

# ROAD TRIP

WEEK 2

## **BIG IDEA**

We obey God by worshipping God.

## **BIBLE**

Exodus 20:7-11; 32:1-14; Philippians 4:8-9

## **TALK**

Gather with your group on your rug. Discuss the kids' weeks. Ask for any prayer requests. etc

## **LARGE GROUP TIME**

### **The Name Game**

- **INSTRUCTIONS:**
- **Have the kids form a circle (one circle for each group). In their circle, have them say their name and something they like that uses the same letter as their first name.- Have them create a motion to do when they say their name. For example: I'm Suzie and I love to SMILE (make a big smiley face). Have the next person in the circle do- the same thing AND the name and motion of the kid before them. Continue around the circle until the last person- has to do everyone in the group's name and motion.**

### **MUSIC | Road Trip Jams!**

- **INSTRUCTIONS:** *Turn up your car radio. . . it's time to worship God on the go! Play some fun worship songs like these:*

- "Good Good Father"
- "Hills and Valleys"

## QUESTION | Favorite Places

- **Where is your favorite place to go on a road trip? If you could go anywhere on a road trip, where would it be?**
- **INSTRUCTIONS:** *Talk with the kids about why they chose their favorite places.*
- More than any other day of the week, Sundays are a day when many families have some downtime together! They may even consider Sunday their Sabbath, which is a day set aside for worship and rest. On today's stop on our virtual road trip, we'll hear more about what that means. . .

## SCRIPTURE | Exodus 20:7-11

- It's time to hit the road for week two of our virtual road trip! On this trip, we're going to discover and better understand The Ten Commandments (or rules) God wants us to live by!
- Last week, we discussed the first two commandments which were put God first and make no idols.
- Today, we will look at commandments three and four, which we also find in the book of Exodus. Remember, God is speaking to Moses here.
- **INSTRUCTIONS:** *Read Exodus 20:7-11 aloud.*
  - **PRETEEN HACK:** *Challenge preteens to help create a road sign that says, "Worship Ahead" with an illustration of one way they love to worship. Have them work on this quietly while you go over the lesson with the group.*
- The third commandment tells us not to misuse God's name.
  - I'm sure some of you have heard that it means you shouldn't throw God's name around mindlessly (i.e., OMG). We should treat God's name with the utmost respect. But it's more than that.
  - Another way we can misuse God's name is when we call ourselves

followers of God, but don't act like it. Like, refusing to show love for others even though God IS love. We can misuse God's name when we misrepresent what God's name stands for. Whoa!

- The fourth commandment tells us to keep the Sabbath day holy, which means to set aside a day, like Sunday, for worship and rest.
  - **Do you like to rest? It's hard sometimes, isn't it?**-Especially when there are so many fun things we want to do! But it's so important to slow down and remember to spend time with God.-
  - God also says to keep this Sabbath day holy. Does that mean we are supposed to do nothing but pray and read the Bible all day? Not exactly. It means that when we worship God, we need to mean it. Pretending to worship might LOOK it sometimes, but it is anything BUT holy.
- 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 worshiping God.

- **We obey God by worshiping God.**

### VIDEO | Road Trip, Episode 2

- **INSTRUCTIONS:** *Play this week's [teaching video](#).*

### QUESTION | Signs to Worship God

- **How can signs help us remember to worship God?**
- When we drive around, we pass many road signs that help drivers and people walking to stay safe. One of those signs might be *[Display the 'Stop' sign]* or *[Display the 'Speed Limit' sign]* or *[Display the 'Yield' sign]*.
- These signs can remind us to stop and think about the way we respect

God's name and slow down to enjoy a day for worship and rest. If we don't obey any of these signs, we could be in trouble! It's just like being on a road trip. If we ignored the signs meant to keep us safely on the road, we could get lost or be in danger.

- God wants us to obey these commandments – not just to please God, but because they are good for us. Isn't it the best thing for us to have a real and close connection with God? We do that by obeying God, and one way we obey God is by worshiping God.
- **Can you think of a few ways these regular traffic signs might remind us to worship God?** [Some examples might be, "STOP what you're doing and worship God," "SLOW DOWN. . . it's Sunday," and "YIELD. Instead of doing other things, let's worship God today."]

## OBJECT LESSON | The Sweetest Name

- **INSTRUCTIONS:** Pass out a low-sugar treat to the kids (like [this one](#)) and as they savor it, remind them of how sweet God's name is!
  - **SPECIAL NEEDS HACK:** Instead of having them eat the sweet treat, provide paper with the GOD written on it. Give them smarties or small sweet treats and have them decorate God's name.-
- All of us have a name. Some of our names were given to us because they have a special meaning.
- Did you know God's name is special, too? God created the world and guides us wherever we go. Because God has done so many amazing things, God deserves our admiration and respect!

## SCRIPTURE | Philippians 4:8-9

- **Do you ever daydream?** The Bible tells us what we should spend our time thinking about!
- In this Bible story, it's our buddy, Paul, again with another letter. I wonder what he's writing to the Philippians today?
- **INSTRUCTIONS:** Read Philippians 4:8-9 aloud.
  - **PRETEEN HACK:**-Give each kid a photocopied template of a blank smartphone (such [as this](#)) and have preteens write the words from the passage (see below). Challenge them to put this near their

*phones, tablets, or computers to remind them about staying focused on God.*

- Paul's words remind us to keep our thoughts focused on things that are true, noble or honorable, right, pure, lovely, and admirable.
- **Why do you think Paul tells us this?**
- **How does focusing on what is true and right and pure help us worship God?**
- If you look at the words from these verses, you might see them as words that describe God. Worship starts with recognizing just how amazing God is, and then living in a way that honors God. **We obey God by worshiping God.**

### MEMORY VERSE | Licensed DrIVERSE

- **INSTRUCTIONS:** *Put the memory verse somewhere the kids can see in case they haven't memorized it yet. Tell them to read it as a group, but give them specific commands that they need to respond to. You might say things like, "Accelerate" (say the verse super fast), "Rev your engine" (say it really loud), "Reverse" (say it while walking backward), "Right turn" (lean to the right), etc.*

### PRAYER

- Dear God, thank You for loving us. Help us to love and obey You by worshiping You, using Your name respectfully, and by taking time to rest from all of the busy things that sometimes keep us from remembering Your love and promises.
  - **PRETEEN HACK:**-*Continue to encourage preteens to pray for the group, accepting volunteers when possible, or privately asking an individual before group time that day.*

**SMALL GROUP TIME**

## DISCUSSION

- **What is the third commandment?**
- **What is the fourth commandment?**
- **What do these commandments tell us about worshipping God?**
- **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?**
  - **PRETEEN HACK:***-Here are some more in-depth questions you can ask of your preteens:-What are some ways you can worship God with music the rest of the week when you aren't here? /-What are some ways you can use the Bible when you are not here? /-What are some ways you can pray throughout the week, besides just before meals or at bedtime?*

## ACTIVITY | It's a Sign! God is...

- **INSTRUCTIONS:** *Set out art supplies. Tell the kids to refer back to Philippians 4:8-9 and choose one word they feel best describes God. Give them time to create a piece of art on their canvas around that word.*
- In Philippians 4, we read the following words: true, noble, authentic, right, pure, lovely, admirable, compelling, excellent, gracious, and praiseworthy. All of these words describe the God we serve, talk to, and worship today.
- Let's worship and admire God by making a piece of art that you can take home as your souvenir from today's road trip!

## ACTIVITY | Ways to Worship Map

- Today, we've talked about how **we obey God by worshipping God**. But there isn't just one way to worship God! For our last activity today, we are going to make a list of ways we can worship God and then choose

one or two that we can try this week.

- **INSTRUCTIONS:** *Together, brainstorm different ways we can worship God: prayer journal, walking in nature, singing, dancing, creating art, giving money or items to people in need, etc. Help the kids create a list of ways to worship that they can take home and use as a map on their daily road trip through life!*
- *Have kids write their ideas on their papers and commit to a plan for how they can worship God this week*

### **MEMORY VERSE | Luke 10:27 (NIV)**

- **INSTRUCTIONS:** *Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.*