

THE TEN COMMANDMENTS

THE SIXTH COMMANDMENT

ACTIVITY

RUN, RUN, FIGHT, HOLD ON

“But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called” (1 Timothy 6:11–12).

Say, “God promises to be with you and help you as you strive to follow His will for you in the Sixth Commandment. You can remember this phrase to help you: Run, run, fight, and hold on!”

Run: Run away from temptation, including movies, TV shows, people, music, websites, and places that promote sexual sins.

Run: Run toward all that is God-pleasing and good! Purity, love, respect, marriage.

Fight: Fight the good fight, as Paul says in 1 Timothy 6. It will be a fight for you to live a pure, decent, and God-pleasing life in this world where anything goes. But you don’t fight alone! God promises to be with you and help you when you are struggling!

Hold on: Again in 1 Timothy 6, Paul says, “Take hold of the eternal life to which you were called” (v. 12). Hang on to what really matters: God’s Word of love and forgiveness in Jesus Christ. Eternal life won by Jesus for you! God loves you and wants the best for you—and your future husband or wife.

Remember to encourage students to talk with their parents or another trusted adult about questions they may have, and let them know that you are available to talk with them as well.