

# COMMIT

## *Big Idea*

I can commit to fulfill my responsibilities while doing what is right. My commitment to someone is my promise to keep growing in how we know, trust and rely on each other.

### Activities + supplies

**ACTIVITY OPTION 1:** Promise Power Shield

- promise power shield handout
- crayons/markers/colored pencils

**ACTIVITY OPTION 2:** Promise Power Shield (requires prep before class)

- promise power shield handout
- cardboard
- foil
- hot glue gun
- glue
- markers for writing on foil

### Memory Verse

We know what love is because Jesus Christ gave his life for us. So, we should give our lives for our brothers and sisters.

**1 JOHN 3:16**

### Bible Story

Esther and her husband, the King, had to find a way to do what is right while they commit to keeping their promises to others.

### Relationship Skills

Developing perseverance, fulfilling responsibilities, self-control, boundaries

## Introduction

Today we are going to talk about having great relationships. Part of every good relationship is commitment.

**So, the word of the day is COMMIT. The hand motion is to do a fist pump.**



**COMMIT**

What do you think it means to commit to someone or something? Commitment is a promise to fulfill your responsibilities.

How many of you have ever played on a sports team? What sport was it that you played?

When you are on a sports team it is like you have lots of responsibilities, to work together with the other team players; a promise to come to games and practices; a promise to work hard.

So, let's think about some of your teams? You are on a team with your mom and dad.

What are some of the responsibilities you promise to fulfill to your mom and dad? I will \_\_\_\_\_ (make my bed; clean my room; do dishes; brush my teeth).

How many of you have a brother or sister? That is another team! Your brother sister team. What are some of the responsibilities you promise to do with your brother or sister (do not hit; be nice; share; take turns). This is your commitment!

**You promise or COMMIT to do these responsibilities.**

**OLDER ELEMENTARY: What about you and your friends—what is your commitment to them (in other words, what do you promise to do for your friends?).**

On every team, and in every relationship one important part of that relationship is your commitment, what it is that you are promising to do. And the strength of your commitment is in your **PROMISE POWER**. When you stick with something... when you do not quit, then you are really committed, and have great promise power.

So in our relationships, it is important to make sure that you really **KNOW** and **TRUST** someone before you **COMMIT** to them... You do not want to make a promise to someone who turns out to be someone you cannot trust! SO you need to **KNOW** that person, and give them time to show that you can **RELY** on them.

**Use the RAM chart to show how these parts of a relationships are related and interact.**

What if I don't know someone very well (*move know all the way down*). Can I really **TRUST** them?

**Answer:** No

So if I do not **KNOW** them very well, and my trust in them is kind of low, should I make **REALLY BIG PROMISES** to them?

**Answer:** **NO** So I should **COMMIT** to someone to fulfill promises only after I get to know them, and figure out that I can **TRUST** and **RELY** on them.

## Activity

### ACTIVITY 1: Promise Shield

**OPTION ONE:** *Use the handout with the shield drawing. Ask the children to decorate the top with their name and then draw and/or write in each quadrant what*

they promise to do with their family (e.g. I promise to clean my room, I promise to do my best, I promise to set the table, I promise to speak kindly).

**OPTION TWO** (older elementary): Using the shield template, trace and cut out a shield for each student out of a sturdy material such as cardboard or poster board. Then, following the glue diagram, make two thick lines of hot glue on each shield, creating the four quadrants in the shield. Provide one piece of foil for each child, at least two inches wider and longer than shield cutout. Direct each child to cover the face of the shield with the piece of foil, pressing along the edges of the glue lines to create a relief. Fold remaining foil around the edges of the shield cutout and glue down the foil on the back of the shield so that it is fairly taut on the face, forming a relief of the four sections. Once assembled, have each child write their first or last name along the top of the shield and draw or write four promises that they keep with their family. Then, allow them to decorate their family promise shield with things that represent their family.

## Bible Time:

We are going to learn a Bible story today about a King who made a commitment... a promise to someone that he realized later that he could not trust! And the Queen, his wife, also had to keep her commitments (her promises) while doing what was right!

There once was a King named Xerxes who was choosing a wife. He brought together all of the women of his kingdom and choose the most beautiful and elegant woman to marry. Her name was Esther.

She was not from a royal family. In fact, she was from a poorer Jewish family and had been raised by her Uncle Mordecai after both of her parents had died. She knew that the king was not Jewish, nor did he believe in her Jewish God and faith, so she did not talk to him about her faith or family background. She knew this king was very powerful, and demanded respect and obedience from everyone, including his wife.

One day, her Uncle, Mordecai, was relaxing by the gates of the city. He overheard

some men talking about plotting to kill the king. He secretly told Esther, who then told her husband, the king. She explained that her uncle had heard some men making plans to murder the king and that he risked his life to tell her, so that she could protect the king, her husband.

The king rounded up those who were planning on taking his life and punished them.

Months later, the King's royal officer, Haman, was walking around the city. He commanded everyone to bow before him to show their worship of his position of power. However, Mordecai refused to bow, believing that her should only bow to God.

Haman was furious and came to the king and convinced him to make a decree to get rid of all of the Jewish people. What do you think of Haman?

**Answer:** He was selfish and mean. Do you think the king should trust him?

**Answer:** No.

*You can use the RAM chart to show **TRUST** and **RELY** levels as low.*

The king did not realize that this would include his beloved wife, and Mordecai, the very man who saved his life.

When Esther heard of the decree and that Haman was behind it, she prayed about how God would like her to keep her commitment to her husband while doing what is right for God and her people.

She waited until just the right time to approach her husband and ask if she could make a request of him. He replied that she could have anything she wanted up to half of his entire kingdom. However, rather than making her wishes known right away, she only requested that she and the king have a splendid dinner together

along with his royal officer, Haman.

At the end of the dinner, the king again asked Esther what she would request. She paused, and respectfully requested that she personally prepare another dinner for the king and that Haman also be included in that dinner. The king agreed.

That evening, Haman discussed with his friends his anger toward Mordecai for refusing to bow to him when he walked around the city. Haman's wife and friends encouraged Haman to punish Mordecai. Haman was mad and began planning a way to punish Mordecai.

That night the king was unable to fall asleep. So, he got up and ordered that the daily news be read to him. As he was listening, the story was read of Mordecai overhearing the plan of some men who wanted to kill the king, and how those men were caught, and the king's life was saved. The king sat up in his bed, and asked the one reading the news, "What was done to reward Mordecai for his commitment to protect me?"

The reader replied, "Nothing has been done for that man."

"Then he must be honored as soon as possible!" demanded the king.

Just then, Haman entered the palace and encountered the king. The king asked Haman, "What should be done for the man I want to honor?"

Haman said to himself, "Is there anyone the king would rather honor than me?" So he answered the king. He said, "Here is what you should do for the man you want to honor. Have your servants get a royal robe you have worn. Have them bring a horse you have ridden on. Have a royal mark placed on its head. Then give the robe and horse to one of your most noble princes. Let the robe be put on the man you want to honor. Let him be led on the horse through the city streets. Let people announce in front of him, 'This is what is done for the man the king wants to honor!' "

“Go right away,” the king commanded Haman. “Get the robe. Bring the horse. Do exactly what you have suggested. Do it for Mordecai the Jew. He’s sitting out there at the palace gate. Make sure you do everything you have suggested.” **Es-ther 6:6-10**

That evening when Esther and the King and Haman enjoyed another wonderful dinner, the king asked again what Esther requested of the king.

Esther pleaded humbly with the king. “All I ask is that you let me and my people live... do not hurt us. If we were sentenced to become slaves, I would not have bothered the king with such a small thing. But because there has been made a plan to hurt us, I ask my king to protect us.”

The king was furious and demanded, “Who made this plan to hurt you and your people?”

Esther replied, “It was Haman who put out this order and hates me and my people.”

As you can imagine, Haman was fearful. The king walked out of the room to speak with his counselors, who told him that Haman had a plan to hurt Mordecai, who was the very man who saved the king’s life! When the king re-entered the room, he saw Haman pleading with and pulling on Queen Esther. The king was again furious—“Do you now attack my wife. You shall be punished in the same way you planned on punishing Mordecai.”

Queen Esther had stayed true to her commitment to her husband, acting respectful and loyal, while she also found a way to do what was right for herself and her Jewish people. Esther followed her head and heart, and acted in loving wisdom in her relationships.

And the king learned that he should NOT make commitments or promises to people (like Haman) that he cannot trust.

## Small Group Questions

### Early Elementary

- Talk about a time that you wanted to give up, but you stayed committed.
- Is it ever ok to break a commitment?
- What commitments has God made to you?
- What promises do you make to God?
- What are some responsibilities that you carry out at home that show your commitment to your family?

### Late Elementary

- Has there ever been a time you really wanted to break a promise, but you didn't? Talk about that.
- What are some examples of times when you should consider breaking a commitment?
- Who are some people that you are committed to?
- How do you know someone is committed to you? What do they do to show they are committed?

## Prayer

Dear Jesus,

Thank you that you are so committed to us! When you came to earth and were willing to take our place on the cross, it is because you were completely committed to saving us and making a way for us to be with you forever! You promise that NO MATTER WHAT, you will help us and take care of us. And you want us to be committed to you, to promise to love you and obey you. So help us have PROMISE POWER in our relationship with you and our families. We want to have promise power in our all relationships with those we REALLY know, trust and can rely on!

Amen.