



Session Five: Respect and Obey

Today's Point:

God wants us to respect and obey our parents.

Bible Verse:

Exodus 20:12

CSB: Honor your father and your mother so that you may have a long life in the land that the Lord your God is giving you.

KJV: Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.

Today's Bible Skill:

- Practice memorizing Exodus 20:12
- Find the book of Exodus in the Bible
- Know that the Ten Commandments are found in Exodus 20

Bible Truth Activity:

Game: "Mother May I?" (Command Edition)

Object of the game: Learn to follow instructions while thinking about what it means to honor your parents.

Directions:

1. One child is the "Parent" and stands at the front.
2. The rest of the children line up at the back of the room.
3. The "Parent" gives a command (e.g., "Take 2 bunny hops forward").
4. Kids must ask, "Mother (or Father), may I?"
5. If they forget to ask, they go back to the start.
6. First to reach the "Parent" wins and becomes the next leader.

Say:

That game was fun, but it also reminds us how important it is to listen and show respect. That's what it means to honor your father and mother. God included this in the Ten Commandments—His special rules for living!

Bible Discovery Discussion:

Ask the kids:

- What does it mean to honor your parents?
- How can you show respect at home?
- Why do you think God gave us this command?

Say:

Honoring our parents doesn't mean just doing what they say—it also means speaking kindly, being thankful, helping out without being asked, and showing respect even when we don't feel like it. God gave us parents to care for us, and He wants us to show love and obedience in return.

Bible Verse Activity – Echo & March

Let's learn our verse while marching in place. I'll say a line, and you echo it back while we march!

Echo Style with Movement:

- *Honor your father* (march in place)
- *And your mother* (keep marching)
- *So that you may have a long life* (march slower)
- *In the land the Lord your God is giving you* (march and stretch arms out wide)
- *Exodus 20:12!* (stand tall and strong)

Do it again faster or let a child lead.

Bible Skills Activity: “Commandment Sort”

Materials:

- Ten large commandment cards with simplified kid-friendly wording
- A poster board or large space on the wall labeled 1 through 10

Instructions:

1. Spread the commandment cards on the floor or table.
2. Ask kids to take turns reading a card (or have a leader read it) and placing it under the correct number.
3. Focus on Number 5 – “Honor your father and your mother.” Talk briefly about its importance.

Say:

The fifth commandment tells us to honor our parents. That means obeying them, helping them, listening, and showing love. When we do this, we’re also honoring God, because He’s the one who gave us this command!