

You can use this lesson and activity to learn more about this month's Primary theme.

# The Ten Commandments Teach Me to Love God and His Children

**Y**ou had a busy day! Your classmate asked if he could copy your homework. You wanted to be honest, so you told him no but offered to help him.

On the way home from school, you saw your neighbor struggling to pick up a big basket of vegetables she had just picked from her garden. You wanted to get home, but you ran over and helped her carry the basket inside.

After dinner your dad asked you to do your math homework. Math is hard and you didn't want to do it, but you decided to obey your dad.

You were tired at bedtime, but you knelt down and thanked Heavenly Father for your blessings.

Did you know that by making all of these good decisions, you were following the Ten Commandments?

After the Israelites escaped from Egypt, they needed guidance from the Lord. Through the prophet Moses, the Lord gave the people 10 important commandments to follow to live a righteous life. The Ten Commandments teach about respecting God, being honest, honoring our parents, keeping the Sabbath day holy, and being good neighbors. These rules are as

important today as they were thousands of years ago. When we follow the Lord's commandments, we learn to love and respect God and be kind and loving to those around us. ♦

## SONG AND SCRIPTURE

- "Keep the Commandments," *Children's Songbook*, 146–47
- Doctrine and Covenants 42:29

### JUST YOU

You can find the Ten Commandments in Exodus 20. Can you count all 10? Mark them with a scripture marking pencil if you'd like.



## CTR ACTIVITY: LIVING THE COMMANDMENTS

The Ten Commandments can be divided into three important categories: (1) honoring God, (2) respecting parents and family, and (3) respecting others.

Cut out the three labels below. You can attach them to jars or bags or lay them on a table. On separate pieces of paper, have family members write down a few good things they did or saw someone else do during the past week to follow a commandment.

Maybe you showed reverence during a prayer, or maybe your brother helped your parents make dinner.

Read one of the papers and then as a family decide which one of the three categories the experience goes under. Put the paper in the jar or bag or place it next to the label on the table. Read through the rest of the papers and put them in their correct categories. Some experiences could fit in more than one category.



# HONORING GOD

# RESPECTING PARENTS AND FAMILY

# RESPECTING OTHERS