

UNIT 5 | SESSION 1

THE TEN COMMANDMENTS

EXODUS 19-20; 31



CHRIST CONNECTION: God gave His people rules so they would know how to live. No one follows the rules all the time. That's why God sent Jesus. Jesus never did anything wrong, and He died and came back to life so we can be forgiven.

BIG PICTURE QUESTION: Why do we need to be saved? We are sinful and need Jesus to rescue us from sin.

KEY PASSAGE: There is no one holy like the Lord. 1 Samuel 2:2

STORY POINT: God gave His people rules because He loved them.



PRIOR TO TEACHING THE SESSION

LEADER Bible Study

Today’s reading takes place only three months after God delivered His people from Egyptian slavery. The Lord spoke to Moses concerning the ways he was to lead Israel into their next season of life as God’s chosen and set-apart people. They were to worship God through holy lives that honored Him alone as God.

Why were the Ten Commandments necessary for God’s people? How do these commands show us our need for a Savior?

God reminded the Israelites of who He is and all He accomplished to free them from Egypt, drawing them away from slavery and into a place where they could freely worship Him as God. He instructed them to carefully listen to His commands, keep His covenant, and be His own special people. He decreed the Ten Commandments, explaining the lifestyle that would extend honor not only to Himself, but also to their neighbors. He explained how they were to revere Him as God and to love one another in all they said and did.

The external threat of slavery was not the only obstacle stopping the Israelites from freely worshiping God; they had to combat their internal inclinations to sin against Him and one another. God took great care to deliver His law to the Israelites in a way that evoked awe and reverence toward Himself. He presented these statutes to show His people how they were to be set apart or live differently from other people who didn’t follow Him. However, because of their sinful nature, the people could never achieve perfect obedience. So to fulfill His perfect law, God would send Jesus to do what sinners couldn’t—live in perfect obedience. Jesus offered Himself up for the forgiveness of sins, and He defeated the power of sin so we could be made right before the Father through faith in His Son.

The giving of the law was never the end goal; it was always God’s plan to redeem a people for Himself through the death and resurrection of His Son. Help kids see that because they cannot measure up to the law’s requirements, our hope rests in Christ alone. Lead them to see God’s greatness and what He has done to offer them salvation.



PREPARE
THE WEEK PRIOR
Prepare your heart to teach; plan the session



WELCOME
10–15 MINUTES
Greet preschoolers and open the session



LEARN
25–30 MINUTES
Teach preschoolers the story of the gospel



LOVE
30–40 MINUTES
Lead preschoolers to love the God of the gospel



LIVE
Lead preschoolers to live the mission of the gospel



BONUS
60–65 MINUTES
Teach preschoolers for an additional hour



PREPARE

PRIOR TO TEACHING THE SESSION

GATHER Supplies

Keep a supply of the following items available during all teaching sessions: Allergy Alert, Bibles, washable markers, crayons, scissors (adult use), blunt-tipped scissors, construction paper, copy paper, glue sticks, glue, tape, baby dolls, blocks, play dough, and a beanbag.



WELCOME

Find Bibles

- Bibles, various colors and sizes
- Big Picture Question Poster



LEARN

Tell the Bible story

- "The Ten Commandments" video (optional)

Learn and practice the key passage phrase

- Key Passage Phrase Marker



LOVE

Play commandments game

- red paper
- green paper

Build a box mountain

- empty boxes, various sizes
- people figures

Build a mountain collage

- brown construction paper
- blue construction paper
- cotton balls



LIVE

Jump on clouds

- white construction paper

Missions activity

- white construction paper
- red and blue crayons
- white star stickers

Snack and Transition

- hand sanitizer (optional)
- "Follow the Path" activity page, 1 per child
- Big Picture Cards for Families



BONUS

Say the key passage phrase

- Key Passage Phrase Marker

Fingerpaint tablets

- white construction paper
- washable fingerpaint
- art smocks
- wet wipes or paper towels

Play with sand

- sensory bin
- sand
- towel
- plastic tablecloth
- small sand shovels and rakes



WELCOME Preschoolers

Provide as many learning activities as possible from the Love and Live sections to give preschoolers choices to learn. Incorporate the Bible story, Christ Connection, story point, and key passage phrase in your conversations as the preschoolers engage in learning activities throughout the session.

Use the following activity to greet children as they enter the classroom. Talk about the big picture question and answer. After each child completes the welcome activity, encourage him to participate in the activities provided from the Love and Live sections of the leader guide.

FIND BIBLES

Display the Big Picture Question Poster and hide Bibles in various sizes and colors around the room for children to find. As children arrive, invite them to find one of the hidden Bibles and bring it to you. Ask preschoolers questions about the Bibles as they are found. Review the big picture question and answer together.

SAY I am so glad you are here with me today. Which Bible did you find? What colors do you see on the cover? Is it big or small? Heavy or light? Our Bible story today tells about the first rules God gave to Moses and the people. **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** Because of sin, Moses and the people did not always follow God's rules. We also sin by not following God's rules, and need God to save us. Our big picture question and answer is, Why do we need to be saved? We are sinful and need Jesus to rescue us from sin. We will learn more about this together today.

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Worship
* Everywhere I Go
* God is so Good

Transition from **WELCOME** to **LEARN**





LEARN

THE STORY OF THE GOSPEL

LEARN the Bible Story

1 REVIEW GOOD RULES



Use the say portion to introduce the Bible story.

SAY “Welcome everyone! Do you know what a rule is? Rules help us know how to live. They help keep us safe. When we follow rules, we honor our parents and teachers. Can you name some rules that we should follow? [Allow responses.] By following rules, we help our lives to be more pleasant. Listen closely to God’s 10 rules and see how many you can remember. We will play a game with them at the end of our story.”



2 TELL THE BIBLE STORY *video*

Open your Bible to Exodus 19–20; 31. Tell the following Bible story using the provided storytelling points. You may choose to review the Bible story by showing the video.

THE TEN COMMANDMENTS

SAY “When God’s people were walking through the wilderness, they came to a big mountain called Mount Sinai. Their leader, Moses, climbed up the mountain and talked to God. God said, “I’ve been taking care of you. If you follow My rules, you will be My special people.”

Moses went back to the people and told them what God said. They all agreed, “We will do whatever God says!”

When they went back to the mountain, they heard the loud noise of thunder and saw bright lightning. A thick cloud was on the mountain. The people heard a big trumpet sound, and they were scared.

God told Moses and his brother Aaron to go to the top of the mountain. Then God said, “I am God. I brought you out of Egypt.” God gave 10 rules for His people to obey: Do not have other gods, do not make fake gods, do not say God’s name in a bad way, remember a special day to rest, be good to your parents, do not hurt anyone, keep your marriage promises, do not steal what isn’t yours, do not lie, and do not want things that belong to others.”

When God finished talking, He gave Moses two stone tablets with these rules on them. God wrote them with His own finger.”

Christ Connection: God gave His people rules so they would know how to live. No one follows the rules all the time. That’s why God sent Jesus. Jesus never did anything wrong, and He died and came back to life so we can be forgiven.



LEARN

THE STORY OF THE GOSPEL

3 REVIEW THE BIBLE STORY



Tell children to stand up and wiggle their fingers like bright lightning flashing if they hear one of God's rules; otherwise stay seated. Examples: Do not take things that are not yours (stand/make lightning signal), Walk the dog (stay seated), Do not lie (stand/make lightning signal), Keep off the grass (stay seated), and so forth.

SAY “ You are good at listening and remembering God’s rules. **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** He gave them rules so they would know how to live each day. It is not always easy to remember and follow God’s rules, but we ask for God’s help and keep trying. Remember our Christ Connection: God gave His people rules so they would know how to live. No one follows the rules all the time. That’s why God sent Jesus. Jesus never did anything wrong, and He died and came back to life so we can be forgiven. ”

4 SING A SONG

Sing the song to the familiar tune of “The Wheels On the Bus”:

There is no one holy like the Lord
Like the Lord, like the Lord
There is no one holy like the Lord
1 Samuel 2:2

* “No one” worship video

5 LEARN AND PRACTICE THE KEY PASSAGE PHRASE



Place the Key Passage Phrase Marker at 1 Samuel 2:2. Invite a child to open your Bible to the key passage. Learn the key passage phrase. Let’s say our key passage phrase in a ‘thunderous’ voice one more time!

SAY “ We know God is holy, and no one else is like Him. Remember that in the Bible story the people heard thunder when Moses was on the mountain talking with God. Let’s practice saying our key passage phrase in a ‘thunderous’ voice. ”

6 PRAY

Pray, thanking God for giving us rules because He loves us.

Transition from **LEARN** to **LOVE**





THE GOD OF THE GOSPEL

LOVE God because of what we learned

1 PLAY COMMANDMENTS GAME

Write YES on a sheet of green paper and NO on a red sheet of paper. Tape them on opposite sides of the room. Tell children you will name things that are a part of the 10 rules that God gave to Moses, and things that are not part of his rules. They will walk to YES if they think it is one of the 10 rules God gave and NO if it is not. Call out rules.

SAY 📖 God's rules help people know how to live. God knew people would not always keep His rules. **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** That's why He gives us rules, too. 📖

2 BUILD A BOX MOUNTAIN

Put several stacks of boxes in an open area with some people figures. Encourage children to stack the boxes to resemble a mountain.

SAY 📖 Moses went up on the mountain to talk to God. God gave Moses two stone tablets that He wrote with His own finger with the 10 rules on them. God explained the rules to Moses. The people were at the bottom of the mountain waiting for Moses to come back. Let's build a mountain and place the people figures at the bottom. One figure should travel to the top of the mountain, like Moses. **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** 📖

3 CREATE A MOUNTAIN COLLAGE

Cut mountain shapes from brown construction paper prior to the session. Give each child a piece of blue paper for a background, a mountain shape, cotton balls, and glue stick. Encourage children to glue their mountain onto the background page and add cotton balls to create the thick cloud around the top of the mountain as described in the Bible story. Review details from the story as children work. **REMINDE THE CHILDREN THAT GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.**

SAY 📖 What rules do you remember God giving to Moses for the people to follow? **[ALLOW RESPONSES.]** Rules are not always easy to follow, but they are important. **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** Rules are for our good, too. We sin and can't keep God's rules perfectly and need to be saved. **Why do we need to be saved? We are sinful and need Jesus to rescue us from sin.** 📖





THE STORY OF THE GOSPEL

LIVE for God out of love

1 JUMP ON CLOUDS

Cut cloud shapes from white construction paper. Write one word of the key passage phrase on each cloud. Tape the shapes to the floor to create a path to jump on. Lead children to jump from word to word, saying the words of the key passage phrase together.

SAY “ Our key passage phrase is, *There is no one holy like the Lord. 1 Samuel 2:2. God can do things no one else can do. God gave His people rules so they would know how to live. No one, except Jesus, follows the rules all the time. That’s why God sent Jesus. Jesus never did anything wrong, and He died and came back to life so we can be forgiven.* ”

2 MISSIONS ACTIVITY



Distribute white construction paper, red and blue crayons, and white star stickers to preschoolers. As they color the paper with the colors of the flag and add stars, tell them that the American flag is a symbol we see all over the United States. If you visit Washington, DC, you will see it in all the government buildings. The colors, stripes, and stars of the American flag all have important meanings.

SAY “ People from all over the world live, work, and study in America’s capital of Washington, DC. Church-planting missionaries, pastors, and partners hope to see more people in Washington, DC, learn about Jesus as they start new churches and find other ways to tell the people about Jesus. [Lead a prayer.] ”

3 SNACK AND TRANSITION



Post an Allergy Alert. Serve the snack. As children eat, review and talk about the Bible story. When children finish their snack, lead them to complete the activity page. As they work, continue talking about the Bible story and emphasize the Christ Connection.

SAY “ God gave His people rules so they would know how to live. No one, except Jesus, follows the rules all the time. That’s why God sent Jesus. Jesus never did anything wrong, and He died and came back to life so we can be forgiven. ”

Remember to communicate helpful information to the bonus teaching hour leaders. If parents are picking up children at this time, tell them something their child did well during the session. Distribute Big Picture Cards for Families. Encourage parents to engage with the family discussion starters and family activities during the week.



BONUS Teaching Hour Group Time

1 PLAY A FOLLOW THE LEADER GAME



Play a follow the leader game. Have children stand at a safe distance from one another. Choose a leader to come to the front of the room. Whisper an action to the leader and have him play it out. Encourage preschoolers to play out the same action. Choose another leader and continue play. Remind preschoolers God's rules were given to His people because He loved them and wanted them to know how to live.

2 TALK ABOUT THE BIBLE STORY

Open the Bible to Exodus 19–20; 31. Use the summarized points below to talk about the Bible story:

THE TEN COMMANDMENTS

- God spoke to Moses on a mountain. God said, "If you follow My rules, you will be My special people."
- Moses went back to the people. They all agreed, "We will do whatever God says!"
- God's people heard thunder and saw lightning. They saw a big cloud and heard a trumpet. The people were scared.
- God called Moses and Aaron up the mountain. He gave them 10 rules for His people to obey. The rules told God's people how they should live.
- God gave Moses two stone tablets with these rules on them. God wrote the rules with His own finger.

3 SING A SONG

Sing the song below to the tune of "The Wheels On the Bus":

There is no one holy like the Lord
Like the Lord, like the Lord
There is no one holy like the Lord
1 Samuel 2:2

4 SAY THE KEY PASSAGE PHRASE

Place the Key Passage Phrase Marker at 1 Samuel 2:2. Open your Bible to the key passage. Give a child in the group a large paper heart. Pass the heart around the circle as you say the key passage phrase together.

5 PRAY

Pray, asking God to help us obey His rules because He knows what's best for us.



BONUS Teaching Hour Activities

6 PLAY A FOLLOW THE RULES GAME

Instruct children to follow the rules you give them. Give simple rules to follow such as stand up, sit down, turn around, stand on one foot, wiggle, laugh, whisper, sit down, and so forth.

SAY “ Following rules can be difficult, but they also make life more fun. Rules help us be safe and honor those around us. **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** He gives us rules to follow because He loves us, too. Who else loves you and gives you rules to follow? [Allow responses.] ”

7 FINGERPAINT TABLETS

Set out washable fingerpaint, white construction paper, and art smocks. Invite children to paint a picture. Talk to them about how the paint feels and what it might feel like to write into a stone with our fingers. Clean hands with wet wipes or paper towels.

SAY “ God gave Moses two stone tablets with God’s 10 rules or commandments. Moses took the tablets down from the mountain to show to the people. God wrote the rules on the stone tablets with His own finger. **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** ”

8 PLAY WITH SAND

Set out a sensory bin with clean play sand. Spread a vinyl tablecloth and large beach towel under the bin to catch spills and make clean up easier. Allow children to dig, scoop, and pour the sand with small sand shovels and rakes as you review the Bible story. Ask children what it would be like to have to walk in a sandy place all day every day and travel with a large group of people. [Allow responses.]

SAY “ The people were walking through the wilderness when they came to a big mountain called Mount Sinai. Moses climbed up the mountain and talked to God. God said, ‘I’ve been taking care of you. If you follow My rules, you will be My special people.’ Moses went back to the people and told them what God said. They all agreed, ‘We will do whatever God says!’ **GOD GAVE HIS PEOPLE RULES BECAUSE HE LOVED THEM.** ”

Release preschoolers to parents according to your church’s security procedure. Tell them something that their child enjoyed doing or did well during the session.