

# God's Good Rules

## Lesson 8

### "Keeping Promises"

#### (Do Not Commit Adultery)

#### Lessons from the Bible: Exodus 20:1-17

*We keep our promises because God is a promise keeper.*

#### Review Commandments 1-4:

- The first 4 commandments teach us how to respect and honor God. Do you remember what they are?
- Put God first
  2. No fake gods
  3. Respect God's name
  4. Respect God's day of rest

**The last 6 commandments are how we are to treat ourselves and others.**

#### Last time we learned Commandment 6. Do you remember what it is?

- 5. Honor your father and mother
- 6. Do not Kill

**Today we have another lesson on how to treat others:**

Who knows what the Bible says about rainbows?

(Allow students to answer.)

In the story of Noah and the flood, God floods the whole world to destroy sin, and he saves Noah and his family and the animals on the ark. When the waters dried up, God set the rainbow in the sky to remind us of his promise to never flood the whole earth again. Every time we see a rainbow, we can remember that God keeps his promises, always.

Today, we are learning about the seventh commandment, which is a very special promise God tells us to keep.

Read: Exodus 20:14 - **"You must not be guilty of adultery".**

Adultery – that's a pretty big word for kids – right?

This commandment is for married people. But there is wisdom in this verse for kids and adults who aren't married, too. So first we're going to talk about what this commandment means for married couples, and then we'll discuss what this commandment means for all of us, including you kids!

Have any of you ever been to a wedding? *(Allow students to briefly share their stories. Take time to share about your own wedding, one you have attended, or wedding in general.)*

Weddings are big, special celebrations where two people who love each other promise each other and promise God that they will stay married and live together forever, loving each other best of all and always being there for one another.

Being married is like getting to be with your best friend all the time, and getting to do things to help your best friend be happy and to help them love God more and more each day.

Marriage is a very special relationship. I want you all to understand how special it is, and why this commandment is so important.

- (Pass out the hearts from the “heart baubles craft” and glue sticks as you talk.) Everyone take two hearts. We’ll pass around glue sticks too. When you get the glue stick, I want you to completely cover the back of both hearts in glue, and then stick the hearts together. Press them together really well, making sure they are good and stuck. (Demonstrate with your own pair of hearts.) Once everyone has glued their two hearts together, we will continue to talk. (Make sure everyone glues their hearts together back to back, with plenty of glue. This demonstration works best if the hearts are very well stuck together.) Now hold onto your hearts or put them in your lap to dry for a little bit while we talk.

Marriage is a special gift from God. Let’s think way back to the beginning of the Bible, when God made everything, including marriage. He made all of creation, and it was good. But there was something that God saw that was not good. Does anyone remember?

**Read:** Genesis 2:18 says, “Then the Lord God said, ‘It is not good for the man to be alone. I will make a helper who is just right for him.’”

Even though Adam was in a beautiful garden, surrounded by every single kind of animal, there was not anyone like him, who could be his best friend. So, God made Eve to be his wife. Adam was really excited!

Genesis 2:23 says,

- “‘At last!’ [Adam] exclaimed. “This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from ‘man.’” The next verse goes on to say, “This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.”

God made marriage special for two people. A man and a woman get married and have their own home and their own family. They are united into one, the Bible says, just like you took two hearts and brought them together to make one heart. It is a good thing to get to be married to someone you love, and to get to have a family and a whole wonderful life with them. A marriage promise is a special promise to God and to your spouse to be united into one with them forever. When you are married, your life is not just yours anymore. You think about and care about what your husband or wife thinks and cares about. You do things to show you love them. You spend time with them and work together as a team. When a husband and wife are united as one and working together as a team, the whole family wins!

I am sorry to tell you that sometimes, husbands and wives don't always keep their marriage promise. Imagine you are on a basketball team. (Or other sports team. Choose a local team if desired.) Your goal as a member of the team is to score as many baskets as possible, and help your teammates score as many baskets as possible, and to keep the other team from winning.

That's one way to think about marriage. Adultery is breaking the marriage promises to love your husband or wife best of all, and to be there to help them do their best and be their best and to love God their best. It's like being on that basketball team, getting the ball, and trying to score points for the OTHER team. It's just wrong.

Adultery is taking God's special gift of marriage, being brought together as one heart, and choosing to not give your best love and time and energy to your spouse, or to even decide you don't want to be married anymore. It's like trying to unglue your hearts. Let's see what adultery does to married hearts. Take the hearts that we glued together and try to pull them apart. (Demonstrate with your own paper hearts. Peel them apart, not being all that careful, so you are left with two shredded and wrinkled hearts. Hold up the pieces for your students to see.) Adultery, breaking the marriage promise, hurts hearts. Marriage glues two hearts together, and there is no way to peel them apart without causing pain and heartbreak.

I want to stop here for a moment to make one thing very clear. Some of you may have parents who are divorced, or know kids whose parents are not together. You have to know, it is not your fault. Your parents both love you so, so, much and you are not to blame. When parents break their marriage promise to each other, it hurts not only their hearts, but their kids' hearts too. I want you to remember to be kind and loving to kids whose parents broke their marriage promise, because hearts get hurt when this commandment is broken.

That is one big reason God gave us this commandment. Marriage is a wonderful gift, and it can be a lot of work. It takes a lot of prayer and a lot of sacrifice to keep the promise to always treat your husband or wife as the most important person in your life, aside from Jesus. Someday if you get married, remember, your heart will forever be united to that person, and breaking the seventh commandment will hurt.

There's another reason God gave us this commandment. Let's look at Ephesians 5:31-32:

- “As the Scriptures say, *‘A man leaves his father and mother and is joined to his wife, and the two are united into one.’* <sup>32</sup> *This is a great mystery, but it is an illustration of the way Christ and the church are one.”*

Basically, this verse is saying that marriage is a picture of the church's relationship with Jesus. When we love a spouse, we want what is best for them, we want to make them happy.

When we love God, we want to please God, so we obey him and love and help others. God loves us, so he gave us good rules to follow so we could stay safe and happy. Also, we know that God loves us so much that *“He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”* (John 3:16).

Our relationship with God is the absolutely most important one in our whole lives. God gives us a special promise about our relationship with him. *“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”* (1 John 1:9). When we trust God and tell him we are sorry for sinning, he promises to forgive us. That is wonderful news!

God always, always, always keeps his promises. (1 Corinthians 1:9). *God will surely do this for you, for he always does just what he says, and he is the one who invited you into this wonderful friendship with his Son, even Christ our Lord.*

So, we should too! When we keep our marriage promise, it shows the whole world that God is a promise keeper.

So, it’s going to be a long time before any of you even think about getting married.

**But right now, as a kid, you can still be a promise keeper, like God. Whatever you say you will do, DO IT!** (Matthew 5:33):

*‘When you make a promise, don’t break your promise. Keep the promises that you make to the Lord.’*

Clean your room when you're told, go to a friend's party when you say you will, play with your little brother when he asks. **When you are faithful to do what you will say you will do, other people will see it, and they will learn that God is a promise keeper too.**

End in Prayer

### **10 Commandments in simple terms.**

1. Put God first
2. No fake gods
3. Respect God's name
4. Respect God's day of rest
5. Honor & Obey your parents
6. Do not kill people
7. **Respect marriage – Keep promises**
8. Do not steal
9. Do not lie
10. Do not be jealous

**Bible Verse** Psalm 119:1-2: **"Joyful are people of integrity, who follow the instructions of the Lord. Joyful are those who obey his laws and search for him with all their hearts."**

### **Activities: Practice "The Ten Commandments Boogie Song"**

Video: The Ten Commandment Boogie:

<https://www.youtube.com/watch?v=L2hB5Gqo8Vo>

## **Craft: Keep Promises Rainbow**

**\*\* See sample on next page.**

You will need: Paper Plates, water colors, cotton balls, glue, string, hole punch.

Have kids paint rainbow on half a paper plate while you are sharing the lesson.

Then glue cotton balls and clouds on bottom of paper plate. Hang promises written on small clouds on bottom.

They can hang in their room as a reminder to keep promises just as God does.



Feel free to take a picture of their art work or share how your activity went!  
Post it on our Facebook page or share it on GroupMe. Have a Blessed Day &  
Week! Until we can meet again

~ *Teacher Chrissy*

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