



The Ten Commandments

Lesson Aim: To honor our fathers and mothers.

THE WORSHIP

Who God Is: The God Who Sends

THE WORD

Bible Story: Exodus 20:1-17

What He Has Done: God sent the Ten Commandments.

THE WAY

Whisper Verse: "Honor your father and your mother."

BIBLE MEMORY VERSE

"I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'
 And I said, 'Here am I. Send me!'" Isaiah 6:8

Unit 9: The God Who Sends			
	Bible Story	What He Has Done	Lesson Aim
43	God Sends Manna, Exodus 16:2-5, 11-16, 32	God sent manna so His people would survive in the wilderness.	To know God sends us what we need.
44	The Ten Commandments, Exodus 20:1-17	God sent the Ten Commandments.	To honor our fathers and mothers.
45	The Wilderness: Joshua and Caleb, Deuteronomy 1:21-36	God sends Joshua and Caleb to spy on the new land.	To know we can trust God with our fears.
46	Promised Land: Crossing the Jordan River, Joshua 1:6-9; 3:15-17; 4:4-9, 17-18	God sent His people across the Jordan River into the promised land.	To know we can be strong, brave leaders.
47	Joshua and Jericho, Joshua 6:1-20	God sent Joshua and His people to take over the city of Jericho.	To see we can trust God's plan.

TEACHER'S ENCOURAGEMENT

This week, read Deuteronomy 30:1-10. Please join us in praying, "Thank You, Lord, for the Ten Commandments. Fill us with Your Spirit that we might help instill in the children a love for Your law. Amen."



**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Treasure Chest	Treasure chest, stamp or sticker of the number "10"
		Whisper Verse	Sign language for "Honor your father and your mother."
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs are available at ResourceWell.org.	Unit 9 Bible Memory Verse Song: "Here Am I" Other Bible Memory Verse Song Suggestions: "Blessed Are Those" "Children Obey Your Parents" "Do Not Let Your Hearts Be Troubled" "Give Thanks to the Lord" "I Am with You" "I Will Remember" "Let Everything That Has Breath" "Praise Time: Love the Lord Your God" Additional Song Suggestions: "Joshua Fit the Battle of Jericho"
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: God of Wonders Unit 9, Lesson 44
THE WORD	Up to 10	Watch the Word: Exodus 20:1-17	Teacher's Bible with bookmark at Exodus 20:12 Visual: Stone or picture of stone tablets
THE WAY	Up to 25	Craft: Commandment Magnet	Sturdy white paper or foam sheet, adhesive magnetic strip or a small magnet and glue, crayons or markers
		Game: Mother, May I?	None
		Game: Honor Your Father and Mother	Small paper plates or index cards (one per child), optional: glue or tape, craft sticks
		Snack: A Family Meal	A snack the children can share
	Circle of Prayer	None	
Final 5	Final Five	Ponder, Pray & Play: Unit 9, Lesson 44 Color This Story: "The Ten Commandments"	
GOT TIME?	Up to 10	Say & Do: Exodus 20:1-17	None
	Up to 10	Game: Here Am I!	None
	Up to 10	Game: Send Me!	Unit 9 Bible Memory Verse Song "Here Am I"
	Up to 10	Story Time	Any story about obeying or honoring our parents

RESOURCES: Supplemental materials are available at ResourceWell.org.



Honor your father and mother

THE WELCOME

Welcome each child as they arrive. **Hello _____.** I'm glad you are here! Come open the Treasure Chest to find today's treasure. Child unlocks the Treasure Chest to receive a stamp or sticker of the number '10.' **Let this stamp (or sticker) remind you that God sent us ten rules to help us love God and each other. They are called the Ten Commandments. Today, we will learn about Commandment number '5.' It is today's Whisper Verse: "Honor your father and your mother."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "Honor your father and your mother."

(For visual demonstrations, see www.signingsavvy.com.)

Each time we say today's Whisper Verse, let's say it with three hand motions:

"Honor"	Move both hands outward from chest while making the letter "H." (Index and middle finger connected, thumb over ring and pinky fingers.) The sign is often accompanied with bowing one's head.
"(your) father"	The thumb of the open right hand taps the right side of the forehead.
"(and your) mother."	The fingers of the right hand wiggle with the thumb touching the right side of the chin.

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

***Today's Whisper Verse:** "Honor your father and your mother," Exodus 20:12. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



The God who sends **THE WORSHIP**

Teacher Tip: To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play “Praise Time: Love the Lord Your God” as children move to that designated area.



It’s Praise Time—our time to sing praise to the God who sends us what we need. Giving our offering, singing, and praying to Him are great ways we can thank Him for all He has sent us. Let’s give our offering now. Sing: “Give Thanks to the Lord” while collecting the offering.

God sent us rules, called the Ten Commandments, to help us love Him and each other. Our Whisper Verse is one of the Ten Commandments. Who can say our Whisper Verse? Review the Whisper Verse together: “Honor your father and your mother.” Include sign language.

Because God loves us, He sends us grownups, like parents or grandparents, to care for us. God wants us to honor them. To honor means to show respect with our words and our actions. We honor our father and our mother when we obey them. Let’s sing about that. Sing: “Children, Obey Your Parents.”



Let’s see if our friends, Delbert and Lello, can tell us about the Ten Commandments. Perform *The Adventures of Delbert and Lello* puppet script or read storybook: God of Wonders Unit 9, Lesson 44.



God promises to bless us for obeying His law when we honor our fathers and mothers. Sing: “Blessed Are Those.”

God sent Moses to tell the people about the Ten Commandments. If God sent you, would you go for Him and tell everyone the Ten Commandments? (Children respond.) Sing: “Here Am I.”



God sent the Ten Commandments

THE WORD

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher;	Point to eyes.
My mouth quiet as can be,	Place index finger over mouth as quiet sign.
I will listen to hear,	Cup hand around ear.
How God loves you and me.	Hug self, point to others, and then self.

Last time, we learned God did a miracle when He sent bread called manna to His people in the wilderness. Today, we will learn God did another miracle for His people. I'm going to open the Bible to the book of Exodus to learn more about how God sent the Ten Commandments to Moses. Handle the Bible as a special treasure, leaving it open to Exodus 20:12.

WATCH THE WORD: EXODUS 20:1-17

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, display a stone or a picture of stone tablets. Other visual options include the craft sample, Color This Story picture, or any related picture.

- God called from the mountaintop.
- Moses heard and came right up.
- God sent commandments one through ten.
- Moses told us each of them.

- 1: God must be your only god.
- 2: To idols, do not bow down.
- 3: Do not misuse God's name.
- 4: Remember our day of rest now.

- 5: Honor your father
And your mother, too.
- 6: Do not kill.
- 7: In marriage, be true.

- 8: Do not steal.
- 9: Do not lie about one another.
- 10: Do not want things
That belong to others.



Who does God want us to honor? (Our fathers and mothers.) **Let's find our answer in the Bible.** Read Exodus 20:12 from the teacher's Bible.

That's our Whisper Verse. Let's say it together, "Honor your father and your mother." Include sign language or hand motions. **To honor means to show respect with what we say and do.**



Honor your father and mother **THE WAY**

Teacher Tip: Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

CRAFT: COMMANDMENT MAGNET

Purpose: To show God wants us to honor our parents.

Supplies: Sturdy white paper or foam sheet, adhesive magnetic strip or a small magnet and glue, crayons or markers

Prepare: Cut a 2-inch piece of the magnetic strip or a piece strong enough to hold up the Ten Commandment tablets. From sturdy white paper, cut a 4½-inch x 7-inch shape of the Ten Commandment tablets. On the left side of the tablets, print:

“Honor your father and your mother.”

Exodus 20:12.

Directions:

1. On the right side of the tablets, draw a picture of your parents or the people you know God wants you to honor.
2. Attach the magnet to the back side of the tablets.

Craft Discussion:

- **Who remembers what honor means?** (To show respect with what we say and do.)
- **If your mother or father does not live at home with you, how can you honor them?** (Speak kindly about them, do the things that would make them proud of you.)
- **Display your magnet in your home so you are reminded to honor your parents with everything you say and do.**

THE WAY *continued...*

GAME: MOTHER, MAY I?

Purpose: In this game, children practice honoring “mother” or “father” with good manners.

Supplies: None

Being respectful with our words is a great way to honor our mothers and fathers. In this game, you must ask, “Mother (or Father), may I?” before following the instructions. Listen carefully. If I say, “No, you may not,” you must remain still.

Directions:

1. Children line up about ten feet away from the teacher who acts as the Mother or Father.
2. Teacher gives a simple instruction to the first child. For example, “Jim, take one step forward.” Other instructions might include: Jump up and down. Laugh out loud. Flap your arms. Run in place. Sit on the floor. Spin in a circle.
3. Child must first ask, “**Mother (or Father), may I?**” before moving. If you say, “**Yes, you may,**” the child follows the instruction. If you say, “**No, you may not,**” the child remains still.
4. Repeat steps 2-3 with each child.
5. If you have more time, allow children to take a turn as Mother or Father.

GAME: HONOR YOUR FATHER AND MOTHER

Purpose: To help children identify honorable behavior.

Supplies: Small paper plates or index cards (one per child), optional: glue or tape, craft sticks

Prepare: Draw a happy face on the front and a sad face on the back of each plate. Optional: Glue or tape a stick to each plate for a handle.

Who remembers what honor means? (To show respect with what we say and do.) **How do you think your father or your mother feel when you honor them?** (Happy, proud.) **How do you think God feels when you honor your father or your mother?** (Pleased, happy.)

The happy face shows the smile of a parent whose child is honoring him or her. The sad face shows the frown of a parent whose child is not honoring him or her. I will describe a child’s words or actions. Raise the happy face on your plate if you think the parent is being honored and raise the sad face if you think the parent is not being honored.

Directions:

1. Teacher describes one of the situations below (or make your own).
2. Children vote by displaying the smiling face (honored) or the frowning face (not honored).

Situation examples:

- John does his chores without being reminded.
- Jeffrey pretends not to hear his mother ask for his help.
- Anna disagrees, but politely obeys.
- Naomi refuses to go to bed when her father tells her it’s time.
- Marie stomps her feet in anger.
- Sarah tells her Mom she loves her.
- Inez pouts and whines to get her way.
- Steven gets a drink for his father when he comes home from work.

THE WAY *continued...*

SNACK: A FAMILY MEAL

Purpose: To remember to honor our mothers and fathers.

Snack Suggestion: A snack the children can share

We can honor each other by sharing our snack today. What does it mean to honor someone?
(It means to be respectful with what we say and do.)

Directions:

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.
God our Father, God our Father. Once again, once again.
Thank You for our blessings. Thank You for our blessings. Amen. Amen.
3. Lead discussion below while the children enjoy their snack.
 - **Who remembers one of the Ten Commandments?** (Children respond.)
 - **Commandment number five is the Whisper Verse.** ("Honor your father and your mother.") **Let's say it together with the hand motions.**
 - **What can you say or do to honor your parents or the people who care for you?** (Children respond.)



CIRCLE OF PRAYER

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (read every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

COMPLETED CRAFT: Take home your "Commandment Magnet" craft. Use it to tell someone about the Ten Commandments.

PONDER, PRAY & PLAY: Distribute Ponder, Pray & Play cards if available. **Show this card to your family. Talk about the ways we can honor our fathers and our mothers.**

COLOR THIS STORY: "The Ten Commandments." Discuss the Bible Story and play the Unit 9 Bible Memory Verse Song, "Here Am I," as children color.



If time remains, choose from the connected activities below.

GOT TIME?

SAY & DO: EXODUS 20:1-17

Purpose: This pantomime version of the Bible Story helps the children remember the story details.

Supplies: None

Directions: With each phrase, the teacher says the phrase and acts it out with hand motions; then repeats the same phrase and motions with the children.

- **God called from the mountaintop.** (Hands around the mouth, as if calling.)
- **Moses heard and came right up.** (Climb in place.)
- **God sent commandments one through ten.** (Hold up ten fingers.)
- **Moses told us each of them.** (Point the index finger up, as if teaching.)

- **1: God must be your only god.** (Hold up 1 finger.)
- **2: To idols, do not bow down.** (Hold up 2 fingers.)
- **3: Do not misuse God's name.** (Hold up 3 fingers.)
- **4: Remember our day of rest now.** (Hold up 4 fingers.)

- **5: Honor your father** (Hold up 5 fingers.)
- **And your mother too.** (Salute.)
- **6: Do not kill.** (Hold up 6 fingers.)
- **7: In marriage, be true.** (Hold up 7 fingers.)

- **8: Do not steal.** (Hold up 8 fingers.)
- **9: Do not lie about one another.** (Hold up 9 fingers.)
- **10: Do not want things** (Hold up 10 fingers.)
- **That belong to others.** (Point to others.)



BIBLE MEMORY VERSE ACTIVITIES

"I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'
And I said, 'Here am I. Send me!'" Isaiah 6:8

GAME: HERE AM I!

Purpose: To help children memorize and review the Unit 9 Bible Memory Verse.

Supplies: None

Our Bible Memory Verse says, "I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?' And I said, 'Here am I. Send me!'" God sends us to love others and tell them about Jesus. He wants us to say, "Here am I. Send me!"

Directions:

1. Children sit in a circle.
2. As you walk around the outside of the circle, say, "**I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'"**
3. Stop and point to one of the children in the circle.
4. The child jumps up and shouts, "**Here am I. Send me!"**
5. Repeat steps 2-4, giving each child to jump up and say the Bible Memory Verse.

GOT TIME *continued...*

GAME: SEND ME!

Purpose: To help children memorize and review the Unit 9 Bible Memory Verse.

Supplies: Unit 9 Bible Memory Verse Song "Here Am I"

Let's sing our Bible Memory Verse song together as we march around the room. When you hear the words, "Here am I, send me," I want you to stop where you are and we're going to do two motions. Demonstrate the motions and have the children practice them with you.

"Here am I," Hold hands in front of you at waist level, palms up.

"Send me." Point thumb or pointer finger to self.

Directions:

1. Choose a child as the leader. The other children line up behind the leader.
2. As you begin the music, instruct the leader to lead the other children around the room.
I heard the voice of the Lord saying, "Whom shall I send? Who will go for us?"
I heard the voice of the Lord saying, "Whom shall I send?"
3. When you hear "Here am I, send me. Here am I, send me. Here am I, send me. Here am I, send me." lead the children in stopping and doing the motions.
4. The children begin marching again. Repeat steps 2 and 3.
5. This is a short song (1:10). Play it several times, allowing each child a turn as the leader.



STORY TIME

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about obeying or honoring our parents.

PONDER, PRAY & PLAY

Unit 9, Lesson 44: The Ten Commandments

PONDER! Read Exodus 20:12. God sent the Ten Commandments to His people to help us love God and love each other. Commandment five is: "Honor your father and your mother." To honor is to show respect with what we say and do. What are some ways you can do that?

PRAY! Pray this prayer each day this week: "Thank You, Lord, for sending Your Ten Commandments. Thank You for the parents and the caregivers You have given us. Help us honor them with what we say and do. Amen."

PLAY! Draw a picture of yourself with a parent or caregiver as a gift to show you care. Ask what else you can do today to honor him or her.

Unit 9 Bible Memory Verse: Isaiah 6:8

"I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'
And I said, 'Here am I. Send me!'"