

9. Ten Commandments (Exodus 19:1–20:21)

“I’ll be with you.” (Exodus 3:12)



PLAN

Session Outline

1. Gather

Greeting
Puzzlers
Like/Dislike
Transition to Explore

2. Explore

Sacred Conversations
Hear and See the Bible Story
Interact with the Bible Story
Say the Bible Verse
Transition to Respond

3. Respond

Commandments
Bookmark
Exodus Review Skit
Loving God, Loving Neighbor
Transition to Bless

4. Bless

Inviting
Praising
Blessing
At Home with God

Supplies

Basic Supplies: Pencils | Newsprint | Markers | Colored pencils | Crayons | Ribbon | Scissors | Paper punch

Gather: TV/DVD player | Dry-erase board and markers

Explore: TV/DVD player

Respond: Two LED candles | Tablecloth

Bless: TV/DVD player | Two LED candles | Tablecloth

Before You Teach

For several weeks we have been exploring Scriptures from the Book of Exodus, which tells the story of the Israelites’ escape from slavery in Egypt and their journey to the Promised Land under Moses’s leadership. This week, the Israelites have arrived at Mount Sinai. The story takes place exactly three months after they left Egypt. The Israelites camped in front of the mountain, and Moses went up to God on the mountain. God told Moses that the Israelites would be a holy people and that God would come down to them in three days, so they must prepare themselves. Moses went down the mountain and delivered this message to the Israelites who quickly agreed to do all that God asked and began washing their clothes and making themselves ready.

On the third day, the mountain shook with thunder, lightning, and was covered in dark smoke. There were also loud horn blasts, and the people were afraid. God called Moses back up to him, told him to tell the people that they must not break through to try to see the LORD or they would die. God had Moses go down the mountain and bring Aaron back. Then God gave ten rules for the Israelites to live by. We know these rules as the Ten Commandments. The people were so afraid of the sounds and sights around the mountain, that they decided that they were too afraid to see God but would listen to what God said through Moses instead.

This story provides an opportunity to talk about rules as helpful rather than as a punishment. Let the children know that God’s rules for the Israelites, which have been passed down for generations to us, are there to help us live well in community. You will want your children to know that like the rules parents and teachers create, God’s rules are intended to keep us safe and ensure our well-being.

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GATHER

Greeting

Before class: Display your choice of “Attendance Chart” (Class Kit—pp. 15 & 18, or 16–17) at eye level.

- Play “Unstoppable” (Adventure DVD), as you welcome each child.
- Show the children where to place their offerings on the worship table.
- Have each child mark the “Attendance Chart.” For the “Community Attendance Chart,” the children can write their first names or initials on the building marked #9.

SAY: Our Bible story is about how God provided rules to help us live well together.

A—Puzzlers (Activity Sheets)

Before class: Tear out the Session 9 Activity Sheets for each child.

- Give each child a copy of “In a Thick Cloud” (Activity Sheets—p. 19). Let them complete the puzzle.
- Allow them to work on the “In Order” activity (Activity Sheets—p. 20).

SAY: Today’s Bible story reminds us that God’s rules are to help us, not to punish us.

OR

B—Like/Dislike (Discussion)

Before class: Have a dry-erase board and dry-erase markers or newsprint and markers on hand.

SAY: In our Bible story, God provides rules for the Israelites that have been passed down for generations. Let’s talk about rules.

ASKS: What rules do you like? What rules do you dislike?

- Draw a line down the middle of your dry-erase board or paper. Labels one side “Like” and the other “Dislike.”
- Write down the children’s comments as you discuss rules.
- Go over the list and ask the following questions.

ASK: What do you think this rule means? Why do you (like or dislike) this rule?

- Allow the children’s thoughts and comments to guide your discussion of the rules named. Spend more time on any rules that may need clarifying.
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Transition to Explore

- Encourage children to bring chairs or to sit on the floor in a carpeted area.
- Invite children to form a circle on the floor.

TIP: *Transitions are a useful way to help children easily move from one activity to the next.*

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EXPLORE

Sacred Conversations

- Encourage children to join and sit in the circle.
- Demonstrate a listening position for the children.
- Ask wondering questions.

ASK: I wonder:

- Who are some of the people who make up the rules that we follow in our daily lives?
 - What rules would you make if it were up to you?
 - How would you make sure that people followed your rules?
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Hear and See the Bible Story

- Read the Bible story together (*CEB Deep Blue Kids Bible*—Exodus 19:1–20:21).
- Watch the Adventure DVD Session 9.

SAY: Today, we’re discussing some rules that God made.

ASK: What rules keep you safe?

Interact with the Bible Story

- Assign parts and act out “Ten Commandments” (Bible Story Sheets—Session 9).
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Say the Bible Verse

Before class: Display the “Unit 2 Bible Verse” poster (Class Kit—pp. 7 & 26).

- Read the memory verse to the children: “I will be with you” (Exodus 3:12).
- Have the children repeat the verse after you.

SAY: This our last week with this Bible verse. Let’s see if we can say it with our eyes closed now.

- Have the children try to say the verse from memory with their eyes closed.
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Transition to Respond

- Encourage children to put away their chairs and/or get back to their places.

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RESPOND

Commandments Bookmark (Art)

Before class: Gather crayons, colored pencils, markers, scissors, and ribbon for each child. Have a paper punch on hand.

SAY: Let’s make a bookmark to help us remember the rules that God made.

- Let the children cut out (“Ten Commandments Bookmark”—Leader p. 54).
- Have the children color and decorate the front and back of the bookmark in whatever way they choose and fold it.
- Using the paper punch, help the children punch a hole, through both thicknesses, in the circle at the top of the bookmark.
- Let the children thread the ribbon through the hole and tie a knot.

SAY: When you look at this bookmark, you can remember that God’s rules help us live well in community.

OR

Exodus Review Skit (Storytelling/Drama)

Before class: Photocopy (“Skit Template”—Leader p. 94) for each child. Have a pencil and Deep Blue Kids Bible on hand for each child.

SAY: For several weeks, we have been studying lessons from the Book of Exodus, which tells the story of the Israelites’ escape from slavery in Egypt under Moses’s leadership. Let’s see if you can retell the story.

- Divide the class into groups, and let each group work on their own skit. Let them use the template to write out lines for each person to say. Let them consult their Bibles for parts of the story they may have missed or forgotten.
- Let each group present their skit to the class.

TIP: *Since this activity covers a lot of material, be sure to give each child a copy of the template, as the groups may need more than one page to write on.*

Loving God, Loving Neighbor

Before class: Display the church and storytelling figures from the Class Kit.

ASK: What rules do we follow in church?

- Let the children act out a scenario about rules with the storytelling figures at the Deep Blue church.

Transition to Bless

- Ring a bell to announce the transition.
- Create a worship center on a small table with a tablecloth and two LED candles.

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BLESS

Inviting

Before class: Display “Unit 2 Bible Verse Signs” poster (Class Kit—p. 30) on a wall or bulletin board.

SAY: Today, we learned about some rules that God gave the Israelites that have been passed down to us. This is another way that God is with us. Let’s remind each other of God’s presence by signing the verse.

- Gather the children around the “Bible Verse Signs” poster. Have the children read the Bible verse.
- Teach the children to sign the verse.
- Have each child sign the verse to another child.

PRAY: Thank you, God, for helping us live well in community through your rules. Amen.

Praising

SAY: Today, we learned about how God is with us through the rules God provided. Let’s praise God with song and dance for rules that help us live well in community.

- Play “Unstoppable” (Adventure DVD), and let the children sing along.
 - Have the children join hands and move/dance in a circle as a reminder that they are together in community.
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Blessing

SAY: Let’s pray to live well in community together.

- Have the children form a circle around the worship center, and light both LED candles.
- Leave the first candle on the table. Pass the second candle from child to child as you say the following prayer.

PRAY: God, thank you making (insert child’s name) a part of our community. Help us work together to remember your rules so that we may live well together. Amen.

- Let the children join in the prayer as they learn the words from repetition.
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At Home with God

SAY: What is one thing that you learned today about the rules? What is one thing that you learned about the rules that God gave the Israelites? Can you share what you learned with your family?


- Send Bible Story Sheets, Session 9, and the Unit 2 Song Sheet home with each child.

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Ten Commandments Bookmark

<p>○</p> <h3>Ten Commandments</h3> <p>Love God more than anything.</p> <p>Don't let there be anything that takes the place of God.</p> <p>Only use God's name with respect.</p> <p>Rest on the seventh day.</p> <p>Honor your father and mother.</p> 	<p>○</p> <p>Don't hurt others.</p> <p>Be loyal to your husband or wife.</p> <p>Don't take anything that doesn't belong to you.</p> <p>Always be honest.</p> <p>Never wish for something someone else has.</p> <hr/> <p>Exodus 20:1-17</p>
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