



The Ten Commandments

Lesson Aim: To learn the Ten Commandments and how God sent them to the Israelites.

THE WORSHIP

Who God is: The God Who Sends

THE WORD

Bible Story: Exodus 19:4-6, 8-9, 16-19; 20:3-8, 12-17

What He has done: God sent the Ten Commandments so the Israelites could be His people.

Key Verse: Exodus 19:5a

THE WAY

Christ Connection: Matthew 22:37-39

BIBLE MEMORY VERSE

"For God so loved the world that He gave His one and only Son,
that whoever believes in Him shall not perish but have eternal life." John 3:16

Unit 9: The God Who Sends			
	Bible Story	What He Has Done	Lesson Aim
43	God Sends Manna and Quail, Exodus 16:4-5, 11-16, 31-32	God sent manna and quail so His people would survive in the wilderness.	To know God sends us what we need.
44	The Ten Commandments, Exodus 19:4-6, 8-9, 16-19; 20:3-8, 12-17	God sent the Ten Commandments so the Israelites could be His people.	To learn the Ten Commandments and how God sent them to the Israelites.
45	The Wilderness: Balaam's Donkey, Numbers 22:21-31, 34-38	God sent an angel to correct Balaam.	To know we are to honor God with our words and actions.
46	Promised Land: Rahab and the Spies, Joshua 2:2-15, 17, 21	God sent salvation through Rahab.	To see salvation comes to all who believe.
47	Joshua and Jericho, Joshua 6:1-5, 8, 10, 14-16, 20	God sent Joshua and His people to conquer Jericho.	To learn to trust the plan God sends.

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."



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Meet & Greet	None
		Game: Obey Ball	Foam or inflatable ball, long rope
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	Unit 9 Bible Memory Verse Song: "For God So Loved the World" Other Bible Memory Verse Song Suggestions: "Praise the Lord, O My Soul" "I Will Always Obey Your Law" Additional Hymn Suggestions: "Great Is Thy Faithfulness" "'Tis So Sweet to Trust in Jesus" Additional Song Collection Suggestions: Shout Praises! Kids Gospel Songs 4 Worship KIDS - Awesome God
		Worship Scripture Reading: Psalm 119:105	Bible
		Offering	Baskets
		Worship Illustration	Lesson 44 High Seas Adventures script or storybook
THE WORD	Up to 10	Read the Word: Exodus 19:4-6, 8-9, 16-19; 20:3-8, 12-17	Map—Sinai Peninsula, Bibles, Bible Story Scripture reference poster
THE WAY	Up to 25	Discussion	Bibles, Christ Connection Scripture reference poster
		Christ Connection: Matthew 22:37-39	
		Golden Bowl	
	Final 5	Final Five Minutes	Treasure Treat—Ten Commandments and explanation (See GOT TIME?) on scroll or tablet-shaped paper, Daily Ways, basket, paper, pencils, crayons or markers, Unit 9 Bible Memory Verse Song "For God So Loved the World," CD player
GOT TIME?	Up to 10	Snack: Ten Crackers	Ten small crackers for each child
	Up to 10	Game: The Commandment Connection	Treasure Treat (list of Ten Commandments with explanation of each commandment), poster board or large paper
	Up to 10	Craft: Commandment Scroll	For each child (standard-size sheet of white paper, ribbon, piece of sponge), for the group (12 teabags, 1 1/2 quarts of hot water, bowls, napkins or paper towels)
	Up to 10	Discussion: Commandments 1-4	Bible or a list of the Ten Commandments
	Up to 5	Bible Memory Verse Activity: The Wave	Unit 9 Bible Memory Verse poster or Bible
	Up to 10	Bible Memory Verse Activity: Musical Chairs	Unit 9 Bible Memory Verse Song "For God So Loved the World," CD player, a chair for each child
	Up to 5	Bible Timeline Review	Timeline

RESOURCES: Supplemental materials are available at ResourceWell.org.



Getting started

THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.
Meet & Greet Question: What is the kindest thing you have done for a neighbor?

GAME: OBEY BALL

Purpose: Children will play a version of volleyball while reviewing the importance of obedience.

Supplies: Foam or inflatable ball, long rope

Prepare: Lay the rope on the ground to create a straight line through the middle of your play area.

In our Bible Story, we will discover God sent the Ten Commandments to the Israelites. The Ten Commandments were the rules the Israelites needed to follow and obey God. They made a covenant (agreement) with Him to promise they would obey His rules.

Let's play a game to practice obeying the rules. I will tell you the game rules. When I finish, let's shake hands and agree to obey the rules while we play.

Directions:

1. Divide the class into two teams.
2. Read the following rules. Afterward, have the children shake hands with the opposite team and agree to follow the rules.

OBEY-BALL Rules:

- **Players must stay sitting on the floor unless retrieving the ball from out-of-bounds.**
 - **Out-of-bounds is any area beyond the reach of the seated players.**
 - **One player begins the game by tossing the ball into the air.**
 - **That team must hit the ball to get it over the rope line.**
 - **The other team must try to hit the ball back over the rope line.**
 - **Continue until a team hits the ball out-of-bounds or the ball hits the floor. In either case, the other team gets a point and starts the next round.**
 - **Do not "spike" the ball. (Hitting the ball hard at someone else.)**
 - **Do not catch the ball.**
3. Seat the teams on opposite sides of the rope line facing each other.
 4. You may wish to play for a predetermined number of points or set amount of time.
 5. When the game is complete or the time is up, ask the following questions:
 - **Why do we need rules to play the game?** (So the game is fair and safe.)
 - **Why do our parents give us rules to follow?** (Because they love and care for us. To keep us safe. They want our relationships to grow and be protected.)



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 the offering, and watching the worship illustration. Play music as children move to the designated area.

Worship in the Tabernacle: During each lesson of Unit 9, we will incorporate an element of the tabernacle during worship. Today's element is the golden lampstand as described in Exodus 25:31-40.

We worship God for who He is and what He has done. God sent the Ten Commandments so the Israelites could be His people, His treasured possession. Today, all who believe in Jesus are God's people; we are His treasures. Obeying God's commandments shows Him our love.



Moses and the Israelites worshiped God in the tabernacle, a large tent they took everywhere as a place to meet with God. In the tabernacle, there was a golden lampstand. It was there to remind the people that God gives us light, the light of His truth. Choose a volunteer to read Psalm 119:105. "Your word is a lamp to my feet and a light for my path."

In the wilderness, the Ten Commandments were like a light which showed the Israelites how to be God's holy people. Today, our light is not only God's Word but also Jesus Himself. He is the Light of the world.

Sing Unit 9 Bible Memory Verse Song: "For God So Loved the World."



You may also choose to sing songs that focus on God's holiness.



Perform High Seas Adventures script or read storybook: God of Wonders Unit 9, Lesson 44.



God sends the Ten Commandments

THE WORD

Teacher Tip: As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word; knowing God is my goal."

If a Bible Timeline is available, point to Moses (Circa 1500 B.C.). For a Bible Timeline Review activity, see the GOT TIME? segment of this lesson. **Last time, we learned God sent manna and quail so the Israelites would not be hungry. Today, we will discover God sent the Ten Commandments to the Israelites so they could be His people. This happened when they arrived at Mt. Sinai, three months after the people left Egypt.** If a map is available, point to Mt. Sinai at the south end of the Sinai Peninsula.

What is a covenant? (Children respond.) **A covenant is a special kind of agreement where people promise to do something for each other or give something to each other. God made a covenant with His people when they promised to obey Him.**



If you brought your Bible, open it now and share with others. Hand out spare Bibles. **Today's Scripture verse is behind the curtain** (or secret door, secret window, etc.). Child reveals Bible Story Scripture reference: Exodus 19:4-6, 8-9, 16-19; 20:3-8, 12-17.

Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who would like to pray that for us? Child prays aloud. **Be seated.**

God spoke to Moses and gave him a very special message for the Israelites. Read Exodus 19:4-6, 8-9, 16-19.

Then, God showed how much He loved His people by giving them the Ten Commandments to protect them. He knew they needed wise rules to keep them safe, healthy, to protect their relationship with Him, and to protect their relationships with each other. Read Exodus 20:3-8, 12-17.



Obey the Ten Commandments

THE WAY

What did the Israelites have to do to keep their part of the covenant (agreement)? (Obey God's commandments.) **What did God promise they would be?** (His treasured possessions.) **What did the people say to God?** ("We will do everything the Lord has said.")

How did God meet His people? (With thunder, lightning, in a cloud, with the sound of a trumpet, in fire, and the mountain shook.) **Do you think they believed God would keep His part of the covenant after seeing and hearing how He came and spoke to Moses?** (Yes.) **What rules did God send for them to follow and obey?** (The Ten Commandments.)

Why do your parents give you rules? (To keep us safe, to teach us what is right, because they love you, etc.) **God gave these special rules to the Israelites because they were His people and He cared about them. God also loves us and wants us to obey His rules. When we obey, we are showing God we love Him.**

Today's Treasure Treat explains the Ten Commandments. To make sure we understand all ten of the commandments, let's read them and think of an example of a way to obey each commandment. Distribute today's Ten Commandments Treasure Treat. One at a time, read each commandment, have the children repeat it after you, and discuss examples.

Let's promise to obey God's commandments just as the Israelites did by saying, "We will do everything the Lord has said." Repeat together.



Connecting the Old Testament, the New Testament, and Us

CHRIST CONNECTION

Nearly 1500 years after God gave the Israelites the Ten Commandments, Jesus gave us two commandments that summarize the ten.



Everyone, place your Bible on your lap. Choose a child to reveal the Christ Connection Scripture reference: Matthew 22:37-39. **Let's find this scripture.** Read Matthew 22:37-39.

If you obey these two commandments that Jesus taught us, you will also be obeying the Ten Commandments. What is the first commandment Jesus gave? (Love God with all of your heart, soul, and mind.) **What is the second commandment from Jesus?** (Love your neighbor as yourself.) **Who is our neighbor?** (Everyone in the world.)

If time allows, play THE COMMANDMENT CONNECTION game in the GOT TIME? segment of this lesson.

THE WAY *continued...*



Revelation 5:8

GOLDEN BOWL

Teacher Tip: Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

Revelation 5:8 says our prayers are like sweet smelling incense in the golden bowls at God's throne. I will lift each one of your names to God's throne as you pray for each person silently. Then, we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.

Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You ____, ____, ____. Read names in Golden Bowl.

Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

TREASURE TREAT: Today, your Treasure Treat is a copy of the Ten Commandments. Keep it as a reminder that God sent the Ten Commandments to the Israelites so they could be His people.

DAILY WAY CHALLENGE: Did anyone bring in a completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 44 Daily Way 5-day Bible study. **Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.**

Teacher Tip: Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

OFFERING OF ART: Until it is time to be dismissed, let's make an Offering of Art. For your offering, draw a picture of Moses on Mt. Sinai. The Offering of Art can be finished at home or given as an offering for the teacher to display.

PRAYER REQUESTS: As children work on their Offering of Art, ask how you can pray for them this week. Write requests in a prayer notebook.

BIBLE MEMORY VERSE SONG: Play the Unit 9 Bible Memory Verse Song, "For God So Loved the World," in the background as children wait to be dismissed.



If time remains, choose from the connected activities below.

GOT TIME?

SNACK: TEN CRACKERS

Purpose: To enjoy a snack break while introducing the lesson.

Snack Suggestion: Ten small crackers for each child

God gave the Ten Commandments to Moses and the Israelites. God gave these very special rules to them and to us, so we can love God and one another well. As a reminder of the Ten Commandments, each of you will receive ten crackers for your snack.

Directions:

1. Give each child ten crackers and a drink.
2. Ask a child to pray and thank God for the snack.
3. As you eat, read the Ten Commandments along with the explanation from your Treasure Treat.
4. Ask the Snack Discussion Question: **What do you think is the most challenging commandment to obey?**

GAME: THE COMMANDMENT CONNECTION

Purpose: To help children remember the Ten Commandments by sorting them into two categories.

Supplies: Treasure Treat (list of Ten Commandments with an explanation of each commandment), two pieces of poster board or large paper

Prepare: Print **LOVE THE LORD** on one poster board and **LOVE YOUR NEIGHBOR** on the other. Post the LOVE THE LORD poster at one end of the play area and the LOVE YOUR NEIGHBOR poster at the other end of the play area.

Let's see if you can figure out how Jesus' two commandments connect best with the Ten Commandments. I will say one of the Ten Commandments. If you think obeying that commandment means you are also obeying Jesus' command to love the Lord your God with all of your heart, soul, and mind, go and stand under the LOVE THE LORD poster. If you think that commandment will help you love your neighbor as yourself, go and stand under the LOVE YOUR NEIGHBOR poster.

Directions:

1. Read one of the Ten Commandments (out of order).
2. Children run to the LOVE THE LORD poster if the commandment connects best with "Love the Lord..." or to the LOVE YOUR NEIGHBOR poster if it connects best with "Love your neighbor..."
3. Discuss each choice and the suggested connections* below. There may be more than one correct choice for each commandment.
*Suggested connections: Commandments 1-4 connect best with "Love the Lord..." and Commandments 5-10 connect best with "Love your neighbor..."
4. Repeat steps 1-3 until all of the Ten Commandments have been discussed.

GOT TIME? *continued...*

CRAFT: COMMANDMENT SCROLL

Purpose: To learn the Ten Commandments, children will create an ancient paper scroll.

Supplies: For each child (standard-size sheet of white paper, ribbon, piece of sponge), for the group (12 teabags, 1 1/2 quarts of hot water, bowls, napkins or paper towels)

Prepare: For younger children, print the Ten Commandments onto white paper. Older children may hand write the commandments on blank paper. Mix 12 tea bags with 1 1/2 quarts of hot water. Allow to cool. Pour tea water in bowls for children to use.

Today, we discovered God gave the Ten Commandments to the Israelites so they could be His people. He wanted them to agree to obey Him and, in return, He promised they would be His treasured possession. God also wants us to obey the Ten Commandments. We are special to Him, too!

Directions:

1. Give each child a copy of the Ten Commandments or a sheet of white paper.
2. Tear the edges of the paper so it looks old and worn.
3. Crumple up the paper and then straighten it to create a wrinkled effect.
4. Dip a sponge into the tea water and squeeze out excess water.
5. Lightly dab the tea stain onto the paper with damp sponge.
6. Allow the paper to dry.
7. Once the paper is dry, roll it as a scroll and tie it with a ribbon.

TEN COMMANDMENTS AND EXPLANATION

Use this list of the Ten Commandments with explanation for the Treasure Treat or to review the Ten Commandments in class.

- 1 **"You shall have no other gods before me."** *(Believe in the one true God.)*
- 2 **"You shall not bow down to idols or worship them."** *(Make God the most important one in your life. Put God first before any favorite activity, belonging, friendship, and even before yourself.)*
- 3 **"You shall not misuse the name of the Lord your God."** *(Always speak respectfully and truthfully when you use the names "God" or "Jesus." Do not use His name in swearing or cursing. Only use His name when you are talking to Him in prayer or about Him to others.)*
- 4 **"Remember the Sabbath day by keeping it holy."** *(Always take a day each week to rest and worship God in a special way by attending church, worshiping God with other Christians, etc. In everything you do that day, keep your mind on God. Think about who He is and what He has done for you and your family.)*
- 5 **"Honor your father and your mother."** *(Obey your parents. Talk to them and about them respectfully, no matter what.)*
- 6 **"You shall not murder."** *(Do not kill anyone. Jesus teaches us to never hurt or hate anyone.)*
- 7 **"You shall not commit adultery."** *(Stay pure and faithful to your husband or wife.)*
- 8 **"You shall not steal."** *(Do not steal.)*
- 9 **"You shall not give false testimony."** *(Do not lie.)*
- 10 **"You shall not covet."** *(Do not want something that belongs to someone else.)*

GOT TIME? *continued...*

DISCUSSION: COMMANDMENTS 1-4

Purpose: To help the children gain a deeper understanding of God's commandments.

Supplies: Bible or a list of the Ten Commandments

Read Exodus 20:3, 5a, 7-8. Use the following descriptions to discuss the meaning of the first four commandments:

- 1 You shall have no other gods before Me.** Believe in the one true God.
- 2 You shall not bow down to idols or worship them.** Make God most important in your life. Put God first before any favorite activity, belonging, or friendship, and before yourself.

Moses grew up with Pharaoh who worshiped Egyptian false gods and idols. Discuss why God wants His people to worship only Him. Idols are things we treat as more important than God. What are some of our idols today?

- 3 You shall not misuse the name of the Lord your God.** Always speak respectfully and truthfully when you use the names that refer to God. For example: God, Lord, Jesus, Holy Spirit, etc. Do not use His name in swearing, cursing, or joking. Only use His name when you are talking to Him in prayer or about Him to others.

Why do you think speaking God's name as an angry saying or as part of a silly joke is wrong? When is it respectful to use God's name? How does using His name respectfully show God we love Him?

- 4 Remember the Sabbath day by keeping it holy.** Always take a day each week to rest and worship God in a special way by attending church with your family or friends. In everything you do that day, think about God; Who He is and what He has done for you and your family.

Why do you think it is important to take one day each week to focus on God? How would that show God we love Him?

GOT TIME? *continued...*



BIBLE MEMORY VERSE ACTIVITIES

"For God so loved the world that He gave His one and only Son,
that whoever believes in Him shall not perish but have eternal life." John 3:16

GAME: THE WAVE

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

Supplies: Unit 9 Bible Memory Verse poster or Bible

Directions:

1. Assign one phrase from John 3:16 to each child or group.
2. As the teacher or a helper directs, each child/group quickly stands, says the assigned phrase while raising both hands up to the sky and back down to their thighs, and sits down.
3. Repeat three times, moving faster each time.
4. Challenge children to recite John 3:16 in another language, such as the Spanish version below.

*"Porque tanto amó Dios al mundo, que dio a su Hijo unigénito,
para que todo el que cree en él no se pierda, sino que tenga vida eternal." Juan 3:16*

GAME: MUSICAL CHAIRS

Purpose: This version of Musical Chairs familiarizes children with the Unit 9 Bible Memory Verse Song.

Supplies: Unit 9 Bible Memory Verse Song "For God So Loved the World," CD player, a chair for each child

Prepare: Set chairs back-to-back in a row.

Teacher Tip: In this version of musical chairs, no chair is removed and all the children remain in the game. Encourage quick listening and affirm those who are the first to hear the music stop and are seated.

To practice our Bible Memory Verse Song, let's play Musical Chairs.

Directions:

1. As the Bible Memory Verse Song plays, children march around the row of chairs and sing.
2. The teacher stops the music at different times during the song.
3. When the music stops, children find the nearest chair and sit immediately.
4. Play several times.

GOT TIME? *continued...*



BIBLE TIMELINE REVIEW

God of Wonders Part Two studies the miracles and stories of the Bible from Genesis through Joshua. Review recent Bible stories to see the continuing story of who God is and what He has done.

Jacob and Esau (Circa 1900 B.C.) **What did Jacob do to Esau?** (He tricked him out of his birthright. He took his blessing by tricking their father Isaac into giving it to him.) **What did Jacob dream about when he ran away from Esau?** (Angels on a ladder going to heaven.) **What did Jacob do the whole night before he reunited with Esau?** (He wrestled with a mysterious man until God gave him a blessing.)

Joseph (Circa 1850 B.C.) **What did Jacob give his son Joseph?** (A colorful robe.) **What did Joseph's jealous brothers do to him?** (They threw him in an empty well and sold him into slavery.) **What good things happened for Egypt and for Joseph's family as a result of Joseph being sold and taken to Egypt?** (His family and all of Egypt had enough to eat during the famine.)

Moses (Circa 1500 B.C.) **What did Moses hear and see while he was tending his sheep?** (God's voice coming from a burning bush.) **What did God tell Moses to do?** (Tell Pharaoh and the Israelites God would bring the Israelites out of Egypt.) **What did God say His name was?** ("I Am.") **How many plagues did God send to make Pharaoh let God's people go?** (Ten.) **What did Moses tell the people just before God parted the Red Sea?** ("God will fight for you. You only need to be still.") **What did God send from heaven to feed the Israelites in the wilderness?** (Manna and quail.)

How to create a Bible Timeline from Genesis through Joshua:

1. Print each scroll on sturdy paper.
2. Choose a wall or other visible location to display the timeline.
3. Before each lesson, add the scroll for that lesson to the Bible Timeline using the list below. Add the two Unit 10 cards for God of Wonders Advent: Lessons 48-52.
4. To review the Bible Timeline, ask the corresponding questions as you point to the associated scroll.

Genesis through Joshua: Creation > Adam and Eve > Cain and Abel > Noah (Circa 2350 B.C.) > Tower of Babel > Abram (Circa 2100 B.C.) > Hagar and Ishmael (Circa 2065 B.C.) > Abraham and Isaac (Circa 2050 B.C.) > Isaac and Rebekah > Jacob and Esau (Circa 1900 B.C.) > Joseph (Circa 1850 B.C.) > Moses (Circa 1500 B.C.) > Joshua (Circa 1450 B.C.)

Unit 10: John the Baptist (Circa 7-2 B.C.) > Jesus on Earth (Circa 2 B.C.-33 A.D.)