



## Aloha - Keeping Cool When Things Get Hot

“Think only about the things in heaven, not the things on earth.”

Colossians 3:2 (ICB)

### LESSON - HONOR YOUR FATHER AND MOTHER!

Welcome back to our island adventure, Aloha: Keeping Cool When Things Get Hot! In this series, we are learning how to stay calm, trust God, and make the right choices no matter how we feel. God gave His people special rules called commandments to help them know how to live His way. Today, we are learning about Commandment Five, and it teaches us something very important: Honor your father and mother!

**SAY IT:** Commandment Five...Honor your father and mother!

**DO IT:** Hold up five fingers.

A long time ago, God gave His people the Ten Commandments to help them know how to live His way. One of those commandments tells us how to treat our family. God says, “Honor your father and mother.”

That means we show love and respect to the people who take care of us.

**SAY IT:** Honor your parents!

**DO IT:** Put your hand over your heart and nod your head.

When we say honor, we mean we listen, obey, and have a good attitude. Sometimes your parent might say, “Clean up your toys!” You can say, “Okay!” Or you might say, “Ugh...”

God wants us to have a happy heart when we listen.

**SAY IT:** I can have a happy heart!

**DO IT:** Place your hand over your heart!

God gave you your family. Your parents help you, teach you, and take care of you. When you listen to your parents, you are trusting God and doing things His way.

**SAY IT:** God gave me my family!

**DO IT:** Hug yourself like you are hugging your family.

When we choose to honor our parents, we make good choices, we learn what is right, and our home feels happy and peaceful.

**SAY IT:** I chose to honor!

When we listen, and have a happy heart, we are honoring our parents. God loves when we choose to do what is right!

Today, we learned Commandment Five...Honor your father and mother!

**SAY IT:** Commandment Five...Honor your father and mother!

**DO IT:** Count to Five...One...Two...Three...Four...Five

**PRAYER:** Dear Jesus, Thank You for my family. Help me listen, obey, and have a happy heart.

Help me show love and respect every day. In Jesus’ name, Amen.

### LESSON QUESTIONS - 10 MINS

#### 2 & 3YR OLDS

1. Did God give us commandments? **(Yes)**
2. Should we honor our parents? **(Yes)**
3. Should we get mad when our parents ask us to help? **(No)**
4. Can we have a happy heart? **(Yes)**

#### 4YRS - 1ST GRADE

1. What did God give His people? **The Ten Commandments**
2. What does Commandment Five teach us? **Honor your father and mother**
3. What does honor mean? **Listen, obey, and have a good attitude**
4. How can we honor our parents? **By listening, obeying, and having a happy hear**



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### ACTIVITY 1: HAPPY HEART JUMP

**Items Needed:** paper hearts, tape -to tape down the hearts on the floor

**Connection:** Honor starts in our heart

**Step 1:** Place spots on the floor in a short path

**Step 2:** Kids jump from spot to spot.

**Step 3:** As they jump, say, “Happy heart!”

**Step 4:** At the end, say, “I choose to honor!”

**Step 5:** Remind them honor starts in their heart

### ACTIVITY 2: YES, I CAN!

**Items Needed:** None (or optional toy/prop)

**Connection:** We honor by listening and obeying right away

**Step 1:** Gather kids in a circle. Have them sit or stand in one spot.

**Step 2:** Give simple directions - Say easy, fun commands like:

“Clap your hands!” | “Touch your head!” | “Jump one time!”

**Step 3:** Kids respond: After each instruction, kids do the action and say: “Yes, I can!”

**Step 4:** Add encouragement: Celebrate quick listening:

“Wow! You listened right away—that shows honor!”

**Step 5:** Connect to the lesson

Explain simply: “When we listen and do what we’re asked, we are showing honor.”

### ACTIVITY 3: BUBBLE PARTY OR STORY TIME

**Items Needed:** Bubbles and music OR book basket

We’ve got some extra time today, so let’s spend it worshipping and dancing with bubbles or reading a book to the class (please show the pictures on each page).

### CRAFT OR COLORING SHEET (USE 1 OR 2 OPTIONS DEPENDING ON CLASS AGE & TIME)

#### CRAFT 1: THE COMMANDMENT CROWN

**Items Needed:** Precut Commandment 5 template, hole punch, elastic band for crown

**Connection:** We should wear honor like a crown

**Step 1:** Distribute precut Commandment 5 template (with holes pre-punched)

**Step 2:** Allow time to color commandment crown


**Step 3:** Add elastic band for crown

#### CRAFT 2: HAPPY HEART COLORING SHEET

**Items Needed:** Coloring sheet and crayons.

**Connection:** Honor starts in our heart

**Step 1:** Distribute the coloring sheets and allow time to color.



# Honor Your Mother and Father

Commandment 5

