

SUMMARY OF TOPICS

Topic 1: Why the Ten Commandments?: Rules

Rather than being a list of rules to make us unhappy or to punish us for breaking, the ten commandments guide us in how to live a life in a way that ultimately brings us peace and satisfaction.

Topic 2: Commandment One: Heroes

We're naturally drawn toward having heroes. There is something we find inspirational as we look at the achievements and qualities of others. Yet too often our world overlooks Jesus and all that he has done for us – things that make him a true “hero”, worthy of our praise.

Topic 3: Commandment Two: Possessions

We strive to own possessions but the Bible warns us that rather than us owning possessions, they can own us and get in the way of making God first in our lives.

Topic 4: Commandment Three: Words

Words like “God” and “Jesus” are good words that can easily be used in a bad way such as swearing. Words carry significance and power and we must learn to be careful about what we say.

Topic 5: Commandment Four: Time

Like money, time is a resource we only get to spend once. Once we spend it, it's gone. It's a precious resource we should spend wisely with a view to what's really important in life.

Topic 6: Commandment Five: Parents

God intended that we grow up in families with parents who will guide and instruct us with wisdom. Yet even in the best of families there can be struggles between parents and young people.

Topic 7: Commandment Six: Anger

The sixth commandment is “Do not murder”. When Jesus was talking about this commandment He explained that if we hold on to anger and bitterness in our hearts, it's as though we've actually broken this commandment.

Topic 8: Commandment Seven: Love

The seventh commandment is about being faithful to our husband or wife. Marriage is a vow to love someone and God expects us to keep that vow and not break it whenever it suits us. In this session we talk about the true nature of love.

Topic 9: Commandment Eight: Stealing

The eighth commandment is a command not to steal. Stealing is more than taking an object that doesn't belong to us. It occurs in a number of ways, even ways that involve us stealing from God.

Topic 10: Commandment Nine: Honesty

The ninth commandment is a command not to lie. Lie is more than saying something that's not true. It's about not giving a false impression and about living in a way that is consistent with our beliefs and values.

Topic 11: Commandment Ten: Jealousy

The tenth commandment deals with the tendency to want what others have or to be like them, and the jealousy that can occur as a result.

Topic 12: What if We Fail?: Grace

The tenth commandment deals with the tendency to want what others have or to be like them, and the jealousy that can occur as a result.

TOPIC 1: The Ten Commandments: Rules

MAIN IDEA

Rather than being a list of rules to make us unhappy or to punish us for breaking, the Ten Commandments guide us in how to live a life in a way that ultimately brings us peace and satisfaction.

GAME: THE “NO RULES” GAME

- Have everyone play a game but don't give them any rules. Don't even give a heads up that the session is about rules or that you aren't going to give them any. That's part of the lesson. Just say, "Let's get into groups to play a game."
- Once they are in their groups tell them to start playing. It's a good idea to give them something to focus on in playing their game. For example you might give each group a dice. Or a pack of cards. Or just some random object, etc. They'll be asking what they should do – all you say is "That's up to you – just play a game!"
- As they start to play you'll notice they begin coming up with rules and directions by themselves. Some groups will go pretty well with everyone getting along while others may disagree on what to do and how. Just smile and keep walking around even if they are frustrated.
- Link: When you sense it's time to stop ask them what they learnt about rules from the exercise and use their comments as a lead in to the opening question below.

OPENING QUESTION

Complete the following sentence: “The best thing about rules is...”

DISCUSSION

1. What would be the consequences of the following?
 - No road rules
 - No rules in sport
 - No rules at youth group.

2. Think about some of the rules your teacher has in the classroom. How do these rules make school better for everyone? What would happen if you didn't have these rules?

3. Now think about some of the rules your parents have for you at home. How do these rules make home life better for everyone? How are these rules good for you? What would happen if you didn't have these rules?

FROM THE BIBLE

1. Can you list all Ten Commandments? Check your answers at Exodus 20:1-17

2. The Ten Commandments are not just about telling us to not do certain actions. Jesus showed us that they were also about having right thoughts and attitudes. Read Matthew 5: 21, 22. What example does Jesus use here?

3. Jesus said the Ten Commandments could be summed up with just two commandments: Read Matthew 22:34-40. What were they? What do you think each one meant?

MAKING IT MINE

1. What are some examples of loving God? What things do we do that show God we love Him?

2. Which is easier for you? Loving God or loving other people? Give examples of situations where you have struggled to love God and other people as you should.

3. What things could you do this week to show God you love Him or to show love to others?

FINAL THOUGHTS TO SHARE

The Ten Commandments showed Israel how God wanted them to live. When Jesus came He showed the religious leaders that even if they keep these laws outwardly, they were unable to keep them inwardly in their hearts. In other words if they were guilty of being angry at someone they had broken the command to not murder (Matthew 5:21,22). The Ten Commandments show us how far short of God's holiness we are. We can't keep the laws in our heart so God Himself came as Jesus to keep the laws for us so that we can be forgiven for those times we fail.

TOPIC 2: Commandment One: Heroes

MAIN IDEA

We're naturally drawn toward having heroes. There is something we find inspirational as we look at the achievements and qualities of others. Yet too often our world overlooks Jesus and all that he has done for us – things that make him a true “hero”, worthy of our praise.

GAME: GUESS THE HERO

- You can play any one or more of a number of variations that involve young people guessing the hero:
 - Think of the name of a “hero” and see if people can guess it using twenty questions. A “yes” means they get another guess while a “no” means the next person can guess. The young people can also have a turn choosing a hero.
 - Think of a person and give three clues as to who they might be and see who can guess their identity. These clues can be given one at a time, from least helpful to most helpful.
 - Scramble the names of famous heroes and see if people can guess the hero by unscrambling the letters.
 - Write the names of heroes on different post it notes and stick one to the head of each person. They have to guess what name is on their head by mingling and asking yes/no questions of others.
 - Find pictures of well known people and black out part of their face – see who can guess their identity.

OPENING QUESTION

Young people today have many heroes: musicians, movie stars, sports people etc. Write down some of the more popular “heroes” you or your friends admire. What are some of the qualities that they possess that make them heroes?

DISCUSSION

1. People seem to need heroes. Why do you think that is?
2. What good things can come from having heroes?

3. One reason for Jesus coming to earth was to show us what God is like. What were some of Jesus' qualities and achievements?

4. Given that Jesus has achieved so much more than today's heroes, why do so few young people prefer not to talk about Him?

FROM THE BIBLE

1. After Jesus died and rose again, one of his followers Peter, preached a message telling people why Jesus was his "hero". Read what he said in Acts 2:22-36. Make a list of everything God has done, either directly, or through Jesus.

2. Which of these things are especially impresses you?

3. How do we know that God the Father approved of everything Jesus did?

MAKING IT MINE

1. Suppose you had to give a five minute talk on "Why God Is My Hero!" What would be some of the things you would say?

2. At a funeral someone gives a speech highlighting the qualities of a person who has died. What things would you want said about you at your funeral?

3. What qualities do you most need to work on to be a "hero"?

FINAL THOUGHTS TO SHARE

This first commandment reminds us not to place anything or anyone above God. When God came to earth in human form as Jesus he should have been praised and admired by all. In fact the opposite happened: he was criticised, hated and eventually put to death. Yet unlike the many "heroes" in our world who die and are soon forgotten, Jesus reputation lives on and he is admired by millions of people nearly 2000 years after his death. His death and resurrection means that we can be part of God's family and be forever with Him, even after we die. Who else is more worthy of admiration?

TOPIC 3: Commandment Two: Possessions

MAIN IDEA

We strive to own possessions but the Bible warns us that rather than us owning possessions, they can own us and get in the way of making God first in our lives.

GAME: POSSESSION DICTIONARY

- Split the group into 2 teams, A and B. Everyone has to write down some things about themselves and what they like on a card that can be used as clues in a game of pictionary (e.g. a motorbike, drums etc.).
- The leader of the game then calls up the first delegated drawer from each team and shows them a card from a person on the opposite team, they go back and try to draw the clues on a piece of paper or whiteboard so their team can guess who it is.
- When the team has guessed, another drawer runs up to the game leader to grab another card from the opposite team and so on until the team to guess all their cards first is the winner. It will be important for the cards to have a name on them so the drawer will know if their team's guess is the right answer.

OPENING QUESTION

What are the possessions “worshipped” by young people today - what do they most want to own and why?

DISCUSSION

1. What's one possession you'd be the most reluctant to have to do without? Why?

2. Do you agree with the following comments? What might you say to people who said them?
 - *“When it comes to clothes, I only wear well-known brand labels. No way would I wear anything from The Warehouse or K-Mart!”*
 - *“It’s embarrassing to be seen with a cheap phone!”*
 - *“The more you own the happier you are.”*

3. What are you like at sharing your possessions? Which of the following best says how you feel about sharing?
 - *I hate having to share!*
 - *It depends who I have to share with.*
 - *I shouldn't have to share – if someone wants something they should get their own.*

4. What in life is more valuable to you than possessions?

FROM THE BIBLE

1. Read Luke 12:13-21. Jesus said “Life is not measured by how much you own.” What did He go on to say life is measured by?

2. What point was Jesus making in the parable?

3. How do you think we develop a “rich relationship” with God?

MAKING IT MINE

1. Suppose we were to define an “idol” as something that occupies much of our thoughts - something we seek after in order to make us happy or feel secure. What are some of the “idols” in your life you need to guard against “worshipping”?

2. What do you need to do in order to make God a more important part of your life?

FINAL THOUGHTS TO SHARE

This second commandment challenges us to think about what is really important to us. Jesus lived in such a way that possessions were secondary to Him. His main focus was on putting God’s plans for His life first and putting these ahead of possessions. In doing so He found a sense of joy and purpose far beyond that which we receive when we pursue possessions.

TOPIC 4: Commandment Three: Words

MAIN IDEA

Words like “God” and “Jesus” are good words that can easily be used in a bad way such as swearing. Words carry significance and power and we must learn to be careful about what we say.

GAME: Balderdash

- The game Balderdash involves selecting a card with an obscure word on it that no one is likely to know the meaning of. Each player makes up a bogus meaning of the word and writes it on a piece of paper while the one drawing the card writes the true meaning. All definitions are then read out and players must guess the correct meaning, scoring a point when they do and another point every time their definition is incorrectly chosen.
- While for small groups the game can be run this way, for larger groups it is best if the person running the game chooses the word and comes up with four definitions only one of which is correct. Each person must “vote” for what they think is the correct answer by standing in one of four corners in the room. They gain a point each time they are right.
- Link: The game introduces the theme of words – what we say can either be good and right, or bad and wrong.

OPENING QUESTION

Make a list of the ways you can think of in which we use words wrongly (e.g. swearing, lying, put downs etc.)

Alongside the first list, make a second list of the ways in which we can use words in good ways (e.g. encouragement, appreciation, telling the truth etc.)

DISCUSSION

1. Why do young people often insult each other and put each other down?
2. “It’s OK to put someone down as long as it is done in fun?” Do you agree or disagree? Why?
3. Why do you think people swear and use bad language?

4. Why do you think people use “God” or “Jesus” as a swear word? Why not use someone else’s name? Does it bother you when they do this? Why or why not?

5. Do you agree or disagree: “It’s OK to use bad language providing there is no one around who is likely to be offended by it.”

6. What advice would you give to someone who wanted to stop using bad language?

FROM THE BIBLE

1. Read James 3:2-12. 1. What is true of a person who can control what they say?

2. What “word pictures” does James draw when talking about the tongue? What truths do each of these pictures teach us?

3. What does a person’s language tell us about them?

MAKING IT MINE

1. In what ways do people hurt you by the words they use (putdowns, swearing, gossip etc.)? How does it make you feel?

2. In what ways do you need to be more careful about the words you use?

3. What do you think you need to do to change?

FINAL THOUGHTS TO SHARE

In Jesus’ time names often had greater significance than they do for us today. Rather than simply being a name their parents liked, a person’s name said something about that person. It defined who they were. When we understand this we realise how precious and powerful the names “God” and “Jesus” are. When we use these as swear words we insult them both. They want us to say their name with the honour it deserves and to make sure that all we say builds others up and helps them to feel valuable and respected.

TOPIC 5: Commandment Four: Time

MAIN IDEA

Like money, time is a resource we only get to spend once. Once we spend it, it's gone. It's a precious resource we should spend wisely with a view to what's really important in life.

GAME: Beat the Clock

- Come up with a series of challenges in which people compete against each other and the clock to finish a task e.g. sort a pack of cards into order by suit, stack paper cups, solve a puzzle, eat something, find something, etc.
- Link: The game introduces the theme of time and how we use it.

OPENING QUESTION

Apart from sleeping and eating, what are the main things you spend time doing each week?

Which of these things are the most important? Which are the least important?

DISCUSSION

1. One thing you spend a lot of your time doing is going to school. Describe what you think the perfect teacher would be like

Another thing that takes up your time is homework. Should schools set homework? How much?

2. Another thing that takes up time is our “screens” – TV, the internet, video games. If someone described these things to you as “a waste of time” what would you say?

How much “screen time” do you think someone your age should have each week?

3. Leisure activities are another thing we spend our time on. Do you think young people should be made to play a sport or take up an interest? What are the advantages and disadvantages of being involved in activities like these?
4. The fourth commandment commands us to rest. Why do you think God doesn't want us to work all the time?
5. The fourth commandment also talks about the importance of setting aside time to remember and think about God. How might we do that – what things could we do?

FROM THE BIBLE

1. Read Ecclesiastes 11:6-12:1. What do these verses teach us about work and study?
2. What other things do these verses teach us about life and how we use our time?

MAKING IT MINE

1. What interests, sports or pastimes would you like to be more involved in?
2. How much time do you spend thinking about God - praying, reading your Bible, going to church?
3. What can you do this week to make better use of your time?

FINAL THOUGHTS TO SHARE

The life that Jesus lived is a good illustration of how to use our time in a way that is balanced. He had any number of people who demanded His time but He always took time to get alone with God to pray and be reminded of what is really important. He also realised that God didn't give Him an infinite amount to do – He didn't wear himself out. Before he died he spoke to His heavenly Father and said "I have finished the work You have given me to do."

TOPIC 6: Commandment Five: Parents

MAIN IDEA

God intended that we grow up in families with parents who will guide and instruct us with wisdom. Yet even in the best of families there can be struggles between parents and young people.

GAME: SNAKES

- Line up in (at least) two teams of five people. Four are blindfolded and one is not. Players rest their hands on the shoulders of the person in front. Only the person at the back of the line is sighted.
- That must use only their hands (no speaking) to guide the person in front and that person does the same action to the person in front of them.
- The aim is for the person at the back to guide the person at the front to do a simple tasks such as walk between two chairs or find an object on the floor, pick it up and put it in a bucket.
- Link: The way our grandparents guided our parents affects us and will affect our children.

OPENING QUESTION

What qualities would you look for in your ideal parent?

DISCUSSION

1. What do you think must be the hardest things about being a parent?

2. Why do you think God made us in such a way that we'd need our parents for such a long time (animals can survive alone much sooner than humans)?

3. If you were a parent, what would you do in the following situations:
 - *Your son/daughter hangs out with friends who you feel are a bad influence on them...*
 - *Your son/daughter is not doing very well at school. You think they can do better...*
 - *Your son/daughter wants a smartphone but you're not sure they are mature enough...*
 - *Your son/daughter doesn't want to go to church anymore...*

4. Suppose you were to give a talk to a group of parents, telling them how to treat their children. What advice would you give?

FROM THE BIBLE

1. Read Ephesians 6:1-4. What are children commanded to do?
2. Why do you think children who obey their parents are more likely to live longer?
3. What are parents commanded to do?

MAKING IT MINE

1. What are some of the things you've learnt from your own parents' good example that you would want to copy one day if you have children?
2. What are some of the challenges and difficulties you face as a member of your family? How do you cope with these?
3. Is there anything about your behaviour or attitude that you need to change? Explain.
4. What can you do this week to show your parents that you appreciate them?

FINAL THOUGHTS TO SHARE

The Bible says that Jesus "learned obedience from the things He suffered." (Hebrews 5:8,9) Even though He faced opposition from people, He knew what God wanted Him to do with His life and so He set out to obediently follow. This obedience was not something He only came to learn as an adult. Like all of us He was born as a helpless baby and learned to obey His parents (not that He ever disobeyed them).

Similarly God has things He wants us to do in our lives and a way He determines our willingness to obey is to place us in families during our earliest years so that we might learn to respect authority and obey.

TOPIC 7: Commandment Six: Anger

MAIN IDEA

The sixth commandment is “Do not murder”. When Jesus was talking about this commandment He explained that if we hold on to anger and bitterness in our hearts, it’s as though we’ve actually broken this commandment.

GAME: BALLOON GAMES

Balloon games provide great illustrations for letting anger build up within us until we “pop”. Here are a few.

- Balloon pop: Volunteers are given a balloon to blow up until it pops. First one to do so wins a prize
- Balloon stomp: Each player ties a blown up balloon to their ankle. When you say go, they try to pop each other’s balloon without their own one being popped. Last to have an unpopped balloon wins.
- Balloon tower: Round 1: Players form two or more teams and try to build a balloon tower using balloons and sticky tape – tallest tower wins. Round 2: Each team must pop every balloon in their tower when you say go. First team to pop them all wins.

OPENING QUESTION

What makes you angry? Brainstorm all the frustrating big things and the annoying little things that really bug you – and say why!

DISCUSSION

1. Do you agree or disagree with the following statements about anger. Give reasons:
 - *It is wrong to be angry.*
 - *It is OK to be angry but we shouldn't lose our temper*
 - *The best way to handle anger is to blow up and let all your emotions out.*
 - *The best way to handle anger is to hold it in and wait for the anger to go away.*

2. If neither blowing up nor holding our feelings in is helpful, what are some better ways to deal with anger? Make a list.

3. What do you think makes God angry? Can you think of any situations in which He might want us to get angry? How would he want us to express that anger?

FROM THE BIBLE

1. Read Ephesians 4:26-32. What should we do if we are angry with someone?

2. How does God feel if we remain angry at people?

3. Why should we forgive others?

MAKING IT MINE

1. What do you do with your angry feelings: express them openly...bottle them up...? Why do you react this way? Is there a better way you could handle your anger?

2. What advice would you give to someone who was having difficulty controlling their anger?

3. What will you do differently in future better express and control your anger?

FINAL THOUGHTS TO SHARE

It may be surprising to some, but Jesus got angry! An example of this is when He drove the money changers out of the temple. These people were making huge profits selling animals for sacrifice at the temple. Seeing this injustice upset Jesus so much, that He sat down and made a whip then He got up, overturned the table and used the whip to drive the animals out of the temple.

This shows us two things about His anger. Firstly injustice toward others and grieving God made Him angry – we don't see Him getting angry for His own sake. Secondly He didn't just react when He got angry. He carefully thought up a plan and then acted on it without losing control.

TOPIC 8: Commandment Seven: Love

MAIN IDEA

The seventh commandment is about being faithful to our husband or wife. Marriage is a vow to love someone and God expects us to keep that vow and not break it whenever it suits us. In this session we talk about the true nature of love.

GAME: IMPOSSIBLE KISSES

- Set a challenge for people to accomplish in order to receive one or more Hershey Kisses. For example it might be standing on one foot and receiving one “kiss” for every 30 seconds they can do it – up to 3 minutes. (Either allow the whole group to try this or ask for volunteers.)
- Once time is up reward each person by placing in front of them on a table the Hershey Kisses they have earned. But then add an unexpected rule. They are allowed to eat them providing they can unwrap them without using their hands. It’s near impossible but some may manage it – even if it means cheating.
- Allow a limited amount of time. Those who don’t cheat are given their Hershey kiss to open with their hands (if they didn’t already open it) – plus a bonus one.
- Link: Sometimes love is harder than we expect. And when it gets hard some prefer to cheat – yet faithfulness has its reward!

OPENING QUESTION

What or who do you “love”? Come up with at least one sentence that starts with the words “I love...”

When you’ve made a list, talk about the different shades of meaning of the word “love”. For example how is the word “love” different when used in the sentences “I love ice cream” and “I love my mum!”?

DISCUSSION

1. Discuss: Is real love for a husband/wife or boyfriend/girlfriend more like a feeling or a commitment?
2. Why do you think God is so angry when a husband or wife becomes involved in a relationship with another person?

3. Below are listed a number of ways in which people express love for each other:

- Physical affection - a hug or kiss
- Using words - "I love you."
- Making sacrifices and spending time together
- Doing things for each other without being asked
- Buying presents

Which of these do your parents usually use to express love to you? Which do they seldom use?

Which ways would you most like them to express their love?

How do you usually express love to them?

FROM THE BIBLE

1. Read 1 John 4: 16-21. In verse 16 it says, "God is love." What do you think this means?

2. Why should we love God and each other?

3. What would you say to someone who said they loved God but didn't love a particular person?

MAKING IT MINE

1. Are there people you find it particularly hard to love - perhaps because of how they treat you? How can you best love these people?

2. How do you think you can better show love to your parents?

3. To what extent do we as a group really love and support each other? How can we improve?

FINAL THOUGHTS TO SHARE

God doesn't just talk about faithful love but he demonstrates it by continuing to love us even when we don't deserve it. The evidence of this is that He came to earth in the person of Jesus and died for us so that the things we've done wrong might be forgiven.

TOPIC 9: Commandment Eight: Stealing

MAIN IDEA

The eighth commandment is a command not to steal. Stealing is more than taking an object that doesn't belong to us. It occurs in a number of ways, even ways that involve us stealing from God.

GAME: STEAL THE KEYS

- Someone sits blindfolded on a chair in the middle of the room, holding a pool noodle and with a metal bowl containing a set of keys under their chair.
- The leader points to someone and they must try to creep up and steal the keys without being hit by the pool noodle
- The person with the pool noodle can only hit someone when they hear the keys being moved, which means they will likely only get one shot in. Therefore they must listen for the sound of the approaching "thief" and try to anticipate where they are exactly when they steal the keys.

OPENING QUESTION

Stealing can occur in a number of ways. Rate the following from most serious (1) to least serious (6). Discuss why you ranked them as you did.

- | | |
|---|---|
| <input type="checkbox"/> Bank Robbery | <input type="checkbox"/> Taking some coins out of your mother's purse or dad's wallet |
| <input type="checkbox"/> House burglary | <input type="checkbox"/> Accepting too much change when shopping |
| <input type="checkbox"/> Shoplifting | <input type="checkbox"/> Finding some money and not telling anyone |

DISCUSSION

1. Why do you think young people steal?

2. Discuss the following:
 - Imagine you are with your best friend at the supermarket. As you walk out, they pull a chocolate bar out of their pocket - one they have shoplifted. What would you do?

- Another friend feels guilty that they have stolen something in the past. They were never caught, but they feel that God is mad at them. What would you say to them?
 - Robin Hood stole from the rich to give to the poor. Do you think there is any time when it is OK to steal?
3. What are some ways in which we might be guilty of stealing the following from God? (Clue: think about time, money and talents)

FROM THE BIBLE

1. Read Luke 19:1-9. In Jesus time tax collectors would get people to pay more money than the Romans required and would steal the extra for themselves. How did Jesus treat Zacchaeus the thief?
2. Why do you think Zacchaeus decided to return the money he had stolen?

MAKING IT MINE

1. Do you know people at school who are shoplifting? What have you done about it, or what can you do about it?
2. Have you ever stolen anything? Why did you do it? How did you feel afterwards? What did you do about it?
3. Are there ways in which you have “stolen” from God? What is He wanting you to do?

FINAL THOUGHTS TO SHARE

Jesus is an excellent example of someone who didn't steal from the Father. In Philippians we read how He gave up the glory He shared with the Father and humbled Himself as a man. On earth He didn't rob the Father of His glory and nor did He rob Him of time. He only did the things God wanted Him to do which included taking time out to pray.

TOPIC 10: Commandment Nine: Honesty

MAIN IDEA

The ninth commandment is a command not to lie. Lie is more than saying something that's not true. It's about not giving a false impression and about living in a way that is consistent with our beliefs and values.

GAME: TRUTH OR LIE

- Choose a volunteer and have them stand behind a sheet facing the rest of the group so that they can only see the person's face.
- Hand them an object, but don't let anyone see what they are holding.
- They will then either describe or lie to the group about what they are. People can ask questions, and assess their answers and body language to decide whether they are telling the truth or not. Allow 1-2 minutes.
- The aim is not to guess what they are holding – it is to guess if they are lying or telling the truth.

OPENING QUESTION

What are some of the disadvantages of being honest? What are some of the advantages?

DISCUSSION

1. Discuss the following statements: Do you agree or disagree with them?
 - *It's OK to be dishonest, providing it doesn't hurt anyone*
 - *Honesty is always the best policy*
2. Which is worse – letting your brother or sister take the blame for something you did because your parents falsely assumed it was their fault, or telling an outright lie against them? Why?
3. Discuss the following:
 - *You see your friend cheating on a test. You talk to them about it later but they refuse to own up. Would you tell anyone? Aren't you being dishonest too by keeping quiet?*

- *Your friend has bought some new clothes. They ask you what you think. You don't like the clothes, but you know they will be hurt, and even angry with you if you say so. Would you tell the truth?*
 - *You have been asked to illegally smuggle some Bibles into a country where they are badly needed by Christians. It will mean lying to the customs officials. Would you do it?*
4. Some people are dishonest by pretending to be someone they are not. Can you think of some examples? Why do you think people do this?

FROM THE BIBLE

1. Read Proverbs 6:12-23. Look at the list of the seven things God hates the most. Which of these things are about dishonesty?

Who do you trust most to be honest – your parents or friends? Why?

MAKING IT MINE

1. Honesty is the best policy. Or so the saying goes. But is it really? What experiences have you had that would lead you to believe or disbelieve this statement?
2. Dishonesty is not just telling lies; sometimes it can mean not saying anything at all. Many young people find it hard to be honest with their parents - to say what they're really thinking and feeling. How hard is it for you to be really honest at home? What are the reasons for finding it so hard, or perhaps so easy?
3. In what way are you going to make an effort to be more honest as a result of this session?

FINAL THOUGHTS TO SHARE

Honestly is more than telling the truth or not telling the truth. It's more about how we live our lives. The Bible describes Jesus as "the Truth". Not only was He honest with people, but what He said and how He lived were consistent. He gives us an example of how we should obey this ninth commandment.

TOPIC 11: Commandment Ten: Jealousy

MAIN IDEA

The tenth commandment deals with the tendency to want what others have or to be like them, and the jealousy that can occur as a result.

GAME: WORD ASSOCIATION

- Beforehand make a list of paired objects – words that are commonly associated with each other e.g. apples and oranges, lock and key, high and low etc.
- Form teams of about 3-4 people. Call out one of the words and have them decide on their answer as a team and write it down.
- Ask teams to share their word and award a point to those teams who are correct before moving on to the next word.
- Link: In this session we're talking about our tendency to compare some aspect of who we are and what we have with similar qualities and possessions enjoyed by others. Often the result is jealousy.

OPENING QUESTION

Make a list of the things young people commonly get jealous of others about.

DISCUSSION

1. Describe the “image” young people are pressured to live up to?
 - *What is the “perfect” person supposed to look like?*
 - *What are they supposed to own?*
 - *What are they supposed to be like?*

What effect do you think this pressure has upon young people?

2. What would you say to friends who were jealous...
 - *...because other people were more popular than them?*
 - *...because other people did better at school than them?*
 - *...because their best friend was now friends with someone they didn't like?*
 - *...because their brother or sister was treated better by their parents?*

3. What's the effect of jealousy?

FROM THE BIBLE

1. Read James 4:1-3. What's the underlying problem James is addressing here?
2. What were the results of the underlying problem?

MAKING IT MINE

1. Do you ever get jealous of others? How do you deal with these situations? How can you better handle this pressure in future?
2. In what ways do people get jealous of you? What do you do when this happens?
3. Often we get jealous of other people because we compare their strengths with our weaknesses. Why not go around the group and tell each person what things you like about them. What qualities do they have that you admire?

FINAL THOUGHTS TO SHARE

The opposite of jealousy is contentment – a willingness to accept what we have and who we are. Jesus modelled this. Although He did not enjoy the ease and comfort of others He never envied them because He had a profound sense of who He was and why the Father had placed Him on earth. In His eyes, His sacrifice for us upon the cross did not involve Him giving up a life that He regarded as "His". Instead it was giving back to the Father what the Father already owned.

TOPIC 12: What If We Fail? Grace

MAIN IDEA

While we might do OK in keeping the literal letter of the commandments, Jesus pointed out that if we break the spirit or intent of a commandment, it's as though we've actually broken the commandment itself. What then happens when we fail?

GAME: ULTIMATE TAG

- You'll need some space to play this game. Everyone tries to tag everyone else.
- When someone is tagged they must sit down on the floor and remain there until the person who tagged them is themselves tagged, at which point that person must also sit and everyone they've tagged can stand and rejoin the game.
- Keep going until only one person is left (unlikely!) or until time is up.
- Link: Today we're talking about grace. In this game there is a point we are "eliminated", yet through the actions of another, and through nothing we've done, we are allowed to rejoin the game. In life it is the actions of Jesus that removes our sin and allows us to experience God's love again.

OPENING QUESTION

One of the greatest fears people have is the fear of failure. What things are people your age most afraid of failing at?

DISCUSSION

1. At Christmas time parents often use a threat to get their children to behave. They say "If you don't behave then..." What? Have you ever received a present you felt you didn't deserve? Explain.

2. Would you ever do any of the following? Why? Why not? When?
 - *Forgive someone who hurt you but never apologised.*
 - *Do something nice for someone, even though they didn't deserve it.*
 - *Compliment someone who is mean to you.*

3. Which of the following descriptions of God is closest to how you tend to imagine Him when you've done or are doing wrong?
- *Someone who is frequently angry with me.*
 - *Someone who just looks the other way when I'm doing wrong*
 - *Someone who has already given up on me.*
 - *Someone who sees what I do and just says "Aww, it doesn't matter."*
 - *Someone who will eventually forgive me anything I do wrong – even if I'm not sorry.*

FROM THE BIBLE

1. Read Ephesians 2:1-3. Complete the sentence: "Before we knew God we were sinful (did wrong things) and we faced God's _____"
2. Now read Ephesians 2:4-7. What quality of God does the writer talk about here?
3. Read Ephesians 2:8-10. Even though we were sinful God showed grace to us by giving us a gift we didn't deserve. What is that gift?

MAKING IT MINE

1. Look back to question 3. What do you now think God says to us when we do something wrong?
2. God is sad when we do wrong but He still loves us even though we don't deserve it. How does knowing this affect the way you view God and how you live your life?
3. If you were to decide to show "grace" to someone by treating them better than they deserve, who would you choose and why?

FINAL THOUGHTS TO SHARE

If we want to know what God is like we only have to look at Jesus and how He treated people who did wrong. Providing they didn't pretend to be better than they were He was quick to show grace and forgiveness.