



SEVENTH COMMANDMENT

Grandpa uses the story of David and Bathsheba to teach his church school class about the 7th commandment and broken promises.

Let's Get Started

Episode Theme: The 7th Commandment. Broken Promises

1. [Exodus 20:14](#) commands all people "You shall not commit adultery.." This commandment encourages people to keep promises in relationships. What are some ways that you show your friends and family that you can be trusted?
2. [Deuteronomy 23:21-23](#) talks about keeping your promises to God. "You must keep whatever promises you make to the Lord. After all, you are the one who chose to make the promises." Why do you think God takes keeping your promises so seriously? As you listen to this episode, think about the promises you've made to God. Have you kept these promises?

Memory Verse

"You shall not commit adultery"

Exodus 20:14

After You Listen

In this story, Liz and the gang told news reports that showed broken relationships.

God expects us to be faithful in keeping our promises. Keeping your promises is about trust. If you keep your promises, you are showing yourself to be trustworthy. Being trustworthy is important to God and to the relationships around you. Being untrustworthy damages relationships. For example, if you promise something to your parents, and then fail to keep that promise, your parents will question whether or not you are trustworthy. Remember this the next time you make a promise.

Want to dig deeper? Read these verses about keeping promises. [Proverbs 11:3](#), [Ecclesiastes 5:2](#) and [Matthew 5:33-36](#)

Challenge

Make a list of 5 promises that would challenge you. They should be things that would be new and would push you. Share them with a friend or family member so that you will be accountable to them. For example, maybe one could be: "I will help empty the dishwasher and do the dishes this week". Another could be: "At school, I will try to eat lunch with different people every day this week". Maybe you can choose one promise that you can make to God. Make sure you can follow through! What can you come up with?

Take the Episode Quiz

Question 1: Where was King David while his troops were fighting?

Answer: He stayed back at the palace.

Question 2: Who was Uriah?

Answer: Bathsheba's husband.

Question 3: How did he die?

Answer: Commander Joab placed him at the front line of the battle, where he was killed.

Question 4: Who came to see King David and tell him a story?

Answer: Nathan, the prophet.

<https://kidscorner.reframedia.com/liz-and-friends/episodes/seventh-commandment>

Printed on May 7, 2021

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