

FAMILY TABLE TALK

WEEK OF JANUARY 17TH



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 **darkest hair** go first.

LESSON RECAP

This week we looked at the fifth, sixth and seventh commandments that God spoke to Moses on Mt. Sinai. Each of these commandments are about loving people, especially our families. We learned that we can show our love to our parents and other grownups who take care of us by listening to their advice and treating them with love and kindness. They want what's best for us, so obeying them would be the wise thing to do! We can also show our love to our siblings and other family members by not filling ourselves with negative emotions toward them. It's understandable to get frustrated and annoyed sometimes. It's okay to feel hurt. But God doesn't want us to stay that way because that is even more harmful to us. We can ask God to show us how to love them like God does, and make things right with the people who upset us. And finally, we can also show love to people we make commitments to —like when people get married — and keep the promises we make to them.

THE BIG IDEA: We obey God by loving our families.

THE BIBLE: The 5th, 6th & 7th Commandments (Exodus 20:12-14)

ASK THIS

- Read I Thessalonians 1:3 aloud. Who in your family has been a good example of showing love? How so?
- What makes it hard to show honor and respect to your parents?
- How has your family shown you love recently?
- What are some things we do that are not loving toward our families?

NOW WHAT?

Share a story about your family where you had to make a conscious choice to show love (like forgiving a sibling or listening to your parents' advice). Talk about how looking back, that was the right thing to do even though at the moment, it didn't feel like it.