

# FAMILY TABLE TALK

WEEK OF JANUARY 24TH



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 **lightest hair** go first.

## LESSON RECAP

This week we learned about the eighth, ninth and tenth commandments that God spoke to Moses on Mt. Sinai. These commandments or rules are all about living in community with others and loving them. God wants us to love people. But how? Well, we can show love by respecting people's things and not taking what doesn't belong to us. We can show love by choosing to be honest at all times and resisting the urge to say things that are not true, or things we don't have all the facts about. We can show love by being happy for someone when they have something good happens to them, instead of being jealous and wanting it for ourselves. To be honest, only God can perfectly love others. Actually, only God is holy and able to keep all of the 10 commandments. Because of our sin, we cannot keep them perfectly as God demands, and it is only by God's grace and through His Son Jesus that we are able to have a relationship with God. The 10 Commandments, or the Law, helps us see our need for a Savior. And while it's good to try and keep it, its best to know that we cannot keep even one without a relationship with God through Jesus.

**THE BIG IDEA: We obey God by loving everyone.**

**THE BIBLE: The 8th, 9th & 10th Commandments (Exodus 20:15-17)**

## ASK THIS

- What does it mean to 'covet'? Why is that not a good thing?
- Read Romans 13:8-10. What does it mean to "love your neighbor as yourself?"
- Why do you think God gave us the Ten Commandments?
- How does God help us keep His Laws?

## NOW WHAT?

This week we learned about love and how we obey God by loving others. As a family, put together a care bag for someone God wants you to show love to, then give it to them.