



WEEK 2

ELEMENTARY LESSON 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)

LARGE GROUP TIME

WHAT? *What are we talking about today?*

MUSIC | Road Trip Jams!

- **INSTRUCTIONS:** Turn up your car radio. . . it's time to worship God on the go! Play some fun worship songs like these:
 - ["Good Good Father"](#)
 - ["Hills and Valleys"](#)

ACTIVITY | Car-aoke

- **INSTRUCTIONS:** Create a fun playlist of songs that can be played from a device or on a screen. Pick one or two that are great for a sing-a-long as a group or as a solo (see our Grow Spotify Playlist in your Programming Guide for ideas).
 - ✂ **SPECIAL NEEDS HACK:** Provide noise-cancelling headphones for kids sensitive to loud noises.
- Today, we are bringing the music — literally. You know what makes a road trip even better? Great songs! I put together a playlist of my own so we can have a little karaoke fun.

ACTIVITY | Drive-Thru

- **INSTRUCTIONS:** This is a game like "Taboo" or "Catchphrase" where someone has to describe the word without mentioning the word itself. Write a bunch of activities down on separate index cards that kids can draw from as they come up to play.

✂ **SPECIAL NEEDS HACK:** *Play this as charades instead or give each kid the clue cards and have them deliver it to the kid up-front by pretending to drive a car and go through a drive-thru window.*

- Sunday is my favorite day of the week because I get to spend part of it with you! And Sunday can be filled with lots of different and fun activities. But man, am I hungry. You guys hungry? We should make a stop for some food soon.
- So, for this activity, all of you are the people working at a drive-thru restaurant. We need one volunteer to “place an order” by describing the activity on your card without saying any part of that word. The rest of us has to guess what you are trying to order!

QUESTION | Favorite Places

- **Where is your favorite place to go on a road trip? If you could go anywhere on a road trip, where would it be?**
- **INSTRUCTIONS:** *Talk with the kids about why they chose their favorite places.*
- More than any other day of the week, Sundays are a day when many families have some downtime together! They may even consider Sunday their Sabbath, which is a day set aside for worship and rest. On today’s stop on our virtual road trip, we’ll hear more about what that means. . .

SO WHAT? *Why does it matter to God and to us?*

SCRIPTURE | Exodus 20:7-11

- It’s time to hit the road for week two of our virtual road trip! On this trip, we’re going to discover and better understand The Ten Commandments (or rules) God wants us to live by!
- 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 here.
- **INSTRUCTIONS:** *Read Exodus 20:7-11 aloud.*
 - ✂ **PRETEEN HACK:** *Challenge preteens to help create a road sign that says, “Worship Ahead” with an illustration of one way they love to worship. Have them work on this quietly while you go over the lesson with the group.*
- The third commandment tells us not to misuse God’s name.
 - I’m sure some of you have heard that it means you shouldn’t throw God’s name around mindlessly (i.e., OMG). We should treat God’s name with the utmost respect. But it’s more than that.
 - Another way we can misuse God’s name is when we call ourselves followers of God, but don’t act like it. Like, refusing to show love for others even though God IS love. We can misuse God’s name when we misrepresent what God’s name stands for. Whoa!
- The fourth commandment tells us to keep the Sabbath day holy, which means to set aside a day, like Sunday, for worship and rest.

- **Do you like to rest? It's hard sometimes, isn't it?** Especially when there are so many fun things we want to do! But it's so important to slow down and remember to spend time with God.
- God also says to keep this Sabbath day holy. Does that mean we are supposed to do nothing but pray and read the Bible all day? Not exactly. It means that when we worship God, we need to mean it. Pretending to worship might LOOK it sometimes, but it is anything BUT holy.
- Both of these commandments help us remember that we can worship God in so many ways: by singing, dancing, praying, respecting God, reading the Bible, obeying 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?**

THE BIG IDEA | We obey God by worshiping God.

- Okay, I have my road trip bag again and I want to show you this really cool game on my iPad. Hang on [*rummage around your bag*]. . . my iPad isn't in here. Instead I have this. . . road sign. Hey! It's our Big Idea!
- **INSTRUCTIONS:** *Fold today's Big Idea road sign and put it inside your bag from last week.*
 - ✂ **SPECIAL NEEDS HACK:** *Provide hand motions to help them remember the Big Idea. We obey (salute) God (point up) by worshiping God (raise both hands).*
- Today's Big Idea is, **we obey God by worshiping God.**

VIDEO | Road Trip, Episode 2

- **INSTRUCTIONS:** *Play this week's [teaching video](#).*

QUESTION | Signs to Worship God

- **How can signs help us remember to worship God?**
- When we drive around, we pass many road signs that help drivers and people walking to stay safe. One of those signs might be [*Display the 'Stop' sign*] or [*Display the 'Speed Limit' sign*] or [*Display the 'Yield' sign*].
- These signs can remind us to stop and think about the way we respect God's name and slow down to enjoy a day for worship and rest. If we don't obey any of these signs, we could be in trouble! It's just like being on a road trip. If we ignored the signs meant to keep us safely on the road, we could get lost or be in danger.
- God wants us to obey these commandments – not just to please God, but because they are good for us. Isn't it the best thing for us to have a real and close connection with God? We do that by obeying God, and one way we obey God is by worshiping God.
- **Can you think of a few ways these regular traffic signs might remind us to worship God?** [*Some examples might be, "STOP what you're doing and worship God," "SLOW DOWN. . . it's Sunday," and "YIELD. Instead of doing other things, let's worship God today."*]

OBJECT LESSON | The Sweetest Name

- **INSTRUCTIONS:** Pass out a low-sugar treat to the kids (like [this one](#)) and as they savor it, remind them of how sweet God's name is!
 - ✂ **SPECIAL NEEDS HACK:** Instead of having them eat the sweet treat, provide paper with the GOD written on it. Give them smarties or small sweet treats and have them decorate God's name.
- All of us have a name. Some of our names were given to us because they have a special meaning.
- Did you know God's name is special, too? God created the world and guides us wherever we go. Because God has done so many amazing things, God deserves our admiration and respect!

SCRIPTURE | Philippians 4:8-9

- **Do you ever daydream?** The Bible tells us what we should spend our time thinking about!
- In this Bible story, it's our buddy, Paul, again with another letter. I wonder what he's writing to the Philippians today?
- **INSTRUCTIONS:** Read Philippians 4:8-9 aloud.
 - ✂ **PRETEEN HACK:** Give each kid a photocopied template of a blank smartphone (such as [this](#)) and have preteens write the words from the passage (see below). Challenge them to put this near their phones, tablets, or computers to remind them about staying focused on God.
- Paul's words remind us to keep our thoughts focused on things that are true, noble or honorable, right, pure, lovely, and admirable.
- **Why do you think Paul tells us this?**
- **How does focusing on what is true and right and pure help us worship God?**
- If you look at the words from these verses, you might see them as words that describe God. Worship starts with recognizing just how amazing God is, and then living in a way that honors God. **We obey God by worshiping God.**

NOW WHAT? What does God want us to do about it?

ACTIVITY | It's a Sign!

- **INSTRUCTIONS:** Set out art supplies. Tell the kids to refer back to Philippians 4:8-9 and choose one word they feel best describes God. Give them time to create a piece of art on their canvas around that word.
- In Philippians 4, we read the following words: true, noble, authentic, right, pure, lovely, admirable, compelling, excellent, gracious, and praiseworthy. All of these words describe the God we serve, talk to, and worship today.
- Let's worship and admire God by making a piece of art that you can take home as your souvenir from today's road trip!

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.** So, let's worship God now!

- **INSTRUCTIONS:** *Play upbeat music for the kids to sing and dance along with. Consider showing them a popular dance like [The Floss](#) (or whatever else is trending on TikTok!) for them to copy while they are partying!*

MEMORY VERSE | Licensed DrIVERSE

- **INSTRUCTIONS:** *Put the memory verse somewhere the kids can see in case they haven't memorized it yet. Tell them to read it as a group, but give them specific commands that they need to respond to. You might say things like, "Accelerate" (say the verse super fast), "Rev your engine" (say it really loud), "Reverse" (say it while walking backward), "Right turn" (lean to the right), etc.*

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 of the busy things that sometimes keep us from remembering Your love and promises.
✂ **PRETEEN HACK:** *Continue to encourage preteens to pray for the group, accepting volunteers when possible, or privately asking an individual before group time that day.*

SMALL GROUP TIME

DISCUSSION

- What is the third commandment?
- What is the fourth commandment?
- What do these commandments tell us about worshipping God?
- Re-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?

✂ **PRETEEN HACK:** *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 when you aren't here? / What are some ways you can use the Bible when you are not here? / What are some ways you can pray throughout the week, besides just before meals or at bedtime?*

ACTIVITY | Worship Checklist

- Today, we've talked about how **we obey God by worshipping God.** But there isn't just one way to worship God! For our last activity today, we are going to make a list of ways we can worship God and then choose one or two that we can try this week.

- **INSTRUCTIONS:** *Together, brainstorm different ways we can worship God: prayer journal, walking in nature, singing, dancing, creating art, giving money or items to people in need, etc. Help the kids create a list of ways to worship that they can take home and use as a map on their daily road trip through life!*

MEMORY VERSE | Luke 10:27 (NIV)

- **INSTRUCTIONS:** *Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.*