

# God's Good Rules

## Lesson 10

### Commandment 9

**"Do Not Lie"**

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

*Tell the Truth....Honesty protects our relationships with our neighbors.*

**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 8. Do you remember what it is?**

- 5. Honor your father and mother
- 6. Do not Kill
- 7. Keep your promises
- **8. Do Not Steal**

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

We are on Commandment 9 today!

Read: Exodus 20:16: "**You must not testify falsely against your neighbor.**"

Now you may have been expecting this commandment to simply say, "**No lying.**" Instead, we read something about testifying falsely. You know what false means, right? **False means not true.**

And to testify is something we usually do in court. **Testify means to tell the truth about a certain situation.**

For example, if an adult saw someone rob a bank or commit some other crime, they may have to testify in court. This means they would go to a courtroom and promise to tell "**the truth, the whole truth, and nothing but the truth**" about what they saw. "Testify" is a fancy word that means to tell the truth. You may testify if you see two friends fighting during recess, and tell the teacher exactly what happened when they ask you.

You wouldn't lie to help one friend stay out of trouble, because that would be breaking this commandment.

With this commandment, God wants us to tell the truth about our neighbors and about the people in our lives. Why do you think this is important?

(Allow students to answer.)

The Bible is full of verses about not lying and being truthful. Before we look at some those, I want to look at a verse that tells us a little bit about God's character. When we have a better understanding of who God is, we will understand why truthfulness is so important to him.

Read: Hebrews 6:18

*"These two things cannot change. God cannot lie when he makes a promise, and he cannot lie when he makes an oath. These things encourage us who came to God for safety. They give us strength to hold on to the hope we have been given".*

It is impossible for God to lie. It goes against everything God is to lie. We can trust Him to always be truthful, and because he is always truthful, we know we can always trust everything he says in the Bible.

In John 14:6, Jesus said, *"I am the way, the truth, and the life. No one can come to the Father except through me."*

- God sent his son, Jesus, to save us from our sins so we can live forever in heaven with him. The truth is, Jesus is the only way to live forever. And that is great news! Because God cannot lie, we know the only way to live a righteous life is to follow Jesus and obey him.

Let's think back to when God created the whole world. He made Adam and Eve and they lived in the beautiful Garden of Eden. They only had one rule they had to follow. Genesis 2:16-17 says, *"But the Lord God warned him, 'You may freely eat the fruit of every tree in the garden—<sup>17</sup> except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.'*" Seems simple enough to remember, right? Listen as I read what happened next.

Read: Genesis 3:1-6:

*"The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, 'Did God really say you must not eat the fruit from any of the trees in the garden?'*

*<sup>2</sup> 'Of course we may eat fruit from the trees in the garden,' the woman replied. <sup>3</sup> 'It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'you must not eat it or even touch it; if you do, you will die.'*

*<sup>4</sup> 'You won't die!' the serpent replied to the woman. <sup>5</sup> 'God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil.'*

*<sup>6</sup> The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too.'*

And just like that, sin entered the world. **The serpent, Satan, lied to Adam and Eve, and they broke God's one rule for their lives.** After they sinned, Adam and Eve realized they were naked, and they hid from God. They were ashamed of what they had done. They had broken the one rule, and broken trust with God. It's a heartbreakingly story.

John 8:44 tells us that Satan is the father of lies and that there is no truth in him. We have a choice. We can follow God, who only speaks the truth, or we can follow Satan, who only speaks lies. **We can't do both at the same time.** James 3:11 tells us, "Does a spring of water bubble out with both fresh water and bitter water?" That means that you can't be a liar and a truth teller at the same time. **So, choose to follow God and be a truth teller!**

As we see with Adam and Eve, lying hurts.

- Do any of you in here like to be lied to? Of course not. When someone lies to us, it makes it hard for us to trust them. Sometimes lying may seem like the easy thing to do. We may think that lying will keep us out of trouble or keep others from getting hurt.

Let's look up what Proverbs 12:19 says about lying.

"Truthful words stand the test of time, but lies are soon exposed."

Lies don't last forever. Eventually the truth will be found out. So, lying is never, ever worth it.

- Now there are a couple of different ways we can lie. We can lie about doing something wrong, like saying we ate all our broccoli when really we fed it to the dog.
- We can also lie by exaggerating, like saying we can dunk a basketball when we really can't.
- When we cheat, make excuses, sneak around to do something naughty so we don't get caught, or leave out a part of the truth, we are lying.
- In all these things we make ourselves untrustworthy.
- When we lie, people won't want to trust us. Lying hurts our relationships with others, because people can't trust us when we aren't truthful. Honesty protects our relationships with our family, friends & neighbors.

1 Peter 3:10 says, "*If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies.*"

Be truthful, and you will be happy and get along with your neighbors! It isn't always easy, but it's always the right thing to do.

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>

Video: Larry Boy and the Fib from Outer Space:

[https://www.youtube.com/watch?v=WnaYI\\_qA6QM](https://www.youtube.com/watch?v=WnaYI_qA6QM)

## Craft: Paper Plate Faces: Do Not Lie

### Supplies:

- 2 paper plates per child
- scissors
- red construction paper
- crayons or markers

### Instructions:

1. (Parent or Teacher): Cut a slit in each paper plate where the mouth would be.
2. Create tongues (just slightly smaller than the width of your slit) on the red paper with notches on the end to keep it from going through the slit.
3. Draw a happy face on one plate and a mean/sad face on the other.

Have the kids draw and color each paper plate to look like their face.

Then, write “The truth will set you free. -John 8:32” on one tongue and insert through the smiley face and insert “Do not lie. -Exodus 20:16” through the sad face.



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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