



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

Preteens are learning to test boundaries. While this often frustrates the adults who care for them, it's something that will become a benefit to them later in life as they'll have to determine their own limits and boundaries. They're learning the importance of rules, even though it may seem like they're simply out to break as many rules as they can. Kids this age have to buy into the importance of a set of rules before they can be expected to follow them. Use this lesson to help kids see that obedience to God doesn't ruin their fun but helps them live in true freedom.



► 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. These commandments that I give you today are to be upon your hearts" (Deuteronomy 6:5-6).

Weaving Faith Into Life

Kids will honor God in their obedience to him.

LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started</p>	<p>Honor Laws <i>(about 10 min.)</i> Make up laws to honor the ruler of a pretend country.</p>	<p>Bible Buzz, pens</p>	<p>Tear out the Lesson 4 pages from each Bible Buzz student book.</p>
<p>2</p> <p>Bible Exploration</p>	<p>God and His People <i>(about 20 min.)</i> Discover how God gave the Israelites the Ten Commandments.</p>	<p>Bibles, CD player, pencils with erasers, paper, index cards, markers, craft supplies Teacher Pack: CD, "Ten Commandments" cards, Bible Timeline</p> 	<p>Write a different name of God on 6 different index cards. Some ideas for names are Prince of Peace, Wonderful Counselor, Mighty God, Lamb of God, Everlasting Father, and King of Kings.</p> <p>Set up 4 different stations. Place a Bible and one of the "Ten Commandments" cards at each station. Set paper and pencils at Station 1; markers, paper, and craft supplies at Station 2; and the index cards facedown at Station 3.</p>

Bold text within the lesson is spoken text.



LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	Life With Honor <i>(about 15 min.)</i> Write ideas for their pretend countries based on people they know who honor God.	Bibles, Bible Buzz, pens, scratch paper	
	Personal Honor <i>(about 10 min.)</i> Write how they can honor God in their lives.	Bible Buzz, pens, paper, CD player, 1 copy per preteen of the lyrics page (at this end of the lesson) Teacher Pack: CD	
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.	Bible Buzz	
	Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.		

Bold text within the lesson is spoken text.



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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.





Honor Laws Supplies

Bible Buzz
pens

Honor Laws Easy Prep

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

1 GETTING STARTED

Honor Laws

What You'll Do ■■■■■■

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

When all kids have arrived, have them form four groups. Distribute pens and this week's Bible Buzz pages, and have kids find the "Honor My Leader" section. Explain that each group is a country and can determine what the name of its country should be.

Say: **Determine who in your group has the next birthday. Pause. Ta-da! You're a country now, and that person is the king or queen of your country. Your royal ruler will take a few minutes to think of four "honor laws"—four ways his or her subjects will honor their ruler. In the meantime the rest of you, ahem...subjects will think of four ways you can honor your ruler. Feel free to be silly with these rules.**

Encourage kids to take a few minutes to write in the "Law" columns for their countries.

After groups have written their laws, have the rulers and their subjects compare lists and see if they can agree on four "honor laws" for their country. Allow just a couple of minutes for this, and let kids know when their time is almost over.

Talk With Kids ■■■■

Have each preteen pair up with a person from another country to discuss these questions.

Ask:

- How did the subjects' laws and the rulers' laws differ?
- Why do you think the rulers and their subjects had different rules and objectives?
- Why can it be hard to follow rules that someone else makes for you?

Say: **Sometimes rules don't make sense to us, and that makes us not really want to follow those rules. And even when rules do make sense, we don't always like being told what to do. Today we'll explore how God gave us commandments and what it means that we can ► HONOR GOD BY OBEYING HIM.**



2 BIBLE EXPLORATION

God and His People

What You'll Do

Show kids the “God Gives the Ten Commandments” picture on the Bible Timeline. Say: **When God was ready to give his commandments to his people, he brought thunder, lightning, and even an earthquake. He certainly got their attention.**

Have kids get back in their countries. Say: **As a country, go to each of the four stations set up around the room to find out what God told the Israelites in today’s Bible passage. You’ll have about four minutes at each station. I’ll give you a warning each time it’s nearly time to change to a new station. Go!**

Play “Obey My Commandments” (John 14:15) (track 9 on the CD) in the background during this activity.

Allow four minutes per rotation. When there’s one minute left, give kids a gentle one-minute warning. Then let them know when it’s time to move to another station.

Talk With Kids

Lead kids in this discussion.

Ask:

- Which of these commandments would you most like to make part of your life this week? Why?
- Not all rules are good. What might lead you to believe that God’s rules are good?
- What can you learn from the way God asked Moses and the Israelites to honor him?

Say: **The way we honor God may be different from the Israelites’ experience at Mount Sinai, but the basic principles are the same. We ► HONOR GOD BY OBEYING HIM. Thanks to the Ten Commandments, we know that by honoring only one God, not worshipping idols, honoring God’s name, and keeping the Sabbath, we can please God. Let’s see how, with those rules, we might be able to honor God today.**



God and His People Supplies

- Bibles
- CD player
- pencils with erasers
- paper
- index cards
- markers
- craft supplies
- Teacher Pack**
- CD: “Obey My Commandments” (John 14:15) (track 9)
- “Ten Commandments” cards
- Bible Timeline

God and His People Easy Prep

Write a different name of God on 6 different index cards. Some ideas for names are Prince of Peace, Wonderful Counselor, Mighty God, Lamb of God, Everlasting Father, and King of Kings.

Set up 4 different stations. Place a Bible and one of the “Ten Commandments” cards at each station. Set paper and pencils at Station 1; markers, paper, and craft supplies at Station 2; and the index cards facedown at Station 3.





Life With Honor Supplies

Bibles
Bible Buzz
pens
scratch paper

Personal Honor Supplies

Bible Buzz
pens
paper
CD player
1 copy per preteen of
the lyrics page (at the
end of this lesson)
Teacher Pack
CD: "Love the Lord"
(Deuteronomy 6:4-9)
(track 10)

3

WEAVING FAITH INTO LIFE

Life With Honor

What You'll Do ■■■■■■

Have kids remain in their countries from the "Honor Laws" activity. Give each group a Bible, and distribute scratch paper and pens. Ask groups to reread the first four commandments (Exodus 20:2-11).

Say: **On your paper, write the names of four people you know who have done something that reflects the commandments you just read. When everyone in your group has written down four names, have your group members share information about those people with one another. Using those people as examples, come up with four ideas that reflect the first four commandments. For example, you might write the name of a neighbor who keeps the Sabbath by taking her family on a "worship hike" after church. Your idea might then be "Sunday is Celebrate God's Creation Day." Write your team's ideas in the "Words of Honor" section in your Bible Buzz pages.**

Once groups have come up with four new ideas, have each group share its ideas with the rest of the group.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- How can other people help you remember how to honor God?
- In what ways does obedience show honor to God?

Say: **It's fun to think of ways to help ourselves honor God. But the most important thing to remember is we ► HONOR GOD BY OBEYING HIM. We can follow the Ten Commandments as a way to honor God.**

Personal Honor

What You'll Do ■■■■■■


Ask a willing preteen to read the Key Verse aloud from the Bible Buzz page: "Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts" (Deuteronomy 6:5-6).

Distribute pens and paper, and give kids about three minutes to write things they love about God on their paper. As they work, play "Love the Lord" (Deuteronomy 6:4-9) (track 10 on the CD). Hand out copies of the lyrics, and sing the song together. Say: **Use some**





of the ideas you came up with in the “Words of Honor” section to make up motions to this song as you sing it. You can each have different motions to the song; this doesn’t have to be coordinated. Think of the things that were most meaningful, and find a meaningful action to express those ideas to God.

 Love the Lord your God with all your heart
And with all your soul,
With all your strength.
These commandments that I give today
Should be upon your heart,
Upon your heart.

Hear, O Israel,
The Lord our God,
The Lord is one.
Hear, O Israel,
The Lord our God,
The Lord is one.

(Repeat from the beginning.)

Hear, O Israel,
The Lord our God,
The Lord is one.
Hear, O Israel,
The Lord our God,
The Lord is one.

“Love the Lord” (Deuteronomy 6:4-9) by Jay Stocker. © 2005 Group Publishing, Inc. All rights reserved.

Talk With Kids

Lead kids in this discussion.

Ask:

- What’s something you love about God?
- When we love God with all our soul and strength, how might that relate to obedience?
- What’s one way you can honor God with obedience?

Say: It’s great to think through these rules God gave us and look at ways we can apply them. God loves us very much, and we can love him, too. We can learn more about him when we ► **HONOR GOD BY OBEYING HIM.** We can celebrate and be excited about these rules the same way the Israelites were.





Daily Challenges Supplies

Bible Buzz

4 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

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

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

- **Make a list of the things you want to change about your life to obey and honor God. Each time you do one of those things, say a quick prayer to God thanking him for being worthy of honor.**
- **Make the choice to not watch a TV show or play a video game in order to spend more time focusing on God.**
- **Respect God's name the way you chose in your "Words of Honor."**

Make sure you choose a Daily Challenge as well, and tell the 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 kids in this discussion.

Ask:

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

Say: **The Israelites learned how important it was to ► HONOR GOD BY OBEYING HIM, and we can, too, by following through with our Daily Challenges this week.**

Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about honoring God. Kids can also do the activities in the "HomeConnect" section of their Bible Buzz pages with their families.

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

Have kids pray in circles of four to six kids. Ask them to pray for each other regarding the commandments they heard today.



Lyrics ■■■■

Love the Lord (Deuteronomy 6:4-9)

Love the Lord your God with all your heart
And with all your soul,
With all your strength.
These commandments that I give today
Should be upon your heart,
Upon your heart.

Hear, O Israel,
The Lord our God,
The Lord is one.
Hear, O Israel,
The Lord our God,
The Lord is one.

(Repeat from the beginning.)

Hear, O Israel,
The Lord our God,
The Lord is one.
Hear, O Israel,
The Lord our God,
The Lord is one.

"Love the Lord" (Deuteronomy 6:4-9) by Jay Stocker. © 2005 Group Publishing, Inc. All rights reserved.



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