



Aloha - Keeping Cool When Things Get Hot

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

Colossians 3:2 (ICB)

LESSON - BE SOMEONE OTHERS CAN TRUST!

Welcome 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 when big feelings come. God gives us commandments to help us know the right way to live.

Today, we are learning about Commandment Seven, and it teaches us something very important: Be someone others can trust!

SAY IT: Commandment Seven...Be someone others can trust!

DO IT: Hold up seven fingers.

Have you ever said, “I’ll help”? (*Pause*) Then you help! That means... you do what you say!

SAY IT: I do what I say!

DO IT: Give a thumbs up.

Being someone others can trust means:

You tell the truth

You do the right thing

When people can trust you, it makes having friends better!

SAY IT: I can be trusted!

DO IT: Put your hands on your heart

God also wants us to be good friends.

A good friend is:

Kind | Honest | Helpful

We don’t leave people out. We care about them!

SAY IT: I am a good friend!

DO IT: Wave to a friend in the room.

Today we learned about Commandment Seven...Be someone others can trust!

SAY IT: Commandment Seven...Be someone others can trust!

DO IT: Let’s clap seven times....

PRAYER: Dear Jesus, Thank You for loving me. Help me tell the truth and keep my promises. Help me be a good friend and do what is right. In Jesus’ name, Amen.

LESSON QUESTIONS - 10 MINS

2 & 3YR OLDS

1. Does want us to tell the trust? **(Yes)**
2. Does God want us to help people? **(Yes)**
3. Can we keep our promises? **(Yes)**
4. Can we be kind friends? **(Yes)**

4YRS - 1ST GRADE

1. What does Commandment Seven teach us? **(Be someone others can trust)**
2. What does it mean to be trustworthy? **(Tell the truth, and do the right thing)**
3. What does a good friend do? **(Is kind, honest, helpful)**
4. Who helps us do what is right? **(God)**



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ACTIVITY 1: FINISH THE JOB

Items Needed: Blocks, Beanbags, and plastic cups (or stacking cups)

Connection: Faithfulness = finishing what you start

Step 1: Give the children a small task:

- Stack 5 blocks
- Put 3 beanbags in a bucket
- Stack 5 cups into a tower

Step 2: Let them begin

Step 3: Halfway through say: “Do you think we should stop or finish the job!”

Step 4: Help them to say with you: Faithful people finish what they start.

ACTIVITY 2: FRIEND FINDER

Items Needed: None

Connection: Being a good friend

Step 1: Call out actions:

- “Find a friend and give a smile”
- “Find a friend and wave”
- “Find a friend and say something kind”

Step 2: Rotate partners

Step 3: Reinforce: “Good friends are kind and caring!”

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 PAPER ORIGAMI

Items Needed: Ten Commandment origami kit and markers/crayons

Connection: Let’s take a snapshot look at the commandments

Step 1: Distribute the origami template and markers/crayons

Step 2: Allow time to color

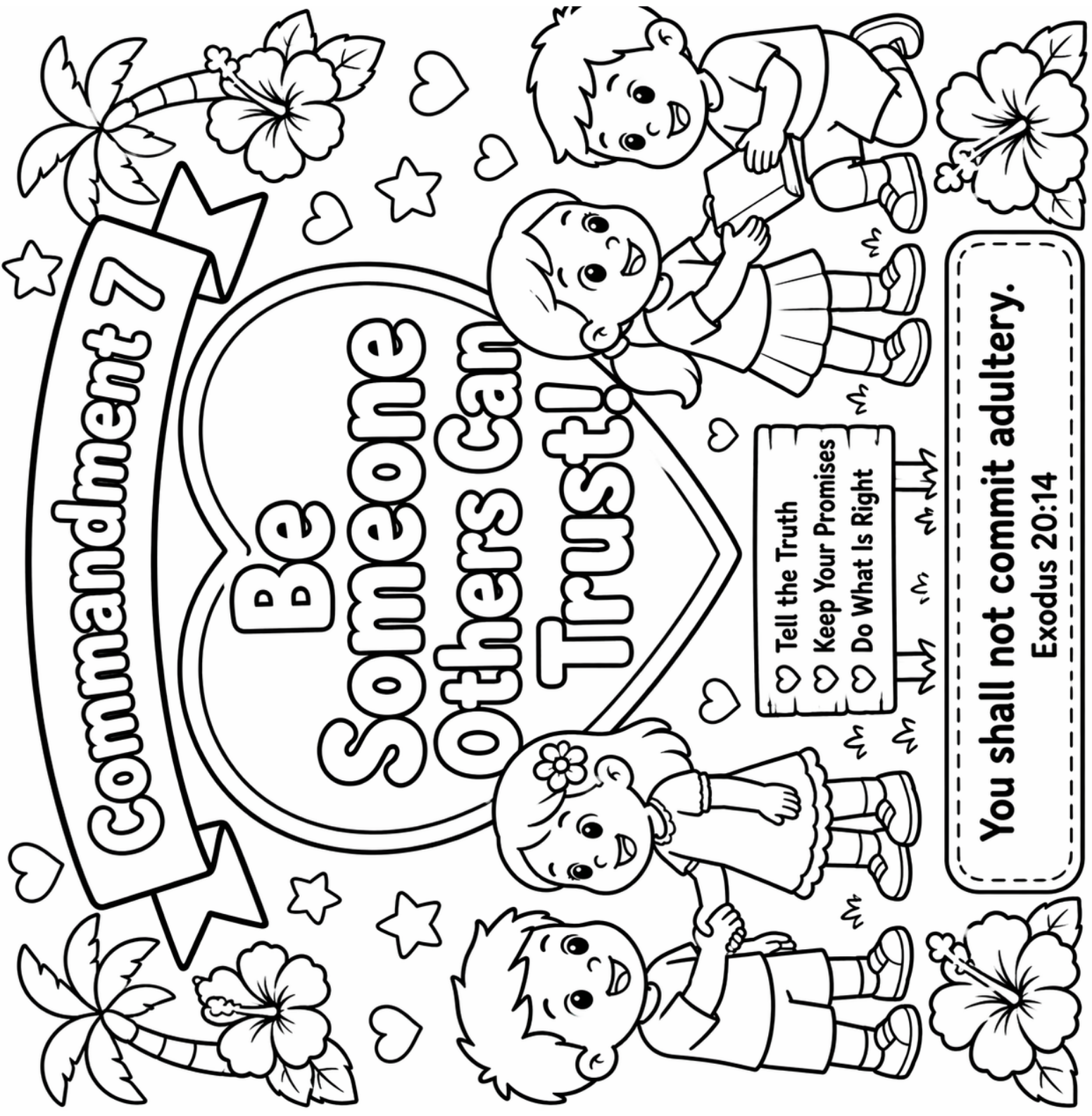
Step 3: Help kids put the Ten Commandments origami together.

Craft 2: COMMANDMENT SEVEN COLORING SHEET

Items Needed: Coloring sheet and crayons.

Connection: The Seventh Commandment reminds us that we should be someone people can trust.

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



Commandment 7

Be Someone Others Can Trust!

- ♥ Tell the Truth
- ♥ Keep Your Promises
- ♥ Do What Is Right

You shall not commit adultery.
Exodus 20:14