



# THE 100

**Building Blocks**



## Recap

**Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy. [Exodus 20:8-11](#)**



## Recap

**One of the misconceptions of the Sabbath principle was that it was seen as a day of rest, this is incorrect. It was a day focused on God, the rest was meant to displace all other distractions to that**

**The Sabbath is one of Judaism's greatest gifts to humanity. People in the ancient Near East had nothing similar to the Jewish concept of a weekly sacred day of rest. Other cultures in the past knew of a seven-day week based on the phases of the moon, but the Israelite Sabbath is not connected to the movements of celestial bodies. It stands apart. Rabbi Rifat Sonsino**

# Recap

Therefore, since **the promise of entering his rest still stands**, let us be careful that none of you be found to have fallen short of it. **Hebrews 4:1**





**The commandments are the building blocks for a **new** type of society. As Israel will eventually start a new nation, this nation will be founded upon principles that will transcend humanity**

**The fifth commandment begins that society**



**Honour** 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**

**This commandment is unique in that  
it has a command and a blessing**



**How has God **designed** this world  
and how is it meant to **function**?**



**The first four commandments define how God wants us to show love for Him. This Fifth Commandment begins a series of six commandments that show us **how to love other people**—starting from our earliest years in the family.**

**Mike Bennett**

**The fifth commandment is about the **flow** of human relationships, and the home is the key to all relationships. **Matt Capps****



# Biblical Understanding of Honour

The root of kabod literally means **heavy or weighty**. The figurative meaning, however, is far more common: "to give weight to someone." To honour someone, then, is to give weight or to grant a person a position of **respect** and even **authority** in one's life.

“The point is that a child must not take his or her parents **lightly**, or think lightly of them. They must be regarded with great seriousness and value.” **John Currid**



# Biblical Understanding of Honour

While honour is an internal attitude of respect, courtesy, and reverence, it should be accompanied by appropriate attention or even obedience. **Honour without such action is incomplete**; it is lip service

And so the Lord says,  
“These people say they are mine.  
They **honour** me with their lips,  
but their hearts are **far from me**.

And their worship of me  
is nothing but man-made rules  
learned by rote. **Isaiah 29:13**

# Biblical Understanding of Honour



In one of many examples of the genius of Torah Hebrew, the opposite of “honour” is “**kalel**.” The word is always translated as “to curse,” but its literal meaning is to **make light of** (from the Hebrew “kal,” light). One curses one’s parents not only if one directs curses at them, but if one treats them lightly. **Dennis Prager**



## Honour not Love

Given that the Torah does command love elsewhere — “Love your neighbour as yourself,” “Love the stranger,” “Love God with all your heart ...” — **the absence of a commandment to love our parents is obviously deliberate.** The Torah recognizes that there are people who, for whatever reasons, do not love their parents, and it does not command what cannot be observed.

Love and honour are two **separate** concepts

# Parents Behaving Badly

**This commandment assumes that parents  
act honourable and dishonourable**





## Parents Behaving Badly

Now his father, King David, had **never disciplined** him at any time, even by asking, “Why are you doing that?”

**1 Kings 1:6**

Now the sons of Eli were **scoundrels** who had no respect for the Lord...Now Eli was very old, but he was **aware** of what his sons were doing to the people of Israel. **1 Samuel 2:12, 22**

Manasseh also sacrificed his own **son** in the fire. He practiced sorcery and divination, and he consulted with mediums and psychics. He did much that was evil in the Lord's sight, arousing his anger. **2 Kings 21:6**



## Train Up a Child

**Proverbs 22:6 begins with the Hebrew word, “hanak.” This word appears in three other verses in the Old Testament (Deuteronomy 20:5; 1 Kings 8:63; 2 Chronicles 7:5). Interestingly, every other time this word is used, it is not translated, “train up,” it is translated, “dedicate.” It means to get something started or initiate something. So the first part of the Proverb is about starting a child off in a certain direction or starting him on a path.**

## Train Up a Child



**The Hebrew word for “way” appears 69 times in the book of Proverbs. It is used to describe BOTH the way of wickedness (e.g. Proverbs 12:26) and the way of righteousness (e.g. Proverbs 13:6). Essentially, it is a road or path metaphor that simply describes a manner of life.**



## Train Up a Child

**This proverb could be a **warning**. It could warn me, as a parent, if I allow my children to follow the “way that seems right” to them (Proverbs 14:12), I will have a hard time getting them off that path when they become adults. After all, the path that children are naturally inclined to follow is a path of foolishness and it takes discipline to keep children from going down that path (Proverbs 22:15).**

**The best path for training is **modelling**, model for the child the belief and behaviour you wish for them to walk in**

## Train Up a Child



So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. **Teach them to your children. Talk about them** when you are at **home** and when you are on the **road**, when you are going to **bed** and when you are getting **up**. Write them on the **doorposts** of your house and on your **gates**, so that as long as the sky remains above the earth, you and your children may flourish in the land the Lord swore to give your ancestors.

**Deuteronomy 11:18-21**



**“Religion can help improve children’s  
mental health, new study finds”  
Laura Hensley, Global News, 2018**

**Children who are raised with religious or spiritual beliefs tend to have **better mental health** into their adulthood, a new study from the Harvard T.H. Chan School of Public Health found.**

**According to the study’s findings, people who attended weekly religious services or prayed or meditated daily in their childhood reported **greater life satisfaction in their 20s**. People who grew up in a religious household also reported fewer symptoms of depression and lower rates of post-traumatic stress disorder.**



**“Religion can help improve children’s  
mental health, new study finds”  
Laura Hensley, Global News, 2018**

**According to Dr. Tyler J. VanderWeele, the study’s senior author and a professor of epidemiology at the Harvard T.H. Chan School of Public Health, attending religious services, like church, for example, may benefit youth because it’s a shared experience with people who hold similar beliefs and values. Community is thought to be beneficial to well-being.**

**“That experience of God may fundamentally make a person more other-oriented, leading to greater volunteering, forgiveness, and a sense of mission, and these things ultimately make one happier and protect against depression.”.**



**God has given authority to various offices within the structure of his created order, and one of those offices is the office of parent. The family was built into the fabric of creation from the beginning with Adam and Eve... The family structure not only provides for the population of the world but also is for the good of children and society in general. Thus, the fifth commandment is crucial for us to study and understand, because it relates directly to how God has ordained and ordered this world.**

**Leah Baugh**



**The fifth commandment exists in **two tensions**, parent and child. Both **create** society and both **unmake** God's kingdom. But in this case, the child learns authorities place in Gods kingdom. Parents aren't perfect, and neither is the child. If you honour the earthly, you are more able to honour the heavenly.**



**The child will not be punished for the parent's sins, and the parent will not be punished for the child's sins. Righteous people will be rewarded for their own righteous behaviour, and wicked people will be punished for their own wickedness.**

**Ezekiel 18:20**

**Look! I am creating **new** heavens and a new earth, and no one will even think about the old ones anymore.**

**Isaiah 65:17**