



Week of October 4 Family Guide



THE BIG IDEA

We obey God by worshipping God.

THE BIBLE

The Third and Fourth Commandments:
Exodus 20:7-11; 32:1-14; (Philippians 4:8-9)

Bible Time

INSTRUCTIONS: Check out the video by Andrew or read Exodus 20: 7 – 11; 32: 1 – 14

SCRIPTURE | Exodus 20:7-11

My First Hands on Bible page: 84 | SPARK Storybook Bible page: 94 | Hands on Bible page: 78

Last week, we discussed the first two commandments which were put God first and make no idols. Today, we will look at commandments three and four, which we also find in the book of Exodus. Remember, God is speaking to Moses up on a mountain.

- **The third commandment tells us not to misuse God's name.**
 - Place one finger over your lips to remind you to use God's name in respectful ways.
- **The fourth commandment tells us to keep the Sabbath day holy, which means to set aside a day, like Sunday, for worship and rest.**
 - Put your hands together like you're praying to help you remember to rest and worship on God's day.

DISCUSSION

- What are two commandments we learned today?
- What do these commandments tell us about worshipping God?
- Read Exodus 20:7-11 aloud. What are some ways you can "keep the Sabbath holy?"
- Why do we worship God?
- Why do you think it's important to set aside a day for God?
- What are some ways you worship God?
 - **PRETEENS:** Here are some more in-depth questions you can ask of your preteens:
 - What are some ways you can worship God with music the rest of the week?
 - What are some ways you can use the Bible?
 - What are some ways you can pray throughout the week, besides just before meals or at bedtime?

Both commandments help us remember that we can worship God in so many ways: by singing, dancing, praying, respecting God, reading the Bible, listening to what God says, and of course, taking a day to slow down, go to church, and rest.



Have you worshiped God in any of these ways lately?

ACTIVITY | It's a Sign!

- **SUPPLIES NEEDED:** *Art supplies and Paper.*
- **INSTRUCTIONS:** *Read Philippians 4:8-9 and choose one word they feel best describes God. Give them time to create a piece of art on their paper around that word.*
- In Philippians 4, we read the following words: true, noble, authentic, right, pure, lovely, admirable, compelling, excellent, gracious, and praiseworthy. These words describe the God we serve, pray to, and worship.
- After you have completed making a piece of art, hang it in your home somewhere where you will be reminded of who God is. Maybe it will help you remember to slow down and rest.

RESPONSE | Pitstop Party

- Let's celebrate God with a praise party! We can sing and dance because we love God and because God loves us! Worship can happen anywhere and, in any way, — we can use our bodies, our words, and our hearts to praise God. **We obey God by worshipping God.**
- **INSTRUCTIONS:** *Play worship music for the kids to sing and dance along with to praise God.*

MEMORY VERSE | Watch Memory Verse video again to practice learning it.

PRAYER and Blessing

INSTRUCTIONS: Ask if anyone would like to pray. If not pray the following prayer.

- Dear God, thank You for loving us. Help us to love and obey You by worshipping You, using Your name respectfully, and by taking time to rest from all the busy things that sometimes keep us from remembering Your love and promises. Amen.

After your prayer, using your finger, mark each member of your family with a cross on their forehead and say "You are a loved child of God."

BONUS ACTIVITY | Ways to Worship Map

- Today, we've talked about how **we obey God by worshipping God**. But there isn't just one way to worship God! Make a list of ways we can worship God and then choose one or two that your family will try this week.
- **Examples might be** *prayer journal, walking in nature, singing, dancing, creating art, giving money or items to people in need, etc.* Create a list of ways to worship that you can use throughout the year or just this week. Keep as a map for your daily road trip through life! You can update this road map throughout your life.