



Heavy Words
Author: Michael Scobey

Preview

This lesson is on the importance and application of “honoring your father and mother” as taught in Exodus 20:12.

Praise

Start the lesson by talking about the funniest/coolest thing your mom or dad has ever done. Take suggestions from the crowd as well.

Parable

I love the story of the 3rd grade Sunday school teacher who was trying to drive home the importance of family life. She illustrated her point by referring to the commandment “honor your mother and father.” Then she added, “Now that commandment about honoring our mother and father deals with how we are to treat our parents. Can any of you tell me a commandment that deals with how we are to treat brothers and sisters?” There was a long pause and then one boy’s face lit up. “I know! You shall not kill!”

Present

Of course we know that we will have ups and downs in our relationship with our parents. It’s really that way with anybody but especially with our parents because we are around them so much. So how do we deal with our mom and dad when they get on our nerves? What do we do when they are telling us the same thing they’ve told us a million times and it’s grating us to no end? I’ve got a great place for us to start ...

We’ve all heard **Exodus 20:12** quoted. In fact, every one of you in here could probably quote it. Let’s check it out.

“Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee” (Exodus 20:12, KJV).



“Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you” (Exodus 20:12, NLT).

I felt the same reaction you just felt the first time I read this verse: “I know I need to honor my parents, yada yada yada.” It’s very easy for us to take this verse and look at it only on the surface. But if we do, it won’t do us any good. We really need to examine it to get what it means for us today. The word I want to key in on is “honor.” What does it mean? How does it affect us?

(Ask) What do you think of when you think of the word “honor”? Awards? Being recognized? Those are all good responses. But if we take a closer look at it in the context of this scripture it actually has a very interesting meaning. The word “honor” in this verse means to “make heavy.” Now, I know what some of you are thinking about right now. What would Mom or Dad look like if they were 750 lbs? I did the same thing! But that’s not what it means.

When something is heavy, it requires a little more work to lift it. It takes a little more focus to make sure you don’t drop it. When we say to “make heavy,” we are talking about the words our parents say. You and I both know that when they are talking to us, it’s really easy to tune them out and think about everything and anything BUT what they’re saying to us right then. Exodus 20:12 tells us the words and actions of our parents should be heavy on our minds and our hearts. It may take a little more work, effort, and focus. But in the end, we will receive wisdom that we need to make it through life.

Read **Proverbs 4:1-7**. Wisdom is something we should all seek. And as seen in these passages, just taking time to listen to our parents and make their words HEAVY on our minds will help us get that.

But what if they get on my nerves until I’m upset? What if every word they say is just like nails on a chalkboard? That exact moment is when we should strive to make their words even heavier! I challenge you with this. If you will intentionally be engaged when your parents talk with you, even when it grates you ... God will in turn give you wisdom. When we receive wisdom, our parents won’t get on our nerves as much. It all works together! MAKE THEM HEAVY!

Practice

Do you think we can do a better job in honoring our parents?
What are some ways we can honor our parents more?
What sacrifices will we have to make in order to make this happen?



P_{ray}

God, I want to thank You for the opportunity You have given us today to gather and talk about your Word and how it applies in our lives today. I want to thank You for the parents, grandparents, aunts, and uncles You have given us. Lord, remind us the next time we want to be sarcastic or ignore our parents that you have commanded us to make them heavy in our lives. Help us to take the time and really listen to the things our parents have to say, and to apply them daily. I pray that You will bless us today in class and let us do our best for Your name's sake. In Jesus' name ...

P_{lus}

When you're having a tough time listening to Mom and Dad, just remember the word HEAVY. Even if you have to say it out loud to remember it, DO IT! It will help you in the long run. Remember, this is something that God COMMANDS us to do. Let's make the effort so we can see the difference it will make!