

FAMILY TABLE TALK

WEEK OF JANUARY 10TH



Once your family is seated at the table & eating, go through each section below together.

HIGH LOW BUFFALO

Take turns around the table to share your **HIGH** from the day (the best thing that happened), your **LOW** from the day (something that made you upset), and **SOMETHING RANDOM** from your day that you'd like to share.

This week, have the person with the **worst singing voice** go first.

LESSON RECAP

This week we looked at the third and fourth commandments that God spoke to Moses on Mt. Sinai. The third commandment tells us not to misuse God's name, and the fourth commandment tells us to keep the Sabbath day holy, which means to set aside a day, like Sunday, for worship and rest. 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 worshipping God.

THE BIBLE: The 3rd & 4th Commandments (Exodus 20:7-11)

ASK THIS

- 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?

NOW WHAT?

As a family, talk about how you take (or don't take) a Sabbath, or a day of rest, each week. Discuss why rest is important, how God modeled it (hint: remember the creation story), and come up with some ways that your family can make that more of a priority.