

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



Children are taught rules from infancy. Your 5- and 6-year-olds are beginning to understand that rules are good and useful. When kids are told the “why” behind a rule, they tend to be more willing to cooperate. Obeying rules is one way children can show their love for God. Use this lesson to help kids see that God’s rules are good for us and not stifling as we often may think.



► **Bible Point**
Obey God.

Key Verse
“You shall have no other gods before me” (Exodus 20:3).

Weaving Faith Into Life
Children will obey God because they love him.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started <i>about 10 min.</i></p>	<p>Welcoming Song Sing or listen to songs to welcome everyone to church.</p>	<p>CD player Teacher Pack: CD</p>	
<p>2</p> <p>Key Verse Activity <i>about 10 min.</i></p>	<p>No Other Gods Play a game about hitting a target, and learn about honoring God.</p>	<p>box, 3 beanbags</p>	
<p>3</p> <p>Bible Exploration <i>about 15 min.</i></p>	<p>Theo’s News Find out what the “Ten Commandments” puzzle has to do with today’s lesson.</p>	<p>Surprise Box (any box will do), Theo puppet, CD player Teacher Pack: CD, “Ten Commandments” puzzle</p> 	<p>Place the “Ten Commandments” puzzle in the Surprise Box, and hide the box where it’s easily accessible.</p>
	<p>Bible Time: Actually, It Is Written in Stone Act out the Bible passage, and discover that God wants us to obey him.</p>	<p>Bible, chairs, tape, flat rock, chalk, markers Teacher Pack: “Ten Commandments” puzzle, “God Gives the Ten Commandments” poster (from the Big Bible Poster Pack)</p> 	<p>Cut apart the “Ten Commandments” puzzle.</p> <p>Stack some chairs to make a mountain. Be careful not to stack them too high and cause a potential danger.</p>

Bold text within the lesson is spoken text.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life <i>about 20 min.</i> <i>(Choose 2 centers.)</i></p>	<p>Center 1: My Good Rule Draw pictures of God's rules.</p>	My Bible Playground, washable markers, crayons, scissors, tape	Remove the Lesson 4 pages from each My Bible Playground student book.
	<p>Center 2: Tablets of Grahams Pretend to write rules on graham crackers.</p>	1 graham cracker per child, yogurt, 1 craft stick per child, paper plates	
	<p>Center 3: Following God's Rules Reflect on times they followed God's rules, and act them out in pairs.</p>	CD player Teacher Pack: CD	
	<p>Center 4: Cloud Mobile Make mobiles to remind them of what happened in the Bible.</p>	yarn, scissors, stapler, white construction paper, pencils, white glue, cotton balls, 1 clothes hanger per child	Cut assorted lengths of yarn, 8 to 15 inches long. You'll need 3 to 5 pieces of yarn for each child.
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions <i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God's Word.</p>	My Bible Playground, washable markers	
	<p>"Totally Obedient" Prayer Practice following instructions while they pray for God's help with obedience.</p>		
	<p>Weaving Faith at Home 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

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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

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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

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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

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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.





Welcoming Song Supplies

CD player

Teacher Pack

CD: "Ain't It Great to Be at Church?" (track 19), "Ten Commandments" (track 21)

1 GETTING STARTED


Welcoming Song




Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do ■■■■■■

As the children arrive, greet each child and welcome him or her with a smile. When it's time to begin, use your signal to bring the children together in a circle. Lead kids in holding hands in a circle and singing "Ain't It Great to Be at Church?" (track 19 on the CD) to the tune of "Boom, Boom! Ain't It Great to Be Crazy?"

 **Boom, boom! Ain't it great to be here at church?**
Boom, boom! Ain't it great to be here at church?
We've come to worship Jesus Christ.
Boom, boom! Ain't it great to be at church?
(Repeat 2 times.)

Say: I'm so glad you're all here. Today we'll learn that **God wants us to obey him and that when we ► OBEY GOD, we are able to live better lives. Let's sing a song about some rules God gave us.** Lead children in doing the motions and singing "Ten Commandments" (track 21 on the CD) to the tune of "Did You Ever See a Lassie?"

 **Our God gave us Ten Commandments,** *(point to heaven, and then hold up 10 fingers)*
Commandments, commandments. *(give a high 10 on "commandments")*
Our God gave us Ten Commandments *(point to heaven, and then hold up 10 fingers)*
To show us his love. *(hug self)*

God's rules help me and you *(point to self and then to a friend)*
To live like God says to. *(open hands like a book)*
Our God gave us Ten Commandments *(point to heaven, and then hold up 10 fingers)*
To show us his love. *(hug self)*

(Repeat.)

Say: **It's good to be here with you. Church is a place where you can come and be yourself and learn about God. God's rules for us are designed to help us. Instead of God's rules ruining our fun, they're meant to help us and keep us safe. God gave some rules to his people, the Israelites, in the Bible. God gave them 10 good rules to help them be close to him. Let's find out more!**



2

KEY VERSE
ACTIVITY

No Other Gods

What You'll Do ■■■■■■

Have kids sit in a circle. Open your Bible to Exodus 20:3, and show children the words. Tell kids that the Bible is God's special book.

Say: **Our Key Verse from the Bible, Exodus 20:3, says, "You shall have no other gods before me." That means we can love God above everything else. Let's practice our simplified Key Verse together.** Lead kids in repeating the simplified Key Verse with you: **"Have no other gods before me" (Exodus 20:3).**

Ask:

- **What's something in your life that's important to you?**
- **How can you know whether you're giving God first place in your life?**

Form three teams. Have teams stand on one side of the room and form lines. Place a beanbag in front of each line and the box on the other side of the room. Say: **If you're standing at the front of your line, pick up the beanbag in front of your line. Look at me, and toss the beanbag into the box while looking at me. When you finish, give the beanbag to the next person in your line and go to the back of the line.**

When all of the kids have had a turn and the first person is back at the front of the line, say: **This time, toss the beanbag into the box...but close your eyes first. Then give the beanbag to the person behind you and go to the back of the line again.**

When all of the kids have had a turn and the first person is back at the front of the line again, say: **Okay, this time look at the box. Don't look at anything else, and toss the beanbag into the box. Go!**

When all of the kids have had a turn and the first person is back at the front of the line again, move the box closer to the kids. Say: **Now toss the beanbag into the box as you look at it.**

Continue playing as interest and time permit.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What was the problem with throwing the beanbag when you couldn't look at the box?**
- **How is aiming like or unlike putting God first in your life?**
- **What is something in your life that you might need to give to God?**



No Other Gods Supplies

-
- box
 - 3 beanbags





Theo's News Supplies

Surprise Box (any box
will do)

Theo puppet

CD player

Teacher Pack

CD: "Here, Theo"
(track 3)

"Ten Commandments"
puzzle

Theo's News Easy Prep

Place the "Ten
Commandments" puzzle
in the Surprise Box, and
hide the box where it's
easily accessible.

Say: **It's easier to keep God number one in your life if you are close to him and if you're looking at him. It's important to love God all the time so we don't forget that God is most important. The first commandment God told Moses is all about keeping God first. Let's say it together: "Have no other gods before me." Let's find out what God did to help his people follow his rules.**

3 BIBLE EXPLORATION

Theo's News

What You'll Do ■■■■■■

Say: **Friends, it's time for Theo's News!** Have the children sit in a circle. Then begin "Here, Theo" (track 3 on the CD). When the CD segment ends, bring out the Surprise Box, and put the Theophilus the FaithRetriever puppet on your hand. Then follow along with the script.

Theo: Hi, everybody!

Teacher: Hello, Theo! How are you?

Theo: Oh, I'm very sad. I was playing with my sister when I apparently broke a rule and then had to sit in timeout. My timeout is over now, but I'm mad. I don't like rules.

Teacher: Oh, I'm so sorry you're having a bad day, Theo. I think the rules might not be as bad as they seem.

Theo: Well, I don't know about that. I think it would make me feel better to find out what's in the Surprise Box.

(Invite a child to open the Surprise Box, and have the kids pass the "Ten Commandments" puzzle around the circle so everyone can see it up close. Give kids time to guess what they'll learn from the Bible today.)

Theo: What is that thing?

Teacher: These are the Ten Commandments that God gave to his people, the Israelites. God's people had just left Egypt, and they needed some rules to help them know how to live well. They were used to the way the Egyptians had done things, and God wanted them to know about his way of doing things. Kids, can you tell Theo about some of the rules you follow?

(Pause for kids to answer your question.)

Teacher: Those rules sound like they are meant to keep you safe and happy. Theo, I think the rules you have to follow are for your own good, just like the rules the kids just mentioned.

Theo: I guess I can see that. Maybe I've just been looking at it all wrong. If I follow the rules, maybe my sister and I can have fun again.

Teacher: That's a great way to look at it, Theo. It's best for us when we ► **OBEY GOD.**

Theo: Well, I'm gonna go apologize to my sister and see if we can play again. Have fun, boys and girls!

Teacher: Let's say goodbye to Theo.

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week's use.

Talk With Kids

Lead children in this discussion.

Ask:

- **Have you ever felt like Theo did about rules and obedience? Explain.**
- **How did you react the last time someone told you to follow a rule?**
- **What do you think of rules when you think of how God looks at them?**

Say: **Theo realized that rules aren't just to ruin his fun. And the same is true for us. When your parents tell you to go to bed at a certain time, it's probably for your own good. There may be rules you don't like, but if you try to think of them the way God sees them, you're more likely to want to obey the rules. Let's read the Bible to find out how God gave rules to the Israelites.**

Bible Time: Actually, It Is Written in Stone

What You'll Do

Open your Bible to Exodus 19:16–20:21, and show kids the words. Tell kids that the Bible is God's special book.

Stand near the mountain you made beforehand. Say: **One day as the Israelites were camped under this huge mountain called Mount Sinai, they began to feel the ground moving.** Have the children hold hands and rock from side to side like an earthquake.

Say: **They could hear trumpets sounding and thunder rumbling.** Have the children clap hands and pound on the floor. **And they could see lightning, fire, and smoke coming from the very top of the mountain.**

Moses told the people not to be afraid; God was calling Moses to come to the top of the mountain.

God loved Moses and the Israelites very much, and he wanted to give them good rules to follow. While Moses was listening to God on Mount Sinai, God carved into stone 10 important rules, called the Ten Commandments, for all the people to follow and obey. Have kids pass around the flat rock and chalk so each of them can scribble some writing on the flat rock with the piece of chalk. As they write on the rock, lay out the "God Gives the Ten Commandments" poster on the floor, and encourage children to gather around it.

Have kids color the smoke on the poster.

Say: **These are the rules God gave his people. Let's look at the first four commandments to see how we can love God.**



Bible Time: Actually, It Is Written in Stone Supplies

- Bible
- chairs
- tape
- flat rock
- chalk
- markers

Teacher Pack

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

Bible Time: Actually, It Is Written in Stone Easy Prep

Cut apart the "Ten Commandments" puzzle.

Stack some chairs to make a mountain. Be careful not to stack them too high and cause a potential danger.



Show children the first commandment from the “Ten Commandments” puzzle.

Say: **God’s number-one rule says, “I am the only real God. Make me more important than everything else.” That means God is the greatest, the most powerful, and the best.** Invite a few kids to share what they think God is best at.

Say: **We love God when we tell him he’s the best.**

Show children the second commandment puzzle piece.

Say: **God’s second rule tells us to worship only God and not put anything before him. We ► OBEY GOD when we worship only him.** Invite a few children to tell how they worship God.

Show children the third commandment puzzle piece.

Say: **God’s third rule tells us to respect God’s name.** Invite a few children to think of some terms of respect such as Mr., Mrs., or President.

Say: **We ► OBEY GOD when we respect his name by using words like God or Father.**

Show children the fourth commandment puzzle piece.

Say: **God’s fourth rule tells us to rest on the seventh day of the week and use that day to remember God.** Invite a few children to tell what they might do to remember someone.

Say: **We ► OBEY GOD each time we stop and think about how good he is to us. We can also obey God by talking to him each time we pray.**

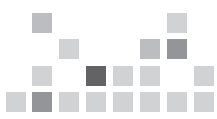
Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Explain which of these rules you follow most often already.
- Explain which of these rules you want to work on obeying.
- What can you do to obey those rules?

Say: **God loves us so much that he gave us the Ten Commandments. We can ► OBEY GOD, too. We can come to church and love God more than anyone or anything else in the whole world.**



4 WEAVING FAITH INTO LIFE



Choose at least two of the learning centers to help reinforce today's Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you're ready for them. Allow the children to choose which center they'd like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center's description.

CENTER 1:

My Good Rule

What You'll Do

Say: **God gave the Israelites rules to follow because he loved them. We can ► OBEY GOD and follow those rules, too. God loves us and knows that these rules are good for us.**

Distribute the My Bible Playground pages and washable markers, and have kids write their names on their papers. Have each child draw a picture on the puzzle piece (at the bottom of the page) of something that reminds him or her of one of God's rules. After drawing and coloring their pictures, have kids each cut out the piece and tape it onto the matching piece of the stone-tablet puzzle to create a 3-D look.

If there's extra time, let kids draw other ways they can follow God's rules in the other puzzle pieces.

Talk With Kids

Lead children in this discussion.

Ask:

- What do you like or dislike about following rules like the ones you drew?
- Tell about the last time you followed a rule.
- What can you do to show God you want to obey his good rules?

Say: **We can ► OBEY GOD in everything we do. It's not just something we do when someone is watching us or when we're at church. We can also tell other people about how much God loves us. God's rules are given to us because of his amazing love. God gave the Israelites those rules a long time ago, and they're still good rules today!**

Center 1: My Good Rule Supplies

My Bible Playground
washable markers
crayons
scissors
tape

Center 1: My Good Rule Easy Prep

Remove the Lesson
4 pages from each
My Bible Playground
student book.



Center 2: Tablets of Grahams Supplies

1 graham cracker per
child
yogurt
1 craft stick per child
paper plates

**! ALLERGY
ALERT**

Center 3: Following God's Rules Supplies

CD player
Teacher Pack
CD: "The Heart of the
Matter" (track 24)

CENTER 2:

Tablets of Grahams

What You'll Do

Say: **Let's help ourselves remember that God's rules are still good for us today and that we can follow them even when no one is watching us. We're going to have a snack to help us remember the rules God gave us.**

Have the kids wash their hands before making their snacks. Distribute paper plates, graham crackers, yogurt, and craft sticks. Say: **God's rules were written on tablets. Pretend to write rules on your graham crackers by dipping your craft sticks into the yogurt and spreading it on the crackers.**

When they're done, have the children snap their crackers to remind them that it makes God sad when we break (or disobey) God's rules. Remind children that God gives us good rules to follow and good things to eat, all because he loves us. Pray for the snack, and let kids eat.

Talk With Kids

Lead children in this discussion.

Ask:

- **What was it like to break your crackers?**
- **Tell what happened when you disobeyed a rule you knew about.**
- **Which of God's good rules do you want to work on following? Explain.**

Say: **When we ► OBEY GOD, we're doing what's best for us and what makes God's heart happy. When we disobey, we can see that it hurts us and others around us. Just like the Israelites had a lot to learn from God's rules, so do we. We can follow these rules and ask God for help.**

CENTER 3:

Following God's Rules

What You'll Do

Say: **God wants us to obey him with happy hearts. There are times for all of us we've chosen not to follow God's rules, and other times we've obeyed God. Let's think about some of those times.**

Have kids sit with a partner. Ask kids to quietly think by themselves about times they've obeyed God. Say: **Think about what it was like to follow God's rules. What happened to you when you obeyed God? What happened to the people around you? While the music plays, think about these things.** Play about 60 seconds of "The Heart of the Matter" (track 24 on the CD).

Say: **In your pair, take turns acting out what happened for you when you obeyed God. Your partner will be someone else in that event, and you'll be you. Act out what happened.** Allow time.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What was it like to act out a time you obeyed?
- How can your obedience make a difference?
- Tell about a rule that's important to you when it comes to obedience.

Say: **God gave Moses and the Israelites some good rules. When we follow those rules, it's good for us. When we choose to be kind to others, we're more likely to have friends. When we respect God's name, we have healthy hearts and we ► OBEY GOD. Let's encourage each other to keep obeying God.**

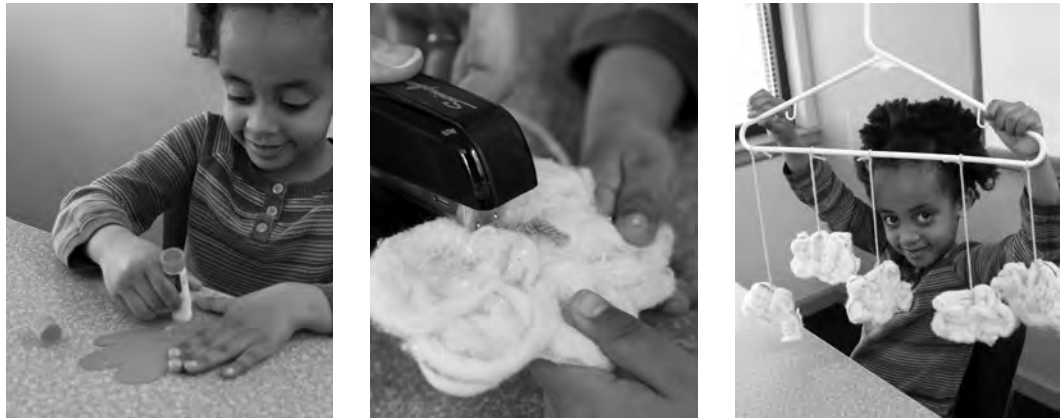
■ **CENTER 4:**
Cloud Mobile

What You'll Do ■■■■■■

Say: **Mount Sinai was the name of the mountain Moses climbed. He came down from this mountain with the Ten Commandments God gave him. The Bible tells us there was a thick cloud over Mount Sinai and God was in that cloud. Today we'll make a hanging mobile to remind us of those thick clouds that covered the mountain.**

Show the children how to draw clouds on the white construction paper and cut them out. Each child can make three to five clouds. Tear off pieces of cotton balls, and let kids glue them to both sides of their clouds.

Give each child one piece of yarn per cloud. Help kids tie a knot in one end of the yarn. Then help them staple the knotted ends of the yarn to the edge of the clouds. Next,



Center 4: Cloud Mobile Supplies

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- yarn
 - scissors
 - stapler
 - white construction paper
 - pencils
 - white glue
 - cotton balls
 - 1 clothes hanger per child

Center 4: Cloud Mobile Easy Prep

Cut assorted lengths of yarn, 8 to 15 inches long. You'll need 3 to 5 pieces of yarn for each child.





tie the other ends of the yarn along each child's hanger, allowing the clouds to hang at different lengths.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- How will you use this cloud mobile to remind you of God's presence all the time?
- Explain whether you think it matters if you obey when no one is around.
- What will you do this week to remember that God is everywhere you are as you try to ► OBEY GOD?

Say: The cloud over Mount Sinai showed God's presence there. The Israelites could see that he was there. We can know that even if there's no one to see us, God is still there, and we can ► OBEY GOD in any situation. When you look at your cloud mobile this week, remember that God is everywhere and wants to help you obey his rules.

5 LASTING IMPRESSIONS

Daily Challenges

Daily Challenges Supplies

My Bible Playground
washable markers

What You'll Do ■■■■■■

After the children have cleaned up the centers, sit with kids in a circle on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they enjoyed learning from the Bible today.

Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives throughout the week. Use this challenge to encourage your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: Today we learned that we can ► OBEY GOD. I'd like each of you to choose one of these Daily Challenges to practice obedience.

Give kids these three Daily Challenge ideas to choose from:

1. Do something kind for someone in your family, and talk with that person about how kindness is one way to be obedient to God.
2. Obey your mom or dad with a cheerful heart and no complaining when she or he asks you to do something.
3. Draw a picture of Jesus and you together doing a favorite activity. Hang it on the fridge. Tell your mom or dad how God is everywhere and he can help you obey his good rules.



Say: **If you want to be kind to someone, circle choice number 1. If you want to obey with a cheerful heart, circle choice number 2. If you want to draw a picture, circle choice number 3.** Check that each child circled a choice on his or her My Bible Playground page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!



“Totally Obedient” Prayer

What You’ll Do

Say: **We’re going to pray. As we do, follow my instructions. Find a partner.** Allow time. **Talk about one way you’d like to get better at showing obedience.** As kids are talking, say: **Touch your ears so you listen when the other person is talking.** Allow time. **Pray for each other.** As kids pray, say: **Place a hand on your partner’s shoulder to encourage him or her.** Allow time. When kids are done, say the following prayer to close:

Pray: **Dear God, thank you for giving us good rules to obey and for helping us obey you. We love you. In Jesus’ name, amen.**

Weaving Faith at Home

Have children take home their My Bible Playground pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the “Daily Challenges” activity. Encourage parents to help their kids fulfill this commitment throughout the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

Talk to your Director about emailing the FREE FamilyConnect to all your church’s families. Available at group.com/digital.



