

God Gives the Ten Commandments

Israel's Wanderings and Wonderings

Exodus 20:1-17

Bible Point

God guides us.

Purpose

Rules may not seem like much fun at first glance—after all, they seem to constrain us. They restrict us. They contain us. And that's no fun. But, as experience teaches us, rules show love! They can make life better and more fruitful for everyone. They can curb our worst instincts, keep us safe, and set us on the right track.

Young children have a natural need for rules and boundaries, though they likely can't realize that quite yet. We grown-ups give kids the structure they crave because we love them and want what's best for them. Even though children may not fully understand or express their need for order, compassionate rules show them love!

Take a moment to think of your classroom rules. How do they reflect God's heart in kids' everyday lives? How do they make kids feel safe, secure, and loved? This lesson is a great way to introduce God's good rules for our lives, given to us because of his great love for us.



Prayer

Dear God, thank you for loving us and giving us instructions to follow. Please help me show children your love and point them to you—our ultimate guide. In Jesus' name, amen.

Prep

Opening Options	Sing & Play	Bible Discovery & Goodbye Circle	Apply-It Options
<input type="checkbox"/> Option Cards* <input type="checkbox"/> <i>Bubble Counting</i> : bubble solution and bubble wands <input type="checkbox"/> <i>Building Blocks</i> : blocks	<input type="checkbox"/> <i>Music</i> CD* <input type="checkbox"/> <i>Music Video</i> DVD* <input type="checkbox"/> <i>Buddy Video</i> DVD* <input type="checkbox"/> Radar Bible Memory Buddy Poster* <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Proverbs 3:5-6)	<input type="checkbox"/> "God Gives the Ten Commandments" Bible Story poster* <input type="checkbox"/> <i>Music</i> CD* <input type="checkbox"/> Radar Bible Memory Buddy stickers* (1 per child) <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Exodus 20:1-3)	<input type="checkbox"/> <i>Game</i> : no supplies <input type="checkbox"/> <i>Food-n-Friendship</i> : snack, napkins, hand cleanser, <i>Music</i> CD*, media player <input type="checkbox"/> <i>Coloring Creation</i> : "God Gives the Ten Commandments" Coloring Creation pages* (1 per child), crayons, small pieces of aluminum foil, glue sticks, <i>Music</i> CD*, media player

* in your **Simply Loved Kit**



Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



Bubble Counting

Supplies

bubble solution and bubble wands

Blow bubbles high in the air, and try to count 10 bubbles. Remember this rule: Count bubbles, don't pop them!

? Tell about a rule you have at home.

God guides us. In our Bible story, God guided his people by giving 10 rules for them to live by. God's rules guide us, too!



Building Blocks

Supplies

blocks

Children count as they build stacks of 10 blocks.

? What's something at home that you have at least 10 of?

In today's Bible story, God gave his people 10 rules to live by. **God guides us.** God's rules show us what to do.

Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



"The Cleanup Song" (*Music CD track 1*)

Help kids transition by cleaning up before sitting with their Connect Crews. A Connect Crew is a smaller group of kids with one Crew Guide.



Sing & Play

Welcome

Hello, friends! Today's going to be so much fun! Let's sing our welcome song.



"Hello, My Friends" (*Music CD track 2*)

Let's say hello to our Crew Guides. They're our go-to friends who are here to have fun and learn along with us.

- Kids give their Crew Guides a wave and smile.

Bible Point

God guides us. That's our Bible Point today. Every time you hear the words **"God guides us,"** point up (demonstrate) and say, **"Follow God!"** Let's try that together.

Yes! We can follow God. Now follow along and do what I do.

God loves you, and God loves me. (*point to others, then to self*)

His rules are for our good, you see. (*hug self*)

God guides us. (*point up and say, "Follow God!"*)

Repeat several times.

Today we'll talk about 10 rules God gave his people. Can you clap 10 times with me? Clap together. Wow! Can you tap your foot 10 times with me? Tap together.

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with **"Follow God!"**

Supplies

- Bible
- *Music CD*
 - "Hello, My Friends"
- *Music Video DVD*
 - "Guide Me, O Thou Great Jehovah" music video
 - "Thankful" music video
- *Buddy Video DVD*
 - Radar Bible Memory Buddy video (Week 2)
- media player
- Radar Bible Memory Buddy poster



Follow God!

Thanks for following my directions. Let's sing a song to tell God that we want to follow his directions, too. *Jehovah* is another name for God. We can always ask Jehovah to guide and help us.



"Guide Me, O Thou Great Jehovah" music video

Bible Memory Buddy & Verse

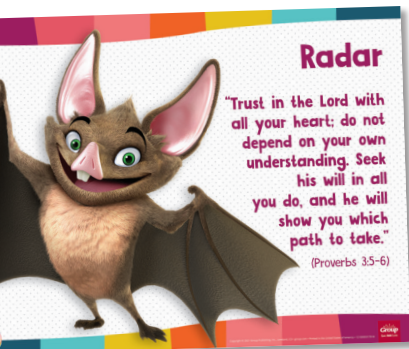
Now let's ask Buzzly Bee to help us greet our Bible Memory Buddy. Let's call for Buzzly. Do what I do!



- Flap hands quickly like a bee.
- Make buzzing sounds.



Radar Bible Memory Buddy video (Week 2)



Radar is so cool! He reminds us to follow God because **God guides us.** (Follow God!)

- Show the Bible Memory Buddy poster.
- Have everyone "follow their radar" to find a friend to give a fist bump to.



Show the Bible. **The Bible is God's true story of love! Our Bible Memory Verse comes from the Bible. Let's say it together. I'll say a line, and then you repeat after me.**

"Trust in the Lord with all your heart; *(hold hands over heart)*
do not depend on your own understanding. *(point at head)*
Seek his will in all you do, *(point up)*
and he will show you which path to take." *(move both arms forward and out)*
(Proverbs 3:5-6)

God guides us. *(Follow God!)* God takes care of us, and he wants the best for us. Let's sing a song and tell him "Thank you!"



"Thankful" music video

This verse may be a little long for your youngest friends. If you have mostly young kids, simply focus on the beginning of the verse.

Bible Discovery

Hold up a Bible. **Today our Bible story tells how God gave his people, called the Israelites, rules to follow. He loved them and wanted them to live in a special way. God guides us, too. (Follow God!)**

Wherever we are, rules help us. Let's think about some rules we follow.

At home, we may have this rule: Brush your teeth.

- Have everyone pretend to brush their teeth.

❓ **Why is this rule important?** Invite responses from the whole group.

At the swimming pool, we may have this rule: Don't run.

- Have everyone walk carefully to a place in the room, then back to their seats without running.

❓ **Why is this rule important?** Invite responses from the whole group.

At school and here in our class, we have this rule: Raise your hand if you have something to say.

- Have kids raise their hands and then put them down.

❓ **Why is this rule important?** Invite responses from the whole group.


Rules are important because they help us. They show us that we are loved and that people want what's best for us. Let's talk in our Connect Crews about other rules we follow.

- Get comfy and sit in knee-to-knee circles with Connect Crews
- ❓ **What's another rule you follow?** Invite Crew Guides to share first. It can be a rule they follow at home, at school, or somewhere in the community.
- Crew Guides give thumbs-up when everyone has shared.

God guides us. (Follow God!) He puts people in our lives who love and care for us by giving us rules to follow—like your Crew Guides!

- Have kids each high-five their Crew Guide and say, "Thanks, [Crew Guide's name]."

God's people had someone like a Crew Guide, too. Their leader's name was Moses. Moses got to go up a mountain and talk with God. Wow! How cool! God gave Moses rules for his people to follow. We call these rules the Ten Commandments. Let's read the first rules.

 Read aloud Exodus 20:1-3.

Supplies

- Bible
- "God Gives the Ten Commandments" Bible Story poster

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply gather kids in a cozy circle around you. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!

Welcome a few responses. Be sure to summarize what kids say so everyone can hear.

 Read the verses from the Bible. You're showing kids that God's Word is special. Don't worry—we've kept the verses short for young attention spans.

God loved the Israelites and helped them leave Egypt and go to a wonderful new home. The first rule was to remember that God is the only God and to put him first. Let's cheer for the only God. Do this with me!

- Hold up a pointer finger.
- Cheer "God is number one!" several times.
- Repeat in a quiet voice, then use a loud voice!

Let's discover the rest of God's rules. Repeat after me, and do what I do! The next rules tell us how to show God we love him.

- **God is the only God.** (*hold up one finger*)
- **Respect God's name.** (*hands together, bow head*)
- **Worship God.** (*raise hands*)
- **And rest** (*hands together at side of face as if sleeping*) **one day each week.**

Sunday is often our rest day. It's a special day where we think about our one true God and enjoy a little break.

❓ **What do you like to do on Sundays?** Invite responses from the whole group.

Have everyone act out things they do on Sundays, like nap, eat lunch, go to church, play outside, and so on. **Sundays are fun! Do this with me.**

God loves you, and God loves me. (*point to others, then to self*)

He's the only God, you see. (*point up*)

God guides us. (*point up and say, "Follow God!"*)

Now the next rules help us love and care for other people—like people in our families. Follow along and do what I do!

- **Honor and obey your parents and the people who take care of you.** (*nod your head "yes"*)
- **Don't hurt other people.** (*shake your head "no"*)
- **When you're married, stay with that person.** (*clasp hands over heart*)

I'm so glad God gives us family members to show us his love and care. When we follow his rules, we love and care for them, too! Let's thank God for a family member right now. On the count of three, shout out a family member's name. Count to three, then welcome kids' responses. **Awesome! Do this with me!**

God loves you, and God loves me. (*point to others, then to self*)

God helps us love our families. (*hug yourself*)

God guides us. (*point up and say, "Follow God!"*)

Let's not forget about other people! God's rules help us get along with friends, too. Follow along and do what I do.

- **Don't take what isn't yours.** (*hold hands out as if giving*)
- **Tell the truth, not lies.** (*put hands beside mouth*)
- **Be happy with what you have. Don't want what other people have.** (*smile big and say, "Thank you!"*)

Repeat, repeat, repeat!
Sometimes kids need to hear something first, and then they're ready to participate. Repetition invites kids into the fun at their own pace!

Let's think about toys we have and toys our friends have.

- ❓ **How might friends feel if we take their toys?** Invite responses from the whole group.
- ❓ **How might friends feel if we take their toys and then tell them they are lost?** Invite responses from the whole group.

God will guide us and help us be good friends. God helps us share and tell the truth. These 10 rules help us love God and love people! Do this with me!

God loves you, and God loves me. *(point to others, then to self)*

His rules help us be friends, you see. *(high-five a friend)*

God guides us. *(point up and say, "Follow God!")*

Show the Bible Story poster. **Later we read that God wrote these rules on stone tablets so Moses could show them to God's people.** Have everyone pretend to write. **They kept the tablets with them so they'd remember how to live God's way.** Have kids pretend to hold something.

These rules are good for us today, too. They remind us that God loves and cares for us. God gives us rules to live by because God guides us. *(Follow God!)*
Now march and follow me as we carry God's rules with us wherever we go!

Lead kids in a line around the room, repeating these words as you march.

God loves you, and God loves me. *(point to others, then to self)*

His rules are for our good, you see. *(hug self)*

God guides us. *(point up and say, "Follow God!")*

Let's talk in our Connect Crews again.

- Get comfy and sit in knee-to-knee circles with Connect Crews
- ❓ **What's one way you can follow God's rules?** Invite Crew Guides to share first.
- Crew Guides give thumbs-up when everyone has shared.

God guides us. *(Follow God!)* **God knows what's best for us. He gave us rules because he knows we aren't perfect. We all make mistakes sometimes. But these rules help us make good choices and follow God.** **God guides us.** *(Follow God!)*



Now's a great time for Apply-It Options. Choose one or more that fit your time frame to support today's Bible discoveries before the closing Goodbye Circle.

Apply-It Options

Choose one—or all—of these activities to support kids' learning after Bible Discovery.

Game

Play Follow the Leader as you move around the room. You might lead kids in hopping, jumping, and marching. Stop periodically and lead kids in singing a simple song, tweeting like a bird, or roaring like a lion.

Thanks for letting me guide you in this game. In real life, God guides us. (Follow God!) **God loves us and wants us to be happy and safe. That's why he gives us good rules to follow. Thank you, God!**



Food-n-Friendship

Supplies: snack, napkins, hand cleanser, *Music* CD, media player

- Give a napkin to a friend and say, **"God guides us."** (Follow God!)

 **"God, You Are So Good"**
(*Music* CD track 3)

- Eat snack together.
- ❓ **When we pray, we talk with God. Who has something we can talk with God about?**
- Pray together.

God guides us. (Follow God!) **His rules help us show love and care to other people. Let's show we care by throwing away someone else's trash.**



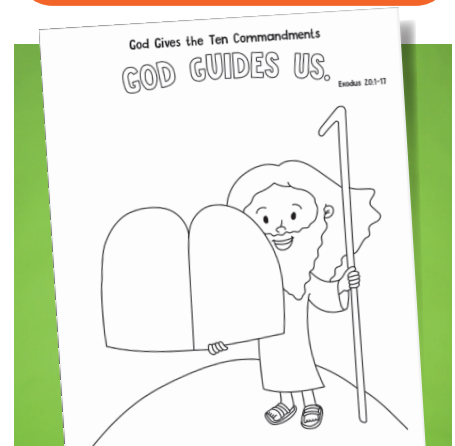
Coloring Creation

Supplies: "God Gives the Ten Commandments" Coloring Creation pages (1 per child), crayons, small pieces of aluminum foil, glue sticks, *Music* CD, media player

God loves us and gives us rules to follow to keep us safe. God guides us. (Follow God!)

- Talk about what Moses is doing in the picture.
- Color the picture.
- Glue the aluminum foil pieces to the tablets Moses is holding. Encourage kids to look for their own reflection in the foil.
- Point to the reflection and say, **God's rules show his love for you!**
- Play music as kids create.

 **"With All Your Heart"**
(*Proverbs 3:5-6*)
(*Music* CD track 5)



Goodbye Circle

It's almost time to say goodbye! Let's sing our goodbye song as we join hands and make one big circle!



"Goodbye, My Friends" (Music CD track 4)

God gave us rules because he loves us and cares for us. **God guides us.** (Follow God!) And God gave us Jesus to help us and forgive us when we have trouble following the rules. Let's thank Jesus. Have everyone say, "Thanks, Jesus!"

- Show the Bible Memory Buddy poster, and remind kids that Radar helps us remember **God guides us.** (Follow God!)
- Invite Crew Guides to give each child a Radar sticker to wear or take home. When they are called by name, have kids spread their arms like wings and fly over to their Crew Guides to receive a sticker.
- As Crew Guides give the sticker, have them say, "**God guides you,** [child's name]."



"With All Your Heart" (Proverbs 3:5-6) (Music CD track 5)

- Do Bible Memory Verse motions and move to the music!

Supplies

- Music CD
 - "Goodbye, My Friends"
 - "With All Your Heart"
 - (Proverbs 3:5-6)
- media player
- Radar Bible Memory Buddy stickers (1 per child)



Saying each child's name in a loving way helps kids simply experience God's love through you!

