



# God Gives the Ten Commandments (Part 1) Exodus 19:16–20:21

The children in your group are developing a sense of fairness, and they're also more interested in the present than in the past or the future. Use this lesson to help kids see that although God gave Moses the Ten Commandments long ago, God meant for those same rules to guide and help each of us today.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p><b>1</b></p> <p>Getting Started</p>	<p><b>What About Rules?</b> <i>(about 25 min.)</i> Make up rules to a new game.</p>	<p><b>Teacher Pack:</b> "Ten Commandments" poster</p> 	
<p><b>2</b></p> <p>Bible Exploration</p>	<p><b>To the Mountain!</b> <i>(about 20 min.)</i> Pretend to get the Ten Commandments like Moses, and create pictures of the first four commandments to put on the poster.</p>	<p>Bible, scissors, paper, pillows, crayons, tape <b>Teacher Pack:</b> "Ten Commandments" poster, Bible Timeline, "God Gives the Ten Commandments" (from the Big Bible Poster Pack)</p> 	<p>Cut 4 pieces of paper to be the same size as the blank squares on the "Ten Commandments" poster. Create a "mountain" of pillows.</p>

**Bold text** within the lesson is spoken text.




► **Bible Point**  
Honor God by obeying him.

**Key Verse**  
"Love the Lord your God with all your heart and with all your soul and with all your strength" (Deuteronomy 6:5).

**Weaving Faith Into Life**  
Kids will honor God by obeying his commands.





LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p><b>3</b></p> <p>Weaving Faith Into Life</p>	<p><b>How to Honor God</b> <i>(about 15 min.)</i> Learn the Key Verse, and create a craft to help them remember it.</p>	<p>Bible, My Bible Fun, pens, 2 red chenille wires per child, several pairs of scissors, hole punch <b>Teacher Pack:</b> “Ten Commandments” poster</p> 	<p>Tear out the Lesson 4 pages from each My Bible Fun student book.</p>
<p><b>4</b></p> <p>Lasting Impressions</p>	<p><b>Daily Challenges</b> <i>(about 5 min.)</i> Choose a Daily Challenge to apply God’s Word.</p>	<p>My Bible Fun, pens</p>	
	<p><b>Weaving Faith at Home</b> <i>(about 2 min.)</i> Talk about how to share what they learned with their families.</p>		

***Bold text** within the lesson is spoken text.*



# God Gives the Ten Commandments

## (Part 1) Exodus 19:16–20:21

BIBLE BACKGROUND  
FOR LEADERS

This week’s Bible Background concentrates on the events surrounding the giving of the Ten Commandments, while next week’s concentrates on the commandments themselves. You may want to read both Bible Backgrounds before beginning this lesson.

### The Israelites Battle the Amalekites

The Amalekites attacked the Israelites where they were camped. God had prepared the Israelites’ faith for this test through his provision for them in so many ways. So the Israelites put together an army under the leadership of Joshua and went on the attack. Moses held high in the air the staff that had struck the rock to get water—“the staff of God.” As long as Moses held the staff in the air, the Israelites continued to win—so Aaron and Hur helped hold Moses’ hands up, and the Israelites defeated the Amalekites (Exodus 17:8-16).

### Jethro Advises Moses to Focus on God

Moses’ father-in-law, Jethro, came to visit after the battle with the Amalekites. Seeing Moses burdened with judging disagreements among the 2 million Israelites, Jethro gave Moses some good advice. He suggested that Moses appoint judges to serve the people so that Moses could concentrate on what was most important—being the people’s representative before God. Moses took the advice and then led the Israelites on to Mount Sinai, where Moses had previously met God in the burning bush. They arrived at Mount Sinai three months to the day from when they left Egypt (Exodus 18:5–19:2).

### Moses Receives the Commandments From God

A significant event is recorded in the next few verses

(Exodus 19:3-9): God spoke to Moses and promised him that Israel would be his treasured possession, his holy people—if they would obey him. After Moses told the people what God had said, they responded gratefully: “We will do everything the Lord has said.” God responded by telling Moses that God himself would come down and speak with the Israelites from a cloud.

The law God gave spelled out how the Israelites were to honor him through their obedience. In the thousands of years that have passed since this event, one thing hasn’t changed: The best way we can honor God is by obeying him.

### The Jesus Connection

Following Jesus is not about obeying rules; it’s about knowing him. However, our obedience in honoring and glorifying God in our everyday lives allows our relationship with Jesus to grow.

In the space below, write a prayer that the ministry you are involved in today helps your group experience God’s blessing. May you see the fruit of God’s work through your obedience.

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## What About Rules? Supplies

### Teacher Pack

“Ten Commandments”  
poster

# 1 GETTING STARTED

## What About Rules?

### What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went.

Gather everyone together.

Show kids the “Ten Commandments” poster. Lay the poster where the kids can see it.

Say: **We have a brand-new game we're going to play today! Are you ready to play a new game? Great! First we have to make up some rules for this game.**

Have kids form groups of three or four, and tell each group to think of a few rules for playing a game with the poster. Give groups a few minutes to think, and then let members of each group tell what rules they thought of.

Say: **Now that we have all our rules, we can play! Remember to use all the rules each group mentioned.** Allow a few minutes for kids to try playing the game with their rules.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What was it like to make up rules to a game?
- Explain how well it worked to play with all the rules from everyone.
- Why are good rules important?
- Why would you want to follow God's rules above anyone else's?

Say: **It was silly playing our game with all your made-up rules. Sometimes in life, it might seem like there are so many different rules to follow. But we can always remember that what God asks us to do is what's best for us. That's why we want to obey what God asks us to do. And we ► HONOR GOD BY OBEYING HIM. Let's learn some of the things God asks of us.**

## 2 BIBLE EXPLORATION

# To the Mountain!

### What You'll Do ■■■■■■

Open your Bible to Exodus 19, and show kids the passage. Say: **In the Bible today, we'll hear how God gave us the Ten Commandments, and we'll learn why we ► HONOR GOD BY OBEYING HIM.**

Show kids the Bible Timeline, and point out the "God Gives the Ten Commandments" section.

Say: **Moses climbed up a big mountain to meet God and receive the Ten Commandments from him. Let's climb our own mountain and learn what some of the Ten Commandments are.**

**God told Moses that only he and Aaron could come up the mountain, called Mount Sinai. The rest of the people had to stay at the bottom of the mountain.** Have the children gather around the mountain of pillows, and let them take turns pretending to be Moses and Aaron climbing the mountain.

Say: **There was fire and smoke coming from Mount Sinai, and the mountain was trembling and shaking.** Let the children shake the pillows to make the mountain tremble.

Say: **Then there was a trumpet blast that got louder and louder, and then God spoke! Let's make a trumpet sound like that, and then we'll hear what God said.** Lead the children in pretending to hold trumpets and blow them.

Read aloud Exodus 20:1-8. Then have kids form four groups, and number the groups one through four. Give each group one of the pieces of paper you prepared earlier, and set out the supplies.

Check that kids understand each commandment you read. Then say: **Each group will draw a picture to show what one of the commandments we just heard means. Group One, you take the first commandment: God said we should have no other gods before him. Group Two, the second commandment: We should not worship idols. Group three: We should not misuse God's name. Group four: We should keep the Sabbath holy.** Show kids the "God Gives the Ten Commandments" poster (from the Big Bible Poster Pack) so kids have a reminder for the first four commandments.

Circulate around the room to help kids as they decide what to draw. For example, for the first, they could create a big number one with "God" written on it. For the second, they could draw things that could be idols to people and then draw a circle around those things with a slash through it. For the third, they could draw something they can



### To the Mountain! Supplies

Bible  
scissors  
paper  
pillows  
crayons  
tape

#### Teacher Pack

"Ten Commandments"  
poster  
Bible Timeline  
"God Gives the Ten  
Commandments"  
(from the Big Bible  
Poster Pack)

### To the Mountain! Easy Prep

Cut 4 pieces of paper to be the same size as the blank squares on the "Ten Commandments" poster. Create a "mountain" of pillows.



do to use God's name in a good way, such as telling a friend about God or praying. For the fourth, they could draw a picture of things they do on the Sabbath that make God happy, like going to church, praying, or reading the Bible.

When groups are finished, let each share their drawings and tape them to the first four spots on the "Ten Commandments" poster.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Explain which of these commandments is the hardest for you to follow.
- What are some ways you can get God's help with obeying him?
- Why do you think it's important that we obey God's commandments?
- Why do you want to honor God in what you do and say?

Say: **God loves us so much—that's why he gave us commandments. He knows what we need and what's best for us, so he gave us the commandments to help us have better lives. We can trust God and the things he asks of us. We want to do what God asks because we ► HONOR GOD BY OBEYING HIM.**

## 3 WEAVING FAITH INTO LIFE

### How to Honor God

#### How to Honor God Supplies

Bible  
My Bible Fun  
pens  
2 red chenille wires per  
child  
several pairs of scissors  
hole punch  
**Teacher Pack**  
"Ten Commandments"  
poster

#### How to Honor God Easy Prep

Tear out the Lesson 4  
pages from each My  
Bible Fun student book.

### What You'll Do ■■■■■■

Say: **Today we're learning that we ► HONOR GOD BY OBEYING HIM. And we want to honor God because we love him and we know he loves and cares for us. Our Key Verse reminds us to love God, too.**

Open your Bible to Deuteronomy 6:5, and show it to kids. Say: **Our Key Verse says, "Love the Lord your God with all your heart and with all your soul and with all your strength." That means that God wants us to love him with all we have.** Have the children repeat the verse with you several times: **"Love the Lord your God with all your heart and with all your soul and with all your strength" (Deuteronomy 6:5).**

**Let's use motions to help us remember how God asks us to love him.** Lead children in saying the verse and motioning in the following way:

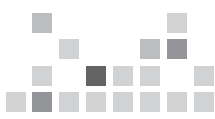
**"Love the Lord your God** (*point up*)

**With all your heart** (*put hand to heart*)

**And with all your soul** (*hug self*)

**And with all your strength"** (*make muscles*)

**(Deuteronomy 6:5).** (*make an open book with hands*)



Show the “Ten Commandments” poster. Say: **Each of the commandments we learned about today can help us do what the Key Verse says: love God with all our heart, soul, and strength.**

Point to the picture of each commandment on the poster as you name the commandments. Say: **When we put God first in our lives, when we don’t worship idols but worship only God, when we don’t misuse God’s name, and when we keep the Sabbath day holy, we’re showing our love for God.**

Give each child a Lesson 4 My Bible Fun page, and point out the “What Can I Do?” section. Say: **Circle the pictures that you think show things that honor God.** Allow a minute, and then let kids briefly share which pictures honor God.

Say: **There are a lot of ways we can love and obey God every day. Let’s make a craft to remind us to love and obey God all the time.**

Give each child two red chenille wires. Then distribute scissors, and have kids cut out the four circles in the “Commandment Circles” section of the My Bible Fun page. As kids cut, punch holes in the tops of the circles for them.

Demonstrate how to thread two of the circles onto each of the two chenille wires. Once kids have attached two “Commandment Circles” to each chenille wire, show them how to twist the two chenille wires together at both ends. Let the children tell the first four commandments.

Say: **Remember, when we obey God’s commandments, it’s a way to love God.** Show kids how to bend the wires into the shape of a heart.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What are some ways you love God with all you have?**
- **Tell about a time you obeyed God.**





### Daily Challenges Supplies

My Bible Fun  
pens

- How will you show your love for God this week?

Say: **We ► HONOR GOD BY OBEYING HIM**, and we show him we love him. God made us, he loves us, and he always takes care of us. Sometimes we forget these things—and when we do, we can also forget why we want to obey. But just as God asked the people in the Bible to obey, he wants us to obey his commands, too, because he knows they're for our best.

## 4 LASTING IMPRESSIONS

### Daily Challenges

#### What You'll Do ■■■■■■

Say: **Let's think about how we ► HONOR GOD BY OBEYING HIM.**

Have kids find this week's Daily Challenges in their My Bible Fun pages and choose one to do this week. They can choose one or more of these three options:

- **Each morning when you wake up, ask God to help you obey him that day.**
- **Take a day this week to spend with God and your family. Don't do any chores that day—just enjoy your time with each other.**
- **Choose an activity or thing you think might be an idol in your life. Give up that activity or object for a day, and pray to God, telling him you'll worship only him.**

Make sure you choose a Daily Challenge as well, and tell kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

#### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What's a practical way you're going to do your Daily Challenge? Include a time, a place, and other ideas.**

Say: **God gave us the commandments so we can have good lives. We can show him our love and respect by obeying. This week, let's remember that we ► HONOR GOD BY OBEYING HIM as we follow through on our Daily Challenges.**



## Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about how we honor God by obeying him. Kids can also do the activities in the “HomeConnect” section of their My Bible Fun pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church’s families. Available at [group.com/digital](http://group.com/digital).

Take a couple of minutes to pray with your kids, thanking God for loving us enough to give us commands that make our lives better. Pray: **God, we want to love you with our whole hearts.** Have kids put their hands to their hearts. **We want to love you with our whole souls.** Have kids hug themselves. **We want to love you with all our strength.** Have kids make muscles. **Help us show our love for you this week by obeying you.** Invite children to tell God some ways they want to obey God this week. **We want to honor you, God. In Jesus’ name, amen.**



