

QUESTION 10:
WHAT DOES GOD REQUIRE IN THE FOURTH AND FIFTH COMMANDMENTS?

ANSWER : FOURTH, THAT ON THE SABBATH DAY WE SPEND TIME IN PUBLIC AND PRIVATE WORSHIP OF GOD, REST FROM ROUTINE EMPLOYMENT, SERVE THE LORD AND OTHERS. FIFTH, THAT WE LOVE AND HONOR OUR FATHER AND OUR MOTHER, SUBMITTING TO THEIR GODLY DISCIPLINE AND DIRECTION.

50 minute Lesson Outline:

- Catechism Recap (5 mins)
- Introduction to Question (5 mins)
- Teaching Outline (15 mins)
- Discussion and Question Time (20 mins)
- Virtue Vision (5 mins)

Bible Passage: Exodus 20: 1–17

Memory Verse: Lev. 19:3

Big Idea: God has ordained a pattern of life and relationships that are consistent with who he is and his created order.

Aim: To help us understand that God institutes his commands for the good of his people.

Virtue: Joy

LEADER'S NOTES:

As we study the commandments, we should continually encounter the character and nature of God as revealed through his commands. We may be familiar with the idea of the Sabbath, but may observe a Sabbath rest because our families do and may lack a personal purpose of the Sabbath in the individual life of a Christian. Or it may be that our understanding of the Sabbath is limited to attending church. Throughout this lesson we will be encouraged to remember that God knows what is good for his children, and he has instituted certain practices in his commandments for the good of his children and for his glory. **We will also be encouraged to consider what it means to honor our parents in light of the joy of a relationship with a loving heavenly Father. This lesson aims to help us seriously consider the personal impact of both of these commandments.**

Things to remember:

- We must clearly understand that obeying the commandments is a way to glorify God and respond to his grace rather than win favor with God.
- It is important to consider the general lack of Sabbath observance in society and to see that, for children and adults, there's a lot of pressure not to keep it.

CATECHISM REVIEW OF LAST WEEK, Q9

What does God require in the first, second, and third commandments?

Answer : First, that we know God as the only true God. Second, that we avoid all idolatry. Third, that we treat God's name with fear and reverence.

INTRODUCTION TO QUESTION 10

Part of today's lesson will be examining the relationship that God encourages between children and their parents. **Using the provided images of famous figures, see if the group can identify each child with their parent.**

- **Belle and Maurice (Beauty and the Beast)**
- **Marlin and Nemo (FindingNemo)**
- **King Agnarr and Anna & Elsa (Frozen)**
- **King Peppy and Princess Poppy (Trolls)**
- **Mufasa and Simba (The Lion King)**

Ask the group what they think honoring their father and mother means.

Ask them if they think honoring their parents is easy or hard.

TEACHING OUTLINE

QUESTION 10: WHAT DOES GOD REQUIRE IN THE FOURTH AND FIFTH COMMANDMENTS?

Ask the group who knows them best in the world. Hopefully some might identify their parents as those who know them best. Ask the group to identify the kinds of things a parent knows about their children, such as:

- What they like on their sandwiches.
- When they're happy, sad, or anxious.
- What kind of TV shows they enjoy.
- How much sleep they need.
- How to make them feel better when they're sick.

Parents generally know and understand their children very well. They know what is good for their children and how to care for them well. **What do you think God, as our heavenly Father, is like? Does God know how to care for his children well? Does he know what's good for them?**

God knows us better than anyone else, but he has entrusted children into the care of families here on earth. The relationship of parent to child is one God has established in order for us to thrive, when practiced according to his commands. Another principle God established for human flourishing is the Sabbath.

READ: Exodus 20:1–17.

1 And God spoke all these words, saying,

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

3 "You shall have no other gods before me.

4 "You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

5 *You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me,*

6 *but showing steadfast love to thousands of those who love me and keep my commandments.*

7 *"You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain.*

8 *"Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.*

11 *For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

12 *"Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.*

13 *"You shall not murder.*

14 *"You shall not commit adultery.*

15 *"You shall not steal.*

16 *"You shall not bear false witness against your neighbor.*

17 *"You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."*

Do you know what the Sabbath is or means?

The Sabbath is a day that God has set apart for worship and rest. From the time of Moses until Jesus, the Jews kept the Sabbath on Saturday. After Christ rose from the dead on a Sunday, his followers started observing that day as the Sabbath.

God declares in his Word that people should work for 6 days and then rest on the seventh day. Make the link back to the pattern of creation: God worked for Six days and then rested on the seventh. The Sabbath isn't a day for lying in bed or going to the mall! But it is a day where Christians can spend more time resting, delighting in, and worshipping God, and enjoying the company of God's people.

The language God uses in the fourth commandment is that the people are to remember. **Why do you think the word remember is included in the Ten Commandments?**

People are inclined to forget to rest and spend focused time with God. **What do you think about the principle of taking a Sabbath rest?**

Think about why God made this one of only ten commandments. (It must be important!)

God, the Creator, knows what is best for his creation, for his children. He knows that work and rest are both included in the best pattern for life. God also knows how important it is for people to have spiritual rest as well as physical rest, and spiritual rest is found in and through God the Father and God the Son. Trusting in a sovereign God means that it is easy to rest knowing that God is in control—that he has the whole world in his hands.

It is through Jesus that a relationship with God is secured, and no human work is required. This is another great reason to enjoy spiritual rest.

**Are you tempted to forget the Sabbath?
What kind of things might draw you away from God and his people?**

Read verse 8 again and see if the verse says anything else about what the Sabbath should be. God is a loving heavenly Father who longs to spend time with his children and only institutes what is best for them.

Moving on to the fifth commandment, explain that it is knowing and experiencing God's fatherly love that helps children honor their parents. **What does honoring your parents well look like? Is it easy to honor your parents or what might prevent some people from desiring to honor their parents?**

What does honoring your parents look like when we are a bit older?

The Ten Commandments were given to be a source of life and joy to God's people and that they were given by a God who knows what his children need.

**Remember that obedience is a right response
to God's wonderful grace.**

SMALL GROUP ACTIVITY

Activity: Consider what it might mean to honor your parents in love. Write ideas using the acrostic below of how you can honor you parents in love, both in the things they do as well as the things they choose not to do. Share your responses with your group.

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V
E

SMALL GROUP DISCUSSION

(Allow for several answers within your group before reading the provided response.)

- 1. What about honoring non-Christian parents?** God doesn't ask us to base our honor on whether our parents deserve it. Acknowledge that sometimes it is hard for people to honor their parents especially if they're against the gospel. We don't have to agree with someone to act respectfully toward them.
- 2. How do you want your children to show honor to you? What did you learn from your parents?**
- 3. How do you prioritize the Sabbath on a regular basis?** (Consider some obstacles that might be in the way.)

VIRTUE VISION: JOY

God designed his commandments to be a source of joy for his people, rather than rules to be kept! Reflect on what true joy means. Consider what the world thinks brings joy, and contrast the joy that comes from living as a child of God.

Proverbs 15:13:

"A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed."

It is impossible to show a frown and smile at the same time. Imagine what it would look like if you observed the Sabbath or honored your parents with a frown. Now imagine what it would like if you did the same thing but this time you were cheerful.

Notice the commandments were obeyed either way but the only difference was the joy expressed while doing so.

Are you joyful when you obey God or does it seem like an obnoxious chore?

MEMORY VERSE

***"Every one of you shall revere his mother and his father,
and you shall keep my Sabbaths: I am the LORD your
God." (Lev. 19:3)***