

Aim: To consider what the 10th Commandment means to Juniors.

Have you ever heard people say "If only I had a bike like he does, then I would be happy..." Or "If only I had a new car like my neighbour, then I would be happy..."?

What other things have you heard people say they need to be happy?

There is a saying: "You can't buy happiness" – that means that the things that you can pay money for won't really make you happy, at least not for long. New toys and new clothes might make you happy for a short time, but that happiness doesn't last and soon you'll want something else to make you happy.

God knew this and so He said in the 10th Commandment, "Do not covet..."

Have you noticed that the TV is filled with Adds, trying to make you want more things? So are the magazines, the radio, and even the way they show everything in the shops is done on purpose to make you want to want more things. Satan is using all these things to try and trap you into coveting.

So if things don't give you happiness that lasts, what does? **Read Psalm 119:1, 2**
True happiness comes from God.

For starters, if you follow the other Commandments which we have been learning about this term: #1 - Put God first in your life; #2 - Don't let other things become more important to you than God is, and then you will you are already a lot happier.

But we are all human, and humans have a sinful nature – that means that's it's easy for us to sin, and we won't keep all the commandments all of the time. So what should we do if we find ourselves coveting something?

Read 1 Thessalonians 5:16, 17

Pray.

And then there is something else you can do: Read 1 Thessalonians 5:18

Be Thankful – think of or write a list of, all the things you can be thankful for.

What are some things you can be thankful for? (Go around the circle as many times as you can) (Sunshine, love, happiness, cuddles, family, teachers, clothes, Jesus...)

The 10th Commandment doesn't mean that you won't ever get the things you want. You can pray and ask God for them, and ask your parents, but instead of nagging and begging, stop and remember all of the things that you have to be thankful for. Sometimes you might get what you want, and other times you won't; but God can help you to be happy anyway.

Read Psalm 37:4