

Ten Commandments

Bible Story

Exodus 19:1–20:21

Anchor Point

God cares for all people.


Your Lesson

- Assemble the Crew
- Moses Delivers God's Word
- Where Were They?
- Bowling for Commandments
- Rules, Rules, Rules
- Ten Commandments
- Is It a Commandment?
- Make a Commandments Reminder
- Love God and Each Other
- Worship

 Everyone

 Readers

 Nonreaders

 Requires preparation.

Bible Verse

"I'll take you as my people, and I'll be your God." (Exodus 6:7)

Did You Know?

The longest psalm in the Bible, Psalm 119, is a song of praise about God's laws. At one point, the psalmist exclaims, "But I love your commandments more than gold, even more than pure gold" (Psalm 119:127). Few of us adore laws and rules enough to write a 176-verse psalm about them. We can, however, see the point the psalmist is trying to make. In general, rules are a good thing. Laws and rules provide structure for our lives. God's laws are provided to help us know how to love and serve God and how to live in relationship with each other.

The first and probably most famous set of God's laws given to the Israelites following their escape from slavery in Egypt was the Ten Commandments. Even though it has been over 3,000 years since God gave the Ten Commandments to the Israelites, these basic laws are still applicable to our lives today.

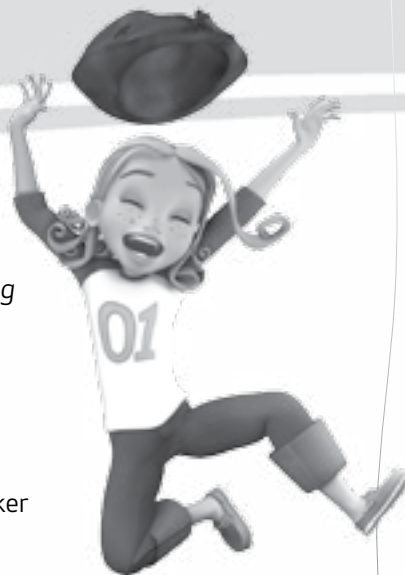
The Ten Commandments are more than a list of "do's" and "don'ts." These laws are about relationship. Four of the commandments address the relationship between God and us as God's chosen people. We are not to worship anyone or anything except God, and we are to honor God's name. Being in relationship with God includes setting aside a day to rest and worship God.

The remaining six commandments address our relationship with one another. To live together in community, we need to treat each other with love and respect. These commandments provide a framework for living together as God's people.

Children are used to rules. They may sometimes express frustration with following the rules imposed on them by others. Help your children understand God does not give us commandments to make our lives harder but to help us know how to live. If we trust in God's rules, they can help us live full and joyful lives.

Jump In!

The following activities may be done in learning centers as the children arrive or with the entire group.




ASSEMBLE THE CREW

Supplies: Attendance Chart, offering basket, stickers, marker

- Display the Attendance Chart.
- Greet the children as they arrive.
- Allow each child to add a sticker or mark his or her name on the attendance chart.
- Show the children where to place any offerings.
- Play music as the children arrive.

MOSES DELIVERS GOD'S WORD

Supplies: Reproducible A, crayons

-  Photocopy "Moses Delivers God's Word" (Reproducible A) for each younger child.
 - Give each younger child a copy of "Moses Delivers God's Word!"


SAY: God gave Moses a set of important rules to tell the people.

ASK: How many commandments did God give the Israelites? (10)

- Encourage each child to write the numbers 1 through 10 on the tablets Moses is holding and color the picture.


WHERE WERE THEY?

Supplies: Reproducible B, pencils

-  Photocopy "Where Were They?" (Reproducible B) for each older child.
 - Give each older child a copy of "Where Were They?" and a pencil.
 - Encourage each child to solve the puzzle.

BOWLING FOR COMMANDMENTS

Supplies: Ten Commandments Cards, 10 empty plastic bottles (can be different sizes), tennis ball (or ball of similar size)

-  Print the Ten Commandments double sided, then cut out the cards and lay them out so that the numbered sides are showing.

Set up the plastic bottles on one side of the room in a triangle shape similar to the set up of bowling pins.

- Show the children the bottles you have set up.

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TIP

As the game progresses, it may become challenging to knock down just the number of bottles needed. If the children become frustrated, be creative in the arrangement of setting up the bottles to make success possible.

ASK: Does the way the bottles have been set up remind you of a game? (bowling)
What is the goal in bowling? (to knock over all the pins)

SAY: Today we are going to play Bowling for Commandments. It is a little different than regular bowling.


- Show the children the cards you have laid out.

SAY: Your goal is to turn over all of these cards. In order to turn over a card you need to knock down exactly the number of bottles shown on the card. You will take turns standing across from the bottles and rolling the ball on the floor towards the bottles. If you knock over six bottles, we will turn over the number 6 card and read the words on the other side. Then we will set the bottles back up and continue playing the game. We will work together to try to turn over all the cards.

- Encourage the children to take turns rolling the ball toward the bottles. After each roll, have the children count the number of bottles knocked down and then set the bottles back up. Turn over the card corresponding to the number of bottles knocked over.

RULES, RULES, RULES

Supplies: mural paper, scissors, markers

 Cut a large sheet of mural paper.

Divide the sheet into three sections. At the top of each section, write one of the following headings: Rules at Home, Rules at School, Rules at Church.

Lay the mural paper out on a table or on the floor where the children will be able to write on it.

- Encourage the children to think about rules they have to follow when they are at home, at school, and at church.
- Invite the children to write the rules on the corresponding section of the paper.
- Encourage the children to think of as many rules as they can.
- Assist younger children who may need help with writing.

SAY: It seems like there are a lot of rules.

ASK: Are there some rules that are the same no matter where you are? Can you name some of them?

SAY: Today's Bible story will tell us about God's rules.

Dive Deeper

TEN COMMANDMENTS

Supplies: Reproducible C

 Photocopy "Ten Commandments" (Reproducible C) for each child to take home.

SAY: Earlier we made a list of rules. You came up with a lot of rules.

ASK: Why do we have rules? Does every family or school have the same rules? Who makes the rules? What do you think life would be like if there were no rules?

SAY: God gives us some rules to live by, too. We call God's rules commandments. God first gave these commandments to Moses and the Israelites, but they still apply to us today.

- Invite a confident reader to help you tell today's Bible story.

SAY: As we read today's story, the rest of you will help count the commandments. Each time I say a number, hold up that many fingers.

- Read the Bible story from "Ten Commandments." Have your volunteer read the words in italics.
- Thank your volunteer and the children for helping tell the story.

ASK: How many commandments are there? (10) Do the commandments apply to all of us?

SAY: Yes, the commandments are for all of us. They remind us how to treat God and how to treat other people.

IS IT A COMMANDMENT?

SAY: We are going to play a game to review the commandments. I am going to read a list of rules. If the rule is a commandment, jump up and say, "Ding, ding, ding!" If the rule is not a commandment, stay seated and say, "Buzz!"

- Read the following statements and encourage the children to respond.
 - Do not talk with your mouth full. (Buzz)
 - There is only one God. (Ding, Ding, Ding)
 - Raise your hand before speaking. (Buzz)
 - Do not hit your brother. (Buzz)
 - Honor your father and your mother. (Ding, Ding, Ding)
 - Do not steal. (Ding, Ding, Ding)
 - Look both ways before crossing the street. (Buzz)
 - Do not want what others have. (Ding, Ding, Ding)


Do not put chewing gum under your chair. (Buzz)
Only use God's name when you are talking about God or praying to God. (Ding, Ding, Ding)
Remember the Sabbath day and keep it holy. (Ding, Ding, Ding)
Say please and thank you. (Buzz)
Eat your vegetables. (Buzz)
Do not murder. (Ding, Ding, Ding)
Remember to brush your teeth every day. (Buzz)
Worship only God. (Ding, Ding, Ding)
Do not commit adultery. (Ding, Ding, Ding)
Wear a helmet when you ride your bike. (Buzz)
Do not talk loudly during the sermon. (Buzz)
Do not tell lies about other people. (Ding, Ding, Ding)

SAY: Just because something isn't a commandment doesn't mean it isn't a good idea. But the commandments God gave us are the most important rules.

Grow Stronger

MAKE A COMMANDMENTS REMINDER

Supplies: Reproducibles D and E, card stock, crayons, markers, scissors, paper hole punches, metal binder rings that hinge open

 Photocopy "Commandment Reminders, Part 1" (Reproducible D) and "Commandment Reminders, Part 2" (Reproducible E) onto card stock for each child.

SAY: We've talked about rules today. We have rules for a reason. God's rules or commandments remind us how to treat God and how to treat other people. You are going to make something today to help you remember God's commandments.

- Give each child a copy of "Commandment Reminders, Part 1" and Commandment Reminders, Part 2"
- Encourage each child to decorate the reminders using crayons or markers.
- Have each child cut out the reminders.
- Let each child punch a hole in the corner of each reminder.
- Give each child a metal binder ring.
- Invite each child to put the reminders on the metal binder ring.

LOVE GOD AND EACH OTHER

Supplies: Reproducible F, pencils

Make copies of "Love God and Love One Another" (Reproducible F) for older children.

TIP

If you do not have metal binder rings, have the children string the commandment reminders on a chenille stem or a piece of yarn.

SAY: God gave the Ten Commandments to Moses as instructions for how to have a good relationship with God and with each other. Many years later the Pharisees asked Jesus what was the greatest commandment. Jesus' answer can be found in Matthew 22:37-39.

- Invite the children to find these verses, and ask one child to read them aloud.

SAY: Jesus combined all of the ten commandments given to Moses into two simple commandments. Decide which of the ten commandments go with each of Jesus' two commandments.



- Hand out "Love God and Love One Another" (Reproducible F) to each child.
- When the readers have finished with the activity, invite the nonreaders to join the discussion.
- Ask a younger child to name one of the Ten Commandments.
- Then have an older child say which of Jesus' two commandments it goes with.
- Continue until all of the Ten Commandments have been named.

Worship

PRAISE AND PRAYER

Supplies: Exodus 6:7 Bible Verse Poster, Exodus 6:7 Sign Language Poster, Reproducible G



- Review the signs from the Sign Language Poster so you can teach them to the children. Make copies of "Talk About" (Reproducible G) for each child.

Display the Exodus 6:7 Bible Verse Poster and Sign Language Poster in your worship area.

- Play familiar worship music and encourage children to sing and move along with the music.

SAY: Last week we heard about God providing food and water for the Israelites. This week God provided rules to help the Israelites know how to live together. God was with the Israelites every step of the way and God is with us.

- Show the children the Bible Verse Poster. Encourage readers to read the verse with you.

SAY: God is our God. The Ten Commandments remind us to love and honor God.

- Teach children the sign language for the Bible verse. Encourage all children to sign and say the Bible verse with you.

SAY: Last week we shared our joys and blessings and our concerns for our prayer time together. We're going to continue that this month.

- Invite children to share their joys and concerns, reminding them that sharing is always optional.

PRAY: God, we know we can bring whatever is on our hearts to you, whether we speak those things aloud or pray them silently. Thank you for being our God and being with us when we are joyful and when we are sad. Amen.

- Give each child a copy of the "Talk About" page (Reproducible G) to take home.

SAY: Share the "Talk About" page with your parents when you go home. It has some information about today's lesson that you and your parents can share and discuss.

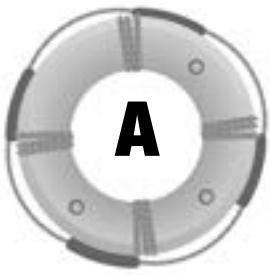
Answers

REPRODUCIBLE B WHERE WERE THEY?

M O U N T

S I N A I





Moses Delivers God's Word

How many commandments did God give to Moses? Write the numbers on the tablets.



For Nonreaders

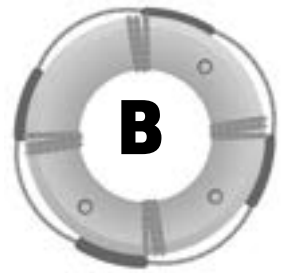
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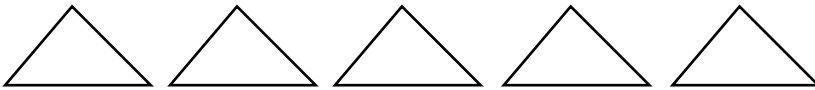
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Where Were They?

In the grid below, cross out every letter that appears 10 times. Write the remaining letters in order on the lines below to discover where Moses and the Israelites were when God gave them the Ten Commandments.



C	F	E	M	R	C	E	O	R	W
P	E	Z	C	W	U	H	P	Z	E
W	V	F	R	E	Z	C	F	W	R
F	E	N	C	H	P	E	C	V	Z
H	P	W	Z	E	V	T	R	P	W
S	F	V	R	H	C	F	W	Z	P
P	R	E	H	I	Z	W	V	P	V
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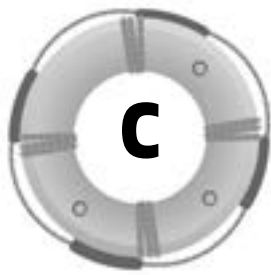


For Readers

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The Ten Commandments

It had been three months since God had freed the Israelites from slavery in Egypt. The Israelites were living in the wilderness and learning to trust God. They were also learning how to live with each other now that they were free people. God gave Moses some rules for the people to follow to help them know how to treat God and how to treat each other.

These are the ten commandments God gave the people.

1. I am the Lord your God. You must have no other gods before me.

There is only one God.

2. Do not make an idol for yourself of anything in the sky, on the earth, or in the water.

Do not make anything more important than God.

3. Do not use the Lord your God's name as if it were of no significance.

God's name is special; use it only when you are talking about God or praying to God.

4. Remember the Sabbath day and treat it as holy.

Sunday is a special day set aside to rest and worship God.

5. Honor your father and your mother.

Treat your parents with love and respect.

6. Do not kill.

God gives life; it is wrong to take that away from anyone.

7. Do not commit adultery.

Marriage is a special commitment between two people.

8. Do not steal.

Do not take things that don't belong to you.

9. Do not testify falsely against your neighbor.

Do not tell lies about other people.

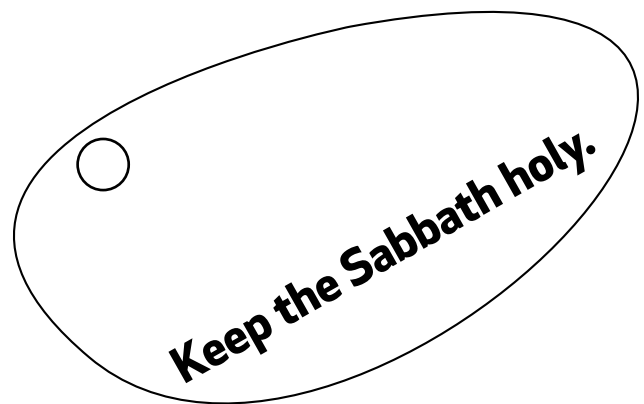
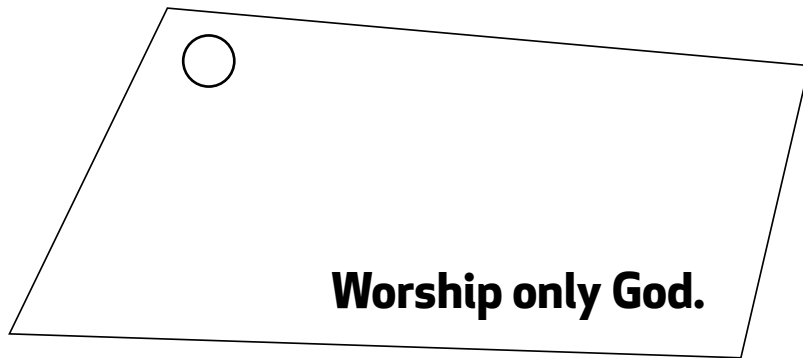
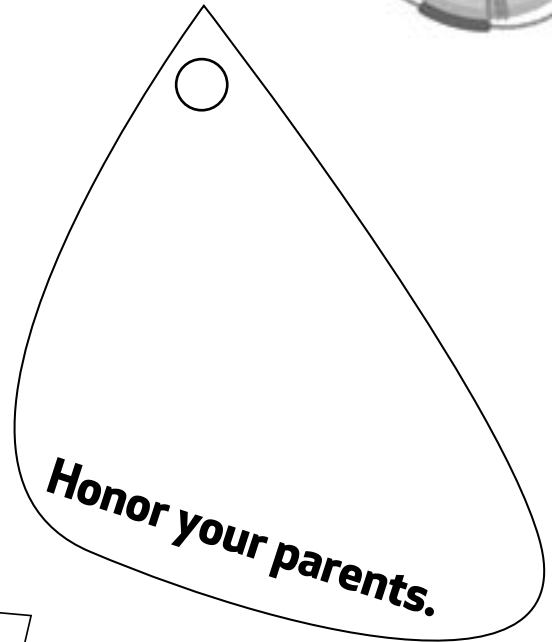
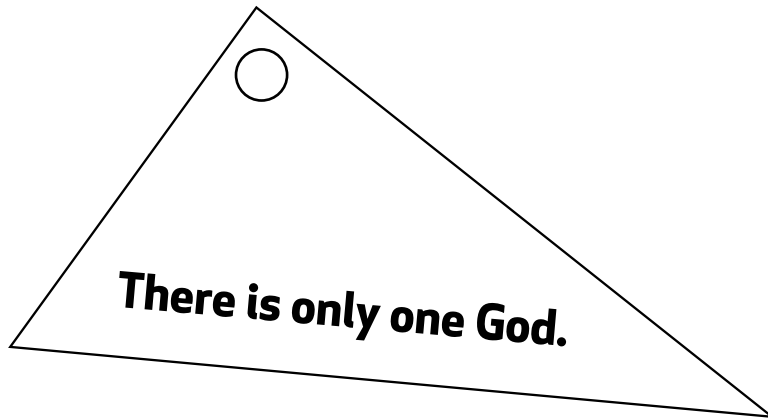
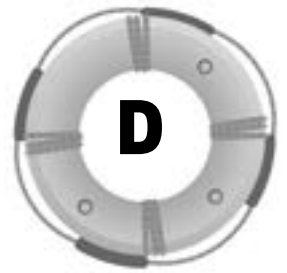
10. Do not wish you had the things someone else has.

Be grateful for what you have instead of wanting what others have.

(Based on Exodus 19:1–20:21)

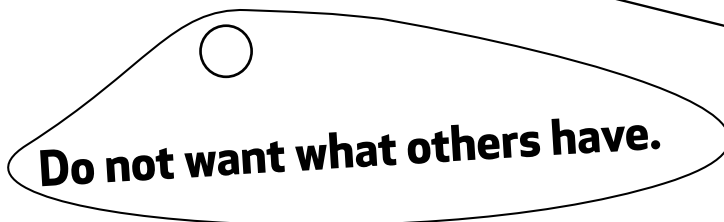
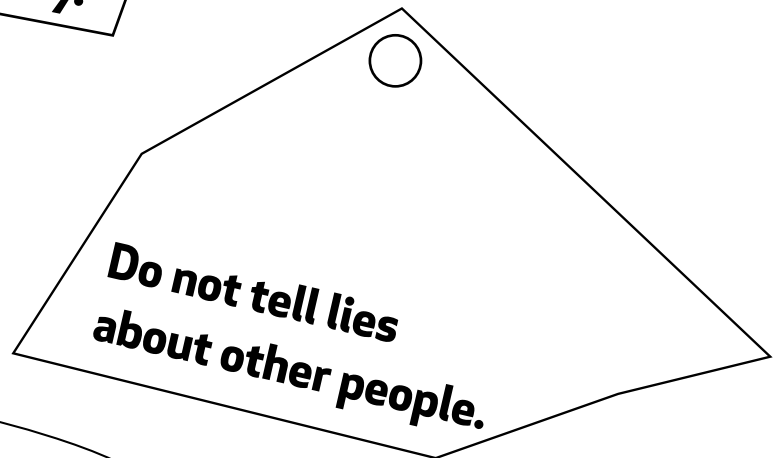
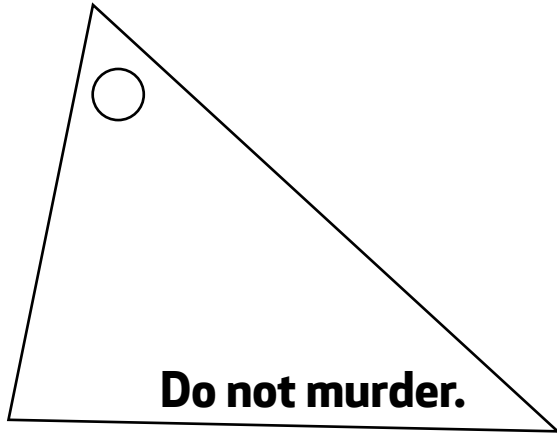


Commandment Reminders, Part 1





Commandment Reminders, Part 2



Love God and Love One Another



God gave the Ten Commandments to Moses as instructions for how to have a good relationship with God and with one another. Later the Pharisees asked Jesus what is the greatest commandment. Jesus answered, "Love the Lord your God with all your heart, with all your being, and with all your mind. And the second is like it: You must love your neighbor as you love yourself" (Matthew 22:37-39).

Draw a line from each of the Ten Commandments to one of Jesus' two commandments that best describes it.

Love the Lord your
God with all your
heart, with all your
being, and with all
your mind.

Love your neighbor
as you love yourself.

1. Honor God's name.
2. Do not murder.
3. Do not want what others have.
4. Keep the Sabbath holy.
5. Worship only God.
6. Do not steal.
7. Honor your parents.
8. Do not commit adultery.
9. There is only one God.
10. Do not tell lies about other people.



Talk About Ten Commandments

Say the Bible verse together:

"I'll take you as my people, and I'll be your God." (Exodus 6:7)

Talk about today's Bible story:

God gave the Ten Commandments to the Israelites so they would know how to treat God and how to treat each other. Even many years after God gave these commandments, we need to follow them.

The first four commandments tell us how to be in relationship to God. How would you describe your relationship with God? How do you show your love for God? How do you worship God?

The last six commandments tell us how to be in relationship with other people. When is it difficult or challenging for you to get along with other people? Why are rules to help people get along with one other necessary?

Pray together:

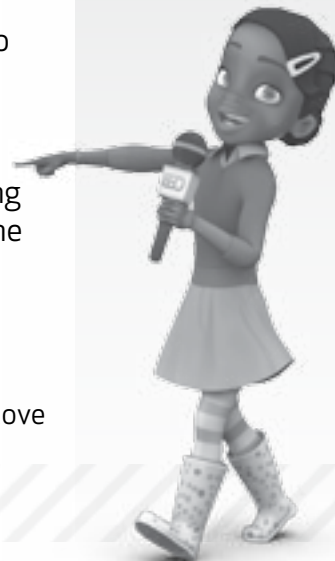
Thank you, God, for rules that show us how to live like you. Help us to love you and love our neighbors. Amen.

Bible Story

Exodus 19:1-20:21

Anchor Point

God cares for all people.



Continue today's lesson with your family!



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**Honor your
parents.**

**Do not want
what others
have.**

**Keep the
Sabbath holy.**

**Do not tell lies
about other
people.**

**Honor God's
name.**

Do not steal.

**Worship only
God.**

**Do not commit
adultery.**

**There is only
one God.**

Do not murder.

**“I’ll take you as my people,
and I’ll be your God.”**

Exodus 6:7



"I'll take you as my people, and I'll be your God."

Exodus 6:7



**I'll
(God)**



**take
(care of)**



you



people



**I'll
(God)**