

SOCCER



WELCOME

This season we are going to take a look at the Ten Commandments. Have you heard of them before? Do you know who gave us the Ten Commandments or why they were given?

Just like your coach is going to give you instructions this season, the Ten Commandments were the instructions God told Moses to share with his people. We can find them in the Bible - a book different from any other because it too is given to us from God. We can rely on the Bible to learn about God's love and how he wants us to live. In fact, it is because God loves us that he gave us the Bible, including the Ten Commandments. 1 John 5:3 says, "For this is the Love of God, that we keep His commandments. And His commandments are not burdensome." That's right, God gave us the Ten Commandments because he wants us to live lives that he can bless. Just like a really good game plan teaches and guides its players, the Ten Commandments show us how to live within God's plan. As you read about a new commandment each week, see how God's plan for you is good!

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COMMANDMENT #1

AUGUST 16-22

WEEK

Have you ever made your mom a picture she liked? You likely felt really good when she wanted what you had made. What if she began to talk to the picture more than she spoke to you? What if she started to do things with the picture instead of you, like taking the picture out for ice cream and leaving you behind? While that sounds pretty silly, this example illustrates God's First Commandment. The First Commandment is that we are to have no other gods before God.

God has given us many blessings, such as our own talents, the people around us, and the things we own. Yet, just like in our example, we are not to love the things God has made for us more than we are to love God himself. We are to put God first.

When we let anyone or anything else become more important to us than God and his teachings, then we are letting those other things or people serve like gods in our lives. In fact, I am Third is named based on this very teaching! **Instead of putting ourselves, others, or even winning first, we are always to put God first.**

So how can we do that? Two ways we can do that each day is through prayer and reading God's Word, the Bible. Prayer is when we talk to God, telling Him the things on our hearts or asking Him for help. One way we listen to God is by reading the Bible. By doing these things, we build a relationship with God and learn to trust him in everything we do. **God wants a relationship with you and for you to enjoy the good things he has given.**

So, this week, talk to God first thing each day and memorize this verse from the Bible to remind you to put God first. **"Seek God's kingdom first - do what he wants you to do - then all these things will also be given to you" (Matthew 6:33).**

TALK TO GOD!
DEAR GOD, HELP ME BE BETTER AT PUTTING YOU FIRST THIS WEEK. THANK YOU FOR ALL THE BLESSINGS YOU GIVE ME THAT HELP ME IN LIFE, THE GREATEST GIFT BEING YOU! IT IS BECAUSE YOU LOVE ME THAT YOU TEACH ME HOW TO PUT YOU FIRST. AMEN.



COMMANDMENT #2

Now that we have learned what it means to put God first let's learn the Second Commandment. **The second of the Ten Commandments is to worship God only.**

Let's use another example! What if when you had your picture taken, the photographer only took a picture of your foot? That wouldn't give anyone a full idea of the *whole* you, would it? Would they recognize you based on just that image? Would they understand your heart or your mind from that picture of your foot? In fact, even a picture of you from head to toe still wouldn't capture the *full* you.

Similarly, God is so big and capable of doing so much more than we could ask or imagine that he doesn't want us to limit our view of him by creating something to represent him. Nor does he want us to worship an image of him. He wants us to love the real him! No matter how big, beautiful, or amazing we were to make an image of God, God is always more. The God of the universe is bigger than any situation or problem you could ever face. He's smarter than we can calculate, kinder than we can feel, more patient, more loving, and more powerful than we can imagine. He is perfect! In **Matthew 19:26**, Jesus reminds his people that, "with God all things are possible." When we see things with our eyes, we often believe that's all there is to it. The Bible assures us that God is more!

Let's return to our example. Instead of incomplete or partial pictures to represent you, spending time with you is the only way people can really get to know the whole you. Likewise, spending time with God is the only way we will get to know the real God. If you remember from last week, the way we build a relationship with God is through prayer (talking to God) and by reading His Word (one way he "talks" to us). This week, continue to pray to God every day and memorize Matthew 19:26, "With man this is impossible, but with God all things are possible." **The next time you feel like a situation is too hard or no one can help you, remember this verse! Pour out your heart to Him and trust Him.** He is trustworthy!

AUGUST 23-29

WEEK 2

TALK TO GOD!

DEAR GOD, HELP ME TO REMEMBER THAT YOU ARE BIGGER, MIGHTIER, AND MORE LOVING THAN I COULD EVER DREAM! HELP ME TO TRUST YOU THIS WEEK AS YOU SHOW UP IN MY LIFE IN WAYS I CANNOT IMAGINE. THANK YOU FOR TEACHING ME THAT NOTHING I FACE IS TOO MUCH FOR YOU BECAUSE YOU ARE MORE! IN JESUS'



COMMANDMENT #3

Now that we've learned to put God first and how God is more than we can ever imagine, the Third Commandment makes a lot of sense. The Third Commandment teaches us to respect God's name.

Has anyone called your name hatefully or angrily? How did that make you feel? What about when someone says your name with love and kindness? Does one way make you feel upset, embarrassed, or like they are mad at you? Does your kindly-spoken name make you feel respected and loved?

Similar to the way it matters to you how someone uses your name, it matters to God how someone uses his name. Since God is perfect, he never deserves for his name to be used disrespectfully. When we use God's name jokingly or out of anger, we aren't showing God the respect he deserves. In turn, those around us don't hear how much God actually means to us.

AUG 30 - SEPT 5

WEEK
WEEK
WEEK
3

Remember that God loves you more than anything. He loves you whether you are being good or bad and whether you are happy or sad. He loved you before you were even born, and he thinks of you always. In fact, there's nothing you can do to make Him love you any more or any less. **John 3:16** says, "For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life." He's given us blessings out of this love and wants nothing more than for us to love him too.

We have learned that God loves us so much that he's given us a way to learn about him and to talk to him. How we use his name when we pray or tell others about him are ways we can use his name with respect and love. This week, try praying every day and memorize **John 3:16**: "For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life." And the next time you hear someone call your name, remember that God likes for us to respect his name too!

TALK TO GOD!

DEAR GOD, HELP ME TO NOTICE WHEN AND HOW I SPEAK YOUR NAME. HELP ME TO REMEMBER THAT WHEN I USE YOUR NAME, I AM REFERRING TO YOU - THE CREATOR OF THE WORLD, THE BIGGER-THAN-I-CAN-IMAGINE, LOVING GOD! THANK YOU FOR LOVING ME SO MUCH THAT I CAN LIVE FOREVER WITH YOU. MAY I SHOW THOSE AROUND ME THAT YOU ARE SPECIAL TO ME TOO, BY HOW I SAY YOUR NAME. IN JESUS' NAME. AMEN.



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COMMANDMENT #4

The first three commandments have taught us how we can love and honor God as his children. The Fourth Commandment teaches us to live like him by respecting God's day of rest.

Imagine creating something amazing that people really wanted and needed. What if everybody used your creation every day but never noticed it came from you or thanked you for your creation? God has given us a way that we can stop and take notice of what he has created just like he did when he created the world. When God created the world (including man), he did it in six days, but he did not let the week stop there. Instead, he used the seventh day to rest, to look at his creation, and to say, "It is good." He wants us to do the same by working for six days and focusing on him and his good work on the seventh. When we do this, we are living just like God!

It's a little like halftime during a game. Halftime is a point in time where you and your team have worked hard, yet you briefly rest and evaluate what has happened so far.

It's a restoration period. We can do the same when we set apart Sundays as a day of rest to focus on God. **It is a point in time when we can look back on what God has already done in our lives and give him thanks.** When we stop what we usually do for a day to focus on God, it makes room for Him to bless us. When we stop our work and reflect on all the things God has done for us, it restores our minds, helping us to remember there's nothing God can't handle. **It also reminds us there's nothing good without God.** In the Fourth Commandment, God desires us to use the seventh day to be like him, resting to take the time to see all the good He's created.

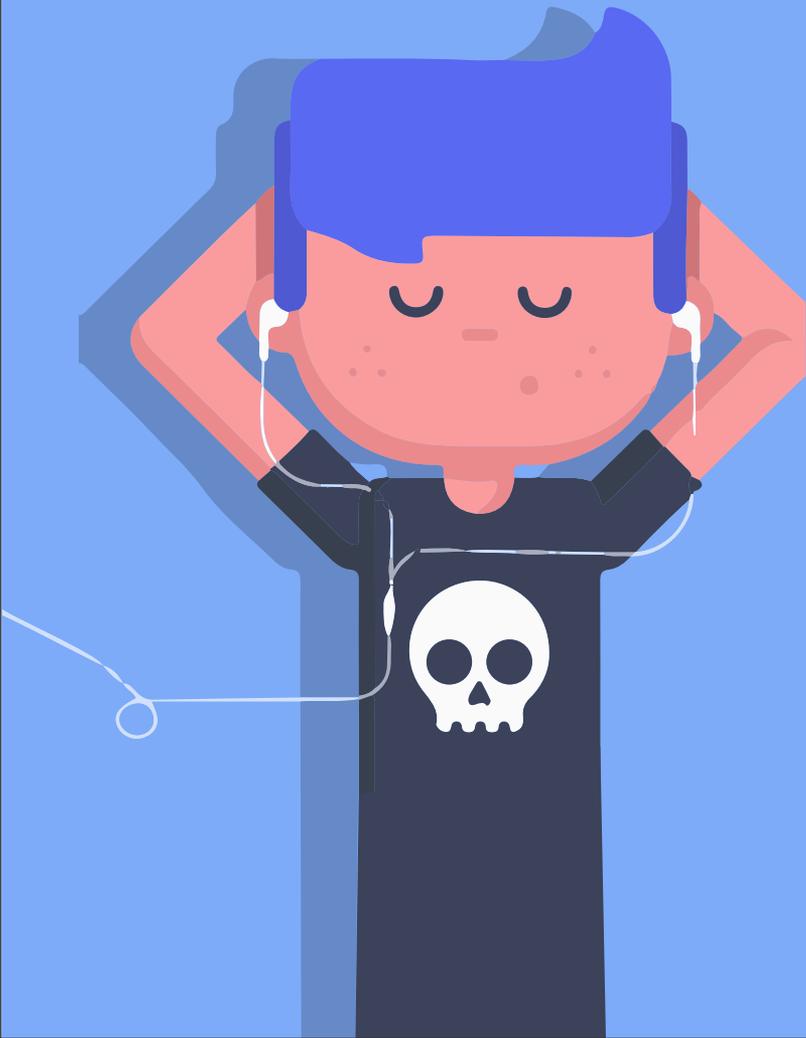
God reminds us in **James 1:17** that, "Every good gift, every perfect gift comes from above. These gifts come down from the Father, the Creator of the heavenly lights, in whose character there is no change at all." This week, continue to grow your respect of God by remembering to take his day of rest and use it to remember everything he has done for you. Let's also memorize James 1:17, **"Every good & perfect gift comes from above."**

TALK TO GOD!

DEAR GOD, YOU HAVE CREATED ME AND THE GOOD THINGS AROUND ME. I DON'T WANT TO FORGET TO SEE WHAT GOOD YOU HAVE DONE. HELP ME TO TAKE TIME TO REST IN YOUR GOOD CREATION AND GIFTS. AS I DO, LET ME THANK YOU FOR THESE BLESSINGS IN MY LIFE - BIG AND SMALL! THANK YOU FOR CREATING GOOD THINGS AND WAYS TO MAKE MY LIFE BETTER. IN JESUS' NAME, AMEN.

SEPT 6-12

WEEK 4



COMMANDMENT #5

Have you ever been a line leader? How might it have looked if those who were supposed to follow you decided to go their own way? By that choice, they could end up in trouble or even in danger! Yet, if they honored your leadership, they would safely reach the destination.

Whether you live with one or both parents, a grandparent, or another guardian, you have at least one person that's responsible for you. As such, they are charged with the important job of leading you in life. The Fifth Commandment is about these special people in our lives. The Fifth Commandment says, "honor your father and mother so that you may live long..." (Exodus 20:12a).

Fathers, mothers, and guardians are in charge of leading us the right way. God wants you to realize that they are specially created to be important in your life and are worth honoring. Just like you would want those in your line to respect your direction as the line leader, God also wants us to recognize our guardian's leadership as they guide us in life.

You can always trust God's leading in your life. No matter who's raising you, God wants you to realize they are important. In fact, when you honor them, you are honoring God too! **This week continue to respect God by also respecting your guardians.** This will show in how you listen and respond to them. It will show in how you treat their rules and the words you use with them. Seal God's truth in your heart this week by memorizing **Proverbs 3:7, "Don't depend on your own wisdom. Respect the Lord and refuse to do wrong."**

SEPT 13-19

WEEK
5

TALK TO GOD!

DEAR GOD, THANK YOU FOR MY GUARDIAN. HELP ME TO REMEMBER THAT RESPECTING THEM MATTERS TO YOU. I PRAY FOR THEM THIS WEEK AS THEY LEAD ME. HELP ME TO RELY ON THE LEADERS YOU HAVE GIVEN ME AND HELP ME TO REFUSE TO DO WRONG. THANK YOU, GOD, FOR ALL OF YOUR HELP. IN JESUS' NAME, AMEN.



COMMANDMENT #6

Have you ever said mean things to someone? Have you heard the saying, "sticks and stones may break my bones, but words will never hurt me?" While we know this saying isn't exactly true, our words and actions have the power to encourage or hurt others. **The Sixth Commandment teaches us not to hurt or harm others (Exodus 20:13). This commandment directly applies to how we treat others at home, school, or on the field.**

Focusing specifically on our words, the Bible teaches that, **"The tongue has the power of life and death" (Proverbs 18:21).** The fact is that our words have great power to affect not only ourselves but others. We bring life by encouraging one another - saying kind things to people and showing others the same respect we want to be shown.

If you're only nice to people when they're kind to you, that's pretty easy. **Yet, when you're nice to someone who**

isn't, then you're doing something bigger. You are honoring God! Even if they don't respond kindly right away, your kindness will make a difference. Your kindness shows them the love that God has for all of his people. **When you treat others with respect and understanding instead of harm, you will have spoken life to someone.** God sees you following his commands!

Our conversations need to help others to be the wonderful people God created them to be. Our word choices need to bring life! This can be hard some days, but to follow this commandment, we must avoid saying things that are hateful, hurtful, or harmful. To remember this powerful truth, memorize Proverbs 15:4, "Gentle words are a tree of life; a deceitful tongue crushes the spirit."

SEPT 20-26

WEEKS
6

TALK TO GOD!

DEAR GOD, HELP ME TO REMEMBER THAT YOU ARE BIGGER, MIGHTIER, AND MORE LOVING THAN I COULD EVER DREAM! HELP ME TO TRUST YOU THIS WEEK AS YOU SHOW UP IN MY LIFE IN WAYS I CANNOT IMAGINE. THANK YOU FOR TEACHING ME THAT NOTHING I FACE IS TOO MUCH FOR YOU BECAUSE YOU ARE MORE! IN JESUS'



COMMANDMENT #7

Are you getting an idea of why the Ten Commandments are so important? In John 14:15, God tells us, "If you love Me, you will keep My Commandments." Knowing that God created us, we can trust that he will only ask us to do something we are capable of doing. This means that no matter our age, ability, gender, race, or anything else, God has made us capable of loving him and keeping His Commandments. Even as children, we can let each of God's commandments take root in our hearts. **So, when the Seventh Commandment teaches God's people to be faithful to their husband or wife, you can start by learning to choose friends wisely and be a good friend.**

God cares deeply about our relationships with other people, and he wants to help us in our relationships. With God's guidance, direction, and protection, we can choose friendships that will help us flourish and enjoy the life that God intended for us to have. You can ask God to help you choose friends that you can be yourself. **God cares deeply about our relationships with other people, and he wants to help us in our relationships.**

With God's guidance, direction, and protection, we can choose friendships that will help us flourish and enjoy the life that God intended for us to have. You can ask God to help you choose friends that you can be yourself around and who help you to be a better person. **It is also important for us to be the kind of friend we want to have.**

He wants to help us keep His commandments, and this one starts with choosing friends wisely and being a good friend. In fact, having healthy friendships prepares us for a healthy marriage when we grow up. God created marriage as the ultimate symbol of friendship to be something amazingly special between one woman and one man.

As you think about the health of your friendships this week, memorize **Proverbs 13:20, "Walk with the wise and become wise, for a companion of fools suffers harm."**

SEPT 26 - OCT 3

WEEK 7

TALK TO GOD!

DEAR GOD, THANK YOU THAT YOU CARE ABOUT MY FRIENDS AND THE QUALITY OF MY FRIENDSHIPS. HELP ME TO CHOOSE FRIENDS WISELY AND TO BE THE KIND OF FRIEND YOU CAN BE PROUD OF. THANK YOU FOR BEING A GOOD FRIEND TO ME. IN JESUS' NAME, AMEN.



COMMANDMENT #8

The Eighth Commandment instructs, "You shall not steal" (Exodus 20:15). Has anyone ever taken something that belonged to you? Have you ever taken something that didn't belong to you? Most of us recognize that this is stealing. While most of us consider stealing wrong, do you know why it is so important not to steal?

When we trust God to provide for us, and we do our part (like working hard, taking care of what we've been given), then we will have not only what we need, but enough to share. There is never a need or excuse to steal. Yet, when someone steals, they are losing sight of a few important truths about God. First, when someone steals, they are not respecting God's ability to provide for them. In fact, the Bible tells us that "and my God will supply your every need according to his glorious riches in Christ Jesus" (Phil 4:19). While it's not always easy to trust God, when we do, we will always find him to be trustworthy.

OCT 4-10
WEEK 8

Unfortunately, when people steal, they are often convinced they have a good reason. However, this Commandment tells us that no matter the reason, we are not to take something that doesn't belong to us. It helps us to maintain respect for God, for others, and for the work God has built us to do. **Ephesians 4:28** teaches, "Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need."

Let's remember this truth this week by memorizing **Philippians 4:19**, "And my God will supply your every need according to his glorious riches in Christ Jesus."

TALK TO GOD!

DEAR GOD, THANK YOU THAT WHEN I WORK WITH MY HANDS AND PUT MY TRUST IN YOU, YOU WILL PROMISE TO PROVIDE ALL OF MY NEEDS AND THEN SOME! THANK YOU FOR WHAT I'VE BEEN GIVEN THIS WEEK. I PRAY THAT I MAY TRUST YOU FOR WHAT I STILL NEED. IN JESUS' NAME, AMEN.



COMMANDMENT #9

Have you ever told a lie? Have you ever said something you knew wasn't the whole truth, or maybe not true at all? The Ninth Commandment speaks right to that when it teaches, "you must not lie" (Exodus 20:16).

Over the past weeks, you've learned many truths that relate to this Commandment about lying. You have learned that God's love for you and plans for you are good. You have learned you can trust him in all and for all things. You have also learned that your words have the power to honor him and to help others. See how these truths all relate to lying:

- When we think someone needs us to lie for them to help them, we can trust God instead!
- When we are tempted to lie to stay out of trouble, we can trust God can use the situation to teach us a better choice for the future!
- When we lie to make us look better than someone else, we can trust who God says we are!

OCT 11-17

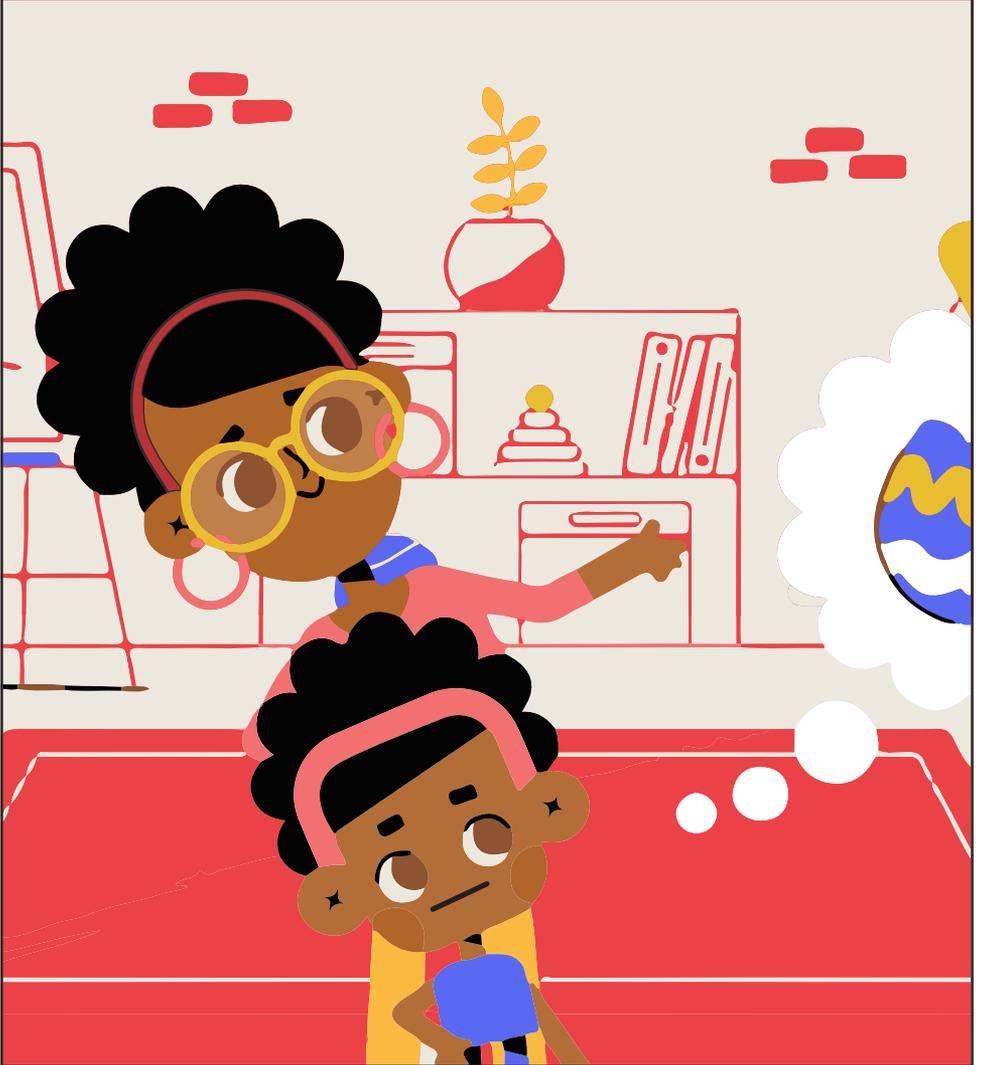
WEEK 9

We want to be able to be trusted and to be a delight to God! Thankfully, God is really clear in the Bible about how God feels about lying. The Bible teaches, "lips that lie are disgusting but honest people are His delight" (Proverbs 12:22). In fact, the Bible mentions six things God hates. Did you know two of them relate to lying?

We can trust this truth about truth! As we do, memorize this verse from Proverbs 13:5, "A righteous person hates lying; but a wicked person behaves with shame and disgrace."

TALK TO GOD!

DEAR GOD, THANK YOU THAT WHEN I WORK WITH MY HANDS AND PUT MY TRUST IN YOU, YOU WILL PROMISE TO PROVIDE ALL OF MY NEEDS AND THEN SOME! THANK YOU FOR WHAT I'VE BEEN GIVEN THIS WEEK. I PRAY THAT I MAY TRUST YOU FOR WHAT I STILL NEED. IN JESUS' NAME, AMEN.



COMMANDMENT #10

What would happen if you ran a race looking backward? You would run into things, maybe trip, or even get off course, never reaching the finish line at all. What about if you focused too much on the other racers around you? Looking anywhere but straight ahead would eventually slow you down.

The Tenth Commandment focuses on the same concept in our lives. The Tenth Commandment teaches, “Don’t set your heart on anything that is your neighbors” (Exodus 20:17). Remember how God loves you more than you can imagine? Similarly, God made you (yes, you) on purpose and with a purpose. Similar to finishing a race, God wants you to finish strong the good purpose he has set out for your life. We can’t do that if our eyes are on our neighbors or what they have. Anywhere we look, except straight ahead, keeps us from seeing that purpose and can actually keep us from finishing our “race.” Hebrews 12:1 says, “A huge cloud of witnesses is all around us. So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. And let us keep on running the race marked out for us.”

God loves you so much, and he doesn’t want you to compare yourself to anyone else. His deepest desire is that you love Him. The way we love Him is by asking Jesus to forgive our sins, come into our hearts, and be the leader of our lives. Doing this is what makes us Christians. As Christians, we are chosen by God, adopted into his family, and forgiven. Through Jesus, we possess the most important things ever created: salvation, eternity in heaven, and unlimited access to God, the Creator of the Universe!!

When you see yourself and your life through God’s eyes, you realize there is nothing anyone else could ever have that is better than God. When that is the case, you have no reason to set your heart on anything of your neighbors. This frees you to “run the race marked out for us.” We can celebrate what 1 Corinthians 9:26a teaches, “So I run with purpose in every step.”

TALK TO GOD!

DEAR GOD, THANK YOU THAT WHEN I WORK WITH MY HANDS AND PUT MY TRUST IN YOU, YOU WILL PROMISE TO PROVIDE ALL OF MY NEEDS AND THEN SOME! THANK YOU FOR WHAT I’VE BEEN GIVEN THIS WEEK. I PRAY THAT I MAY TRUST YOU FOR WHAT I STILL NEED. IN JESUS’ NAME, AMEN.

OCT 18-24

WEEK 10



#1 Put God first.

#2 Worship God only.

#3 Respect God's name.

#4 Respect God's day of rest.

#5 Honor your father & mother.

#6 Do not murder.

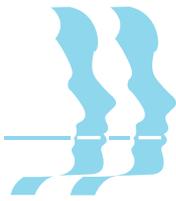
#7 Be faithful to your husband or wife.

#8 Do not steal.

#9 Do not lie.

#10 Don't set your heart on anything that is your neighbors

COMMANDMENTS



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