- Give each student a paper plate and have them make the face of a clock on it.
- Give them the strips and triangles to make the hands.
- Have them run the gold fastener through the hands and through a cut in the plate tightly, so that the hands spin but are secure.
- Have them write the message on the white space of the clock: God is Always on Time.

GAME, YOUNGER CHILDREN: TURTLE RACE

Sometimes people steal because they want things and they think God doesn't want them to have those things. They think they might as well steal. Ew, what a bad idea! Often, God would have been glad to give them those things if they could have just been patient and waited!

Turtles are known as very slow, but very determined reptiles. They can travel ten miles while inside their heavy shells! Sometimes God wants us to be more like turtles and go slowly but with determination. He wants us to know we can still finish the race. Let's pretend we're turtles and have a race.

Have students lie on their backs at one end of the room. Tell them they can lift up their butts in the race, but not their shoulders. They have to keep their shoulders on the floor, though they can use their arms and legs.

Have them try to get from one end of the room to the other like this after you say, "Go!"

Try it two or three times, until they get the turtle walk down.

GAME, OLDER CHILDREN: THOU SHALT NOT STEAL JUMP ROPE

Students should take turns jumping rope to the following jump rope tune and see who can do the most double-times at the end.

Verse (for jumping double time, or slowly, two jumps per spin of the rope):

JOHNNY OVER THE OCEAN
JOHNNY OVER THE SEA
JOHNNY STOLE A DOLLAR BILL
BLAMED IT ON ME.
I JUST WAITED.
DIDN'T GET HIM BACK.
I FOUND A BURIED TREASURE
ON THE OLD TRAIN TRACK.
HOW MANY DOLLARS
DID I RECEIVE?

(Double time jumping...one jump per spin of the rope)

One! Two! Three! Four! Five!.... until student misses.

Student who gets the highest number of jumps wins a prize of your choosing.

CLOSING PRAYER

Dear Lord, Help us to remember this week to always be fair, even if others are not being fair to us. Even though we might not always understand at the time, help us to believe that You are the one who makes everything fair in the end.

Amen.

THOU SHALT NOT LIE

“**Thou shalt not lie,**” the **Ninth Commandment**, is probably the one kids will be most likely be tempted to break. Hence establishing its importance allows us to teach kids several things:

1. How being prepared to tell the truth prevents lying,
2. How to resist the temptation to lie, and
3. The consequences of lying, which includes how people can’t trust you afterward

Everyone wants their friends and family to trust their word. Hence, we should always tell the truth.

MATERIALS LIST

Lesson

- Snack such as graham crackers or cookies—hide before class starts!

Intro Activity for Younger Children

- Chair placed in center of room
- Blindfold
- Clear space between one wall and chair

Intro Activity for Older Children

- Slips of paper with the following lines written, one line on each slip:

List #1: Fifth Command, Truth,

List #2: Lying, truth, trust

List #3: Dishonest, honest, truth

List #4: False, lies, commandment

List #5: Ninth commandment, lie

List #6: Don’t lie, tell truth

Activity, Younger Children

- Note cards with one of the three role playing scenarios written or taped on each (see lesson)

Activity, Older Children

- Note cards with one of the three “lying” scenarios written or taped on each (see lesson)

Game, Younger Children

- Small bathroom rug
- Large cutting board or similar flat surface
- Building blocks, at least a dozen

Game, Older Children

- No materials required

BIBLE READING / STORY: EXODUS 20:12

12 Thou shalt not lie.

Applicable Bible Story: Genesis 20

(variations for children's understanding included)

Abraham moved to a place called Gerar, which was known to be full of dangerous men. There, he kept saying of his wife Sarah, "She is my sister." Abraham was afraid of the men, especially because Sarah was very beautiful. He was afraid if he told the truth and said, "She is my wife," that the men would kill him, making Sarah a widow, and they would force her to marry one of them.

Abraham thought his lie was justified. But something awful happened because of it.

Abimelech king of Gerar sent for Sarah and took her into his house. Thinking she was unmarried, he made plans for her to be his wife. That means Sarah would have had two husbands! And now Abraham was in grave danger. He was sorry to have lied.

But God came to Abimelech in a dream one night and said to him, "You are as good as dead because of the woman you have taken; she is a married woman."

Now Abimelech had not gone near her yet, had not even tried to hold her hand. So he said, "Lord, will you destroy an innocent nation? Did Abraham not say to me, 'She is my sister,' and didn't she also say, 'He is my brother'? I have done this with a clear conscience and clean hands."

Then God said to him in the dream, "Yes, I know you did this with a clear conscience, and so I have kept you from sinning against me. That is why I did not let you touch her. Now return the man's wife, for he is a prophet, and he will pray for you and you will live. But if you do not return her, you may be sure that you and all yours will die."

Early the next morning Abimelech summoned all his officials, and when he told them all that had happened, they were very much afraid. Then Abimelech called Abraham in and said, "What have you done to us? How have I wronged you that you have brought such great guilt upon me and my kingdom? You have done things to me that should not be done." And Abimelech asked Abraham, "What was your reason for doing this?"

Abraham replied, "I said to myself, 'There is surely no fear of God in this place, and they will kill me because of my wife.' Besides, she really is my sister, the daughter of my father though not of my mother; and she became my wife. And when God had me wander from my father's household, I said to her, 'This is how you can show your love to me: Everywhere we go, say of me, "He is my brother." ' "

Then Abimelech brought sheep and cattle and male and female slaves and gave them to Abraham, and he returned Sarah his wife to him. And Abimelech said, "My land is before you; live wherever you like."

LESSON (TEACHER WORDS IN BOLD): THOU SHALT NOT LIE

Is there anyone in here who has never told a lie? If any hands go up, joke that the person is probably lying.

Lying is one of the easiest commandments to break. All you have to do is open your mouth and let it roll on out. But sometimes the consequences of our lies can be staggering.

Look at Abraham. Why did he lie about Sarah being his wife? He was afraid of the dangerous men. He was afraid they would kill him and take her as a wife once she was a widow.

What almost happened because of Abraham's lie? Sarah almost ended up with two husbands, which is against the law and would have broken her heart.

Then what happened? What did God do? He came to Abimelech in a dream and saved Sarah from having to marry him.

God got involved. Isn't that a sign that if Abraham had told the truth from the beginning, God would have protected him? Yes.

So, look at all the trouble this lie caused. Let's discuss it while we all eat a snack. Umm...Umm...Hm. [Pick a child and call him by name]. **[Student], the snack for us is under my coat. Go and get it.**

Student goes and looks under the coat. Nothing is there.

Why...somebody's moved the snack! Which one of you took the snack?

Nobody confesses.

Somebody could be lying in here! Somebody might have taken the snack just to be mean, or just to have it all for themselves later. Who might it be?

Have students look around at each other. One of the older/wiser students might surmise that the teacher is lying. Deny it.

How do you feel toward me and your classmates right now? Are you looking around with suspicion at people you used to trust? Do you see what lying does? Yes.

Okay, I admit, I was not telling the truth when I said the snack was under my coat. Maybe the truth is...I can't remember where I put the snack. And maybe I was afraid my class would think I was not a good teacher because I had a bad memory. What would have happened if I simply admitted that I couldn't remember where I put the snack?

We could have all looked for it together. We could have helped the teacher rather than becoming distrustful of everyone.

Gee, what might I have been so afraid of? Wouldn't you have forgiven me for forgetting? Yes. Often times when we lie, it's because we think people won't forgive us. And that's not true; they will forgive us. Let's all go hunt for the snack.

Have children go around hunting until they find the [box of graham crackers, cookies, etc.].

Final question before we eat: Did your teacher really tell a lie? No, she was using the situation to make a point: Lying breeds distrust, so don't lie!

Enjoy the snack.

INTRO ACTIVITY, YOUNGER CHILDREN: THE TRUST GAME

You can play this with the first child until a second child arrives. Place a chair in the middle of the room. Blindfold the child while he stands near the wall.

In the trust game, we trust the person who is speaking to us, even though we are blindfolded. We trust that they will tell the truth and keep us from getting hurt.

Spin the child round and round. Then move to the chair and use words such as “forward,” “to the side,” “other side,” “turn” and “back” to get the child to the chair. The goal is to get the child situated in front of the chair and then to sit in it without ever using his hands.

When we trust people to tell us the truth, we can do great things together!

INTRO ACTIVITY, OLDER CHILDREN: BACK WRITING

You can figure out what today’s lesson will be by following clues. One student will finger-write some words on your back that have to do with the lesson. See how many words you can guess, then finally guess what the lesson is.

Give each student who enters a list of three words to “write” on another student’s back with their finger. See if that student can guess what words were just written. Then they can switch and the other student, using three different words, can write on the first student’s back. Together they may come up with “Ninth Commandment: Do Not Lie.”

Words for the lists:

List #1: Ninth Command, Truth,

List #2: Lying, truth, trust

List #3: Dishonest, honest, truth

List #4: False, lies, commandment

List #5: Ninth commandment, lie

List #6: Don’t lie, tell truth

ACTIVITY, YOUNGER CHILDREN: ALWAYS TELL THE TRUTH: ROLL PLAYING

Sometimes telling the truth is not easy. It seems like we might get in trouble if we tell the truth and it’s better to lie. But we want people to trust us and believe us when we say things. So telling the truth can take some practice. Let’s pretend.

Read off of cards and have one child pretend with you.

Let’s pretend you took some candy without asking your mom and you’re hiding it behind your back. Pretend I’m mom.

Bend down, look child in the eye. **[Student], did you take the candy?**

Get the student to say yes.

Did I already tell you that you can’t have candy right now?

Get student to say yes.

Give me the candy, and what do you have to say to me?

Get the student to say, "I'm sorry."

Are you going to take candy again?

Get the student to say "no."

Hm... Look to other students. Can I really believe the little girl? Since she took candy already? Sneaking is lying with your actions instead of your mouth. So in a certain way [Student] has already lied, and it makes me wonder if I can trust her again, do you see? So should I forgive her and trust her?

Yes.

[Student], I forgive you and will trust you again.

Bring another student forward. Have him/her lie down on the ground with a book opened like he's reading it.

Let's pretend I told you not to look at any more books in bed, but to go to sleep, and you decided to look at one anyway. Pretend I'm your mom.

Pretend to knock on the door. **[Student], what are you doing? Are you looking at books again?**

Get student to say "yes."

Didn't I already tell you no more books tonight, and to go to sleep?

Get student to say "yes."

Give me the book, and what do you have to say to me?

Get student to say, "I'm sorry."

Gee. Should I leave these books right on [Student's] nightstand, where he can reach them again? Sneaking a book is lying with your actions. Since he already lied once by getting the book out, I don't know if I can trust him. Should I trust him?

Other students should say "yes."

[Student], I trust you, and I forgive you. Now, go to sleep.

Bring up a third student.

Let's pretend I told you not to cross the street. But your friend lives across the street, and you can't see the harm, so you start to cross. Pretend I'm your dad.

Pretend to be looking out the window. **Oh no! [Student], look out!** Run to the student. **That big car that just went by could have hit you! Why were you trying to cross the street?**

Get student to say "to go to my friend's house."

Didn't I tell you not to cross the street?

Get student to say "yes."

You come back into the house right now. What do you have to say to me?

Get student to say, "I'm sorry."

Gee. [Student] really did not listen to me. What if that car had hit my child? Now, what do I do? Can I let him outside?

Other students should say "yes."

I don't think that I can. To sneak is lying with your actions. Some lies are so serious that the parents are really too afraid. [Student] will have to stay inside all afternoon. I forgive him and I sure do love him. But after certain lies, you have to earn trust back.

The Ninth Commandment is Thou Shalt Not Lie. What will we try to do this week with our mouths and with our actions?

Always tell the truth!

ACTIVITY, OLDER CHILDREN: REASONS PEOPLE LIE

Today, we're going to look at some scenarios in which kids have lied. I want you to try to figure out why the person lied. Then, we'll look at what could have been gained if the child had told the truth.

Let students take turns reading the scenarios below. The answers to the questions provided are ultimate answers, toward which you can steer the students.

Scenario #1: Jessica and Renee are both friends with Ashley. Sometimes Jessica gets jealous of Renee and wants Ashley all to herself. Once Jessica said to Ashley, "Renee bothers me. She's always annoying me, and sometimes I wish she would just go home."

Ashley likes both Renee and Jessica and is rarely if ever annoyed by Renee. “Yeah, I know what you’re saying,” Ashley replied, even though it was a lie.

Read the questions and let students answer:

Why did Ashley lie? To please her friend.

What trouble might this lie have caused? Renee could find out, feel very hurt, say something back to Jessica about Ashley and start a cycle of gossip. Ashley might be tempted to lie again to Renee if Renee hears of her remark and questions her. A lie can start a cycle of lies.

How might it have worked out better if Ashley simply told the truth? It could make Jessica think better than to gossip to Ashley; it could make her reconsider her feelings about Renee. It could give them an opportunity to work together with Jessica about her jealousy.

Scenario #2: Jon didn’t finish his homework on time so he was late for football practice. He didn’t want the coach to think he was dumb for taking so long in math. So he blamed the situation on his mother, saying she had to stop at the CVS to get her medicine before dropping him off at the field. Jon’s mother is on medicine, but she had plenty at home. After practice, the coach approaches Jon’s mother and says, “I’m sorry to bring this up, because I know your stop this afternoon for medicine was important. But Jon is a leader, and when he’s late, other kids will see it and think it’s okay for them to be late. Do you think you can get him here on time from now on?” Jon’s mother looks horrified.

Read the questions you have in your hand:

Why did Jon lie? He didn’t want to look stupid in front of the coach.

What trouble might this lie have caused? It puts Jon’s mother in a position where she now might be tempted to lie to protect Jon. Lies lead to other lies or other temptations to lie. It will embarrass everyone if she does the right thing and tells the truth. If she lies she’s setting a terrible example for her son.

How might it have worked out better if Jon simply told the truth? Jon allowed his pride to outsmart him. The coach would have been far more understanding to homework needing to be done than to what appears to be mismanagement of time by a parent. He would have thought Jon was a conscientious student. Rather than think he might lose one of his best players over a weakness in a subject, he might have suggested a tutor or talked to his mom about how she can help him.

Scenario #3: Myra, age 10, was into her second hour of homework one night, and she was tired. It was like many weeks—her third night in a row of this much homework. She got to history and her mind simply couldn't focus on the words. She shut the book and went and watched TV. When her mother came in from work, she asked, "Are you finished your homework?"

"Yes," Myra said. "It's all right there."

Her mother looked through language arts, math and science. "Nice job," she said. "It all looks neat and orderly."

Myra fell asleep that night and forgot all about history until she got into that class. "Where's your homework?" the teacher asked.

"I forgot it," Myra said. "It's on the kitchen table."

That night she had to bring a note home for her mother to sign, saying Myra had said she had left her homework on the table, and she could bring it the next day for half credit. Myra's mom stared at Myra in confusion.

Why did Myra lie? She didn't have any brain power left, which adults don't usually understand or want to hear about, and so she made the only choice she felt possible.

What trouble might this lie have caused? It puts Myra's mother in a bad position. She now knows Myra lied to the teacher. If she allows Myra to bring in homework she never did, it makes Mom part of Myra's lie. If Mom doesn't send the truth back to the teacher, it also sets a bad example to Myra—that lying is okay. But telling the truth will really hurt Myra's grade.

How might it have worked out better if Myra simply told the truth? Some balls roll slowly, but Myra could have begun a big needed change in her school if she had told the truth. Sometimes we lie because we can't see an opportunity to make something big happen. Two hours of homework is too much for a 10-year-old, if it occurs night every night. Generally, things like this happen because the teachers aren't communicating well with one another. If a student is willing to take an honest risk and say, "I've had two hours for three nights. I work hard, I'm a good student, but I finally got too tired," teachers may begin to attack the real problem and resolve it—either with a new homework web site or a sit-down meeting. Granted, Myra runs the risk of nothing changing and taking the blame, but the Bible says, "The truth will set you free," --John 18:32. Truths can take a while to work out, but they work out better than lies in the long run.

GAME, YOUNGER CHILDREN: LIE LIKE A RUG GAME

Put one small rug or towel on the floor. Beside it, put a cutting board or some other flat surface at least one foot square. Give kids building blocks and tell them to make a small structure on each surface.

When we tell lies, we tell stories that aren't strong. Lies tend to fall apart and make everyone unhappy. It's sort of like this house built on this floppy rug.

Take the rug by the corner and pull it, and watch all the blocks tumble.

When we tell the truth, we build with strength. The truth tends to stand up, because it helps people to trust us. It's sort of like building a house on this hard surface.

Move the cutting board backward and show that the blocks remain in place.

We want to remember to always tell the truth, so that our word is strong and trustworthy, and other's trust in us doesn't come apart!

GAME, OLDER CHILDREN: TO TELL THE TRUTH

Another great reason for telling the truth is that most people, especially grownups, can tell when a kid is lying. They know what to look for, and when the kid is caught it is embarrassment and lost trust for all. Let's see how it is grownups are so smart by watching somebody play "To Tell the Truth."

Have one student stand in front of the group. Have the group pose questions to him or her. Brief the student to tell the truth sometimes and make up something other times. See if students can tell from his expression or body language when he/she is not telling the truth.

Questions should require only short answers, and may be of the following:

- **What street do you live on?**
- **Do you play any sports?**
- **What school do you go to?**
- **What's your dad's first name?**
- **What's your mom's first name?**
- **Do you have a dog?**
- **Do you have a cat?**

And so forth...

When the students think they are being deceived, have them say, “Stop!” Find out from the child if he was telling the truth or making up the answer. Have the students discuss what changed about him: the color of his face, his sudden smile, his shifting around, him staring at the ceiling, etc. and so forth.

From this exercise we can start to learn about what’s true and what’s not from others. The bible says, “Be wise as serpents but innocent as doves.” That means don’t lie—but don’t necessarily believe everything you hear!

CLOSING PRAYER

Father, Help us to be innocent doves and trust that the truth will always set us free...even if it’s hard to tell. Help us to be wise and not believe everything—especially bad things we hear about friends.

Amen.