

UNIT 5 | SESSION 1

# THE TEN COMMANDMENTS

EXODUS 19-20; 31



**KEY PASSAGE:** 1 Samuel 2:2

**BIG PICTURE QUESTION:** Why do we need to be saved? People are sinful and cannot save themselves.

**CHRIST CONNECTION:** God gave His people commandments so they would know how to honor Him and live rightly. Because of sin, no one is able to keep these commandments perfectly. God sent His Son, Jesus, to live a perfect, sinless life. Jesus died and rose again so that sinners can be forgiven.

**STORY POINT:** God gave commands to His people to show them how to love Him and others.



## 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 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 kids and open the session



#### LEARN

##### 25-30 MINUTES

Teach kids the story of the gospel



#### LOVE

##### 15-20 MINUTES

Lead kids to love the God of the gospel



#### LIVE

##### 15-20 MINUTES

Lead kids to live out the mission of the gospel



## PREPARE

PRIOR TO TEACHING THE SESSION

## GATHER Supplies

Keep a regular supply of the following items available at all times: Bibles, pens or pencils, markers, crayons, colored pencils, scissors, glue or tape, paper.



### WELCOME

#### Activity Page

- "Complete the Puzzle" activity page

#### Session Starter (Option 1)

- painter's tape



### LOVE

#### Review & Bible Skills

- Small Group Timeline and Map Set (optional)



### LEARN

#### Introduce the Session

- countdown video
- Story Point Poster

#### Big Picture Question

- Big Picture Question Poster

#### Review the Timeline

- Giant Timeline

#### Tell the Bible Story

- "The Ten Commandments" video
- Bible Story Picture Poster

#### Questions from Kids

- "Unit 5, Session 1" Questions from Kids video

#### Missions Moment

- "Send Washington, DC" missions video

#### Key Passage Activity

- Key Passage Poster
- "No One Like the Lord (1 Samuel 2:2)" song
- worship song of your choice (optional)



### LIVE

#### Activity Choice (Option 1)

- "Ten Commandments" printable, 1 per kid

#### Activity Choice (Option 1)

- cardstock, 1 per kid
- painter's tape
- music

#### Reflection and Prayer

- Bible Story Coloring Page (optional)



## WELCOME Kids

Greet each kid as he or she arrives. Use this time to collect the offering, fill out attendance sheets, build relationships, and help new kids connect to your group.

**SAY** “What are some rules you have at your house? Why do you think the adults in your life have rules they expect you to follow?”

### 1 ACTIVITY PAGE (5 minutes)

Invite kids to complete “Complete the Puzzle” activity page.

**SAY** “Today, we will learn that **GOD GAVE COMMANDS TO HIS PEOPLE TO SHOW THEM HOW TO LOVE HIM AND OTHERS.**”

### 2 SESSION STARTER (10 minutes)

#### OPTION 1: AVOID THE MOUNTAIN

Before the session, use painter’s tape to create a large circle on the floor of the room. Tell kids the tape represents a “mountain.” Play a game of tag but tell kids they cannot touch the mountain or go through it. Choose one kid to be It and direct her to tag kids. Instruct kids to run from It while avoiding the mountain. Any kid who is tagged by It or touches the mountain is out. Play as time allows, choosing different kids to be It.

**SAY** “Today, we’ll learn about a mountain God warned His people not to touch. We’ll see how this mountain was special because God’s presence came down on the mountain in the form of a cloud. Let’s get ready to learn why God came down to His people and why they couldn’t touch the mountain.”

#### OPTION 2: NAME THE RULES



Present kids with different activities and invite them to create rules they think would be helpful. Provide suggestions if kids seem stuck. Some scenarios include the following:

- Skating at a skateboard park
- Sailing on a boat
- Hiking in the woods
- Swimming in the ocean
- Shopping at a store

**SAY** “Some of the rules you listed may be rules your parents or other adults have asked you to obey. We often have rules because they help keep us or other people safe. We would probably want to have a rule that you must wear a helmet if you skateboard because you don’t want your head to get injured. God also gave certain rules or commands for His people. Today, we’ll learn that **GOD GAVE COMMANDS TO HIS PEOPLE TO SHOW THEM HOW TO LOVE HIM AND OTHERS.**”

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





## INTRODUCE the Bible Story

### 1 INTRODUCE THE SESSION (3 minutes)



Show the countdown video as you transition to introduce the Bible story. Set it to end as the session begins.



**SAY** “ Welcome, kids! My name is [your name], and I am so glad you are here! Did you bring a Bible with you? [Distribute Bibles to kids who need one.] Today, we will hear from the book of Exodus and see how God led His people to a mountain called Mount Sinai. We’ll learn how God gave His people the Ten Commandments at this mountain. **GOD GAVE COMMANDS TO HIS PEOPLE TO SHOW THEM HOW TO LOVE HIM AND OTHERS.** [Display the Story Point Poster.]

Before we hear our story, let’s ask God to help our hearts receive the truth from His Word. Pray with me: ‘Dear God, thank You for showing us what is right and true in Your Word. Help our hearts believe what You say and help our minds understand Your ways. Amen.’ ”

worship

### 2 BIG PICTURE QUESTION (1 minute)

\* Firm Foundation  
\* Spirit of the Living God  
\* offering



Display the Big Picture Question Poster.



**SAY** “ Each time we hear a story from God’s Word, we like to think about a big picture question and answer to help us focus on a truth from the Bible. Our big picture question and answer for the next few weeks is, **Why do we need to be saved?** The answer we’ll learn is, **People are sinful and cannot save themselves.**

Today, we will see how God gave His people commandments to help them know the best way to live and honor Him. Because of sin, no one can keep God’s commandments perfectly. Sin separates us from God. But God knew we could not live perfectly. He sent Jesus to earth to save us from sin. Jesus lived a perfect life, died on the cross, and rose from the dead, saving all who trust in Him. ”

### 3 REVIEW THE TIMELINE (1 minute)

Show the Giant Timeline. Point to individual Bible stories as you review.

**SAY** “ God called Moses to lead His people out of Egypt. God showed His great power by sending the ten plagues, parting the Red Sea, and providing food and water for Israel. Even when the people complained and grumbled, God showed grace by giving them what they did not deserve and meeting their needs. Today, we will see how God led Israel to Mount Sinai where He gave them His commandments and reminded them of His covenant. ”



## LEARN the Bible Story



### 1 TELL THE BIBLE STORY: VIDEO OR STORYTELLER (10 minutes)

Open your Bible to Exodus 19:1–20:17; 31:18. Use the Bible storytelling tips to help you tell the story, or show the Bible story video “The Ten Commandments.” Use the bold text to retell or review the story.

### THE TEN COMMANDMENTS

“Three months after they left Egypt, the Israelites came to Mount Sinai. Moses went up the mountain, and God spoke to him there. He said, “You have seen what I did to the Egyptians and how I have cared for you. **If you carefully listen to Me and keep the covenant I will give you, then you will be My own special people.**”

Moses went back to the people and shared what God said. The people said, “**We will do whatever the LORD asks us to do.**” So, Moses went back up the mountain to talk to God.

The Lord said to Moses, “Bring the people with you to the bottom of the mountain in three days. I will come to you in a dense cloud, and the people will hear when I speak with you and they will believe you. **Tell the people to prepare to meet with Me by washing their clothes. Make sure that no one touches the base of the mountain.**” Moses returned to the people, and they prepared to meet with God.

Moses and the people returned to Mount Sinai on the third day. There was thunder and lightning, and a thick cloud was on the mountain. They heard a very loud trumpet sound, and the people were afraid. The Lord summoned Moses and Aaron to the top of the mountain. Then God spoke these words:

“I am the LORD your God, who brought you out of slavery in Egypt.

“**Do not have other gods besides Me.**

“**Do not make an idol for yourself.** Do not bow in worship to idols or serve them.

“**Do not misuse the name of the LORD.**

“**Remember the Sabbath day and keep it holy.** Do not do any work on the seventh day.

“**Honor your father and mother** so you may have a long life in the land God is giving you.

“**Do not murder.**

“**Do not take another person’s husband or wife as your own.**

“**Do not steal.**

“**Do not lie about your neighbor.**

“**Do not be jealous for anything that belongs to your neighbor.**”

### STORYTELLING TIPS

**Use different voices:** Tell the story in different tones of voice to distinguish between Moses, God, and the people.

**Make noises:** Create the sounds of thunder by clapping and the sound of a trumpet with your mouth.



## LEARN

### THE STORY OF THE GOSPEL

When **God** finished speaking with Moses, He **gave Moses the two stone tablets with these commandments on them. The commandments had been written by the finger of God.**

Christ Connection: God gave His people commandments so they would know how to honor Him and live rightly. Because of sin, no one is able to keep these commandments perfectly. God sent His Son, Jesus, to live a perfect, sinless life. Jesus died and rose again so that sinners can be forgiven. ”

## 2 REVIEW THE BIBLE STORY

**SAY** ” God’s people had been in the wilderness for awhile, but God never left them. He continued to guide them and provide for them. Eventually, God led His people to a mountain. What was the name of the mountain? [Allow responses.] God led His people to Mount Sinai. God’s presence came on the mountain in a form of a cloud. God is holy, and the people were not allowed to touch the mountain or they would die. But God allowed Moses to go up the mountain to speak with Him.

When God met with Moses, He gave Moses the Ten Commandments. What did God write the Ten Commandments on? [Allow responses.] God wrote the commandments on stone tablets. As God spoke to Moses, He told Moses about a covenant He was making with His people. If you remember, God also made a covenant with Noah and with Abraham. The covenant God made at Mount Sinai was a special promise to bless His people if they obeyed His commands. **GOD GAVE COMMANDS TO HIS PEOPLE TO SHOW THEM HOW TO LOVE HIM AND OTHERS.** What were some of the commands God gave His people? [Allow responses and review the Ten Commandments.]

God gave His people commandments so they would know how to honor Him and live rightly. Because of sin, no one is able to keep these commandments perfectly. In fact, the law works to show us our sin. Through the law we see how we are not perfect and can never earn God’s forgiveness. God sent His Son, Jesus, to live a perfect, sinless life. Jesus died and rose again so that sinners can be forgiven. ”

## 3 GOSPEL DISCUSSION

**SAY** ” God’s commands are good and right, but no one can obey God’s commands perfectly. We all sin and disobey God. Only Jesus obeyed every command and never sinned. He lived perfectly in our place. When we trust in Jesus, He gives us His righteousness. This means He makes believers right before God, and God sees believers as though they never sinned. Have you been made right before God? ”

(Tip: Use Scripture and the Gospel Plan Poster to explain how to become a Christian. Create an environment where kids are welcome to ask questions about what it means to follow Jesus.)

## 4 QUESTIONS FROM KIDS (3 minutes)

Show the “Unit 5, Session 1” Questions from Kids video. Prompt kids to discuss:

1. Why did God give so many commands and rules if we can’t follow them perfectly?
2. How does Jesus change us to want to obey God’s commands?



## LEARN

### THE STORY OF THE GOSPEL

\* Video (optional)

#### 5 MISSIONS MOMENT (3 minutes)

**SAY** “What do you know about Washington, DC? [Allow responses.] Washington, DC, is America’s capital. Washington, DC, is home to many important landmarks including the National Monument, Lincoln Memorial, and the White House. But it is also a city with homelessness, crime, and poverty. The needs in the Washington, DC, area are great.”

Play the video. Remind kids that missionary Clint Clifton said very few gospel-centered churches are in the Washington, DC area compared to the number of people living there. Pray, thanking God for people who are sharing about Jesus in Washington, DC. Ask God to send more people to start churches and share the good news.

#### 6 KEY PASSAGE ACTIVITY (5 minutes)

Show the Key Passage Poster. Lead kids in reading aloud 1 Samuel 2:2 together.

**SAY** “God alone is God! There is no one like Him. He is perfect, good, and holy.”

Say the key passage together as a large group. Then form kids into groups of three or four and challenge them to work together to come up with motions for the key passage. Invite each group to present their motions to the entire group. Invite kids to stand and try the motions as each group presents.

Lead kids to sing “No One Like the Lord (1 Samuel 2:2).” You may also choose to sing a worship song of your choice.

#### 7 PRAY (2 minutes)

Invite kids to pray before transitioning to Love.

**SAY** “Lord, thank You for Your commandments. Thank You for teaching us the best way to live. Thank You for forgiveness when we disobey Your commands. Help us please You with our lives by faith in Jesus. In Jesus’ name, amen.”

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







## THE GOD OF THE GOSPEL

# LOVE God by Applying the Story

### 1 REVIEW & BIBLE SKILLS (5 minutes)

Distribute Bibles and display the Old Testament Mediterranean Map. Guide kids to open their Bibles to Exodus 19. Tell kids that in Exodus we read some of the commands God gave to His people. Invite kids to keep a finger in Exodus while flipping over to the book of Leviticus. Tell kids that in Leviticus we read more of God's commands for His people. Share that there are hundreds of laws in the Old Testament.

Consider pointing out Mount Sinai (19) on the Old Testament Mediterranean Map. Choose a volunteer to read aloud Exodus 19:4-6 or ask the kids to follow along as you read the verses aloud.

**SAY** 🗨️ Throughout the Bible, we see how God cared for His people. In these verses, God reminded the people all He had done for them. Now, God asked the people to obey what He said. God wanted the people to live according to His Word because He knows what is best. God does not give us rules or commandments to follow to be mean. He gives His people commands so they know how to best live and experience life as His children whom He loves. Yet, obeying God's commands doesn't save us. Only faith in Jesus saves us from our sin. When we trust in Jesus, He changes our hearts so we want to obey God's commands and live in a way that pleases Him. 🙏

### 2 GROUP DISCUSSION (10 minutes)

Ask the following questions. Lead the group to discuss.

| **SAY** 🗨️ Is reading the Bible important? Why? 🙏

Remind kids that because God is Creator and the King of everything, He knows what is best. Tell kids that He gave us the Bible so we can know Him. The Bible is a book about God and His plan to save people from sin. Share how the Bible also helps us learn how to live in a way that is right and good. Share how the Bible shows us that all people are sinful and need to be saved. When we read our Bible, we see how God sent Jesus to save us from our sin.

| **SAY** 🗨️ Are any of the Ten Commandments hard for you to obey? Which ones? Why? 🙏

Tell kids that every person struggles to keep the Ten Commandments and all the commandments of God. Explain that we all have hearts that are bent toward sin and going our own way. Share that no one can obey God perfectly and we can never save ourselves. Remind kids that only Jesus obeyed God perfectly and that when we trust in Him, He gives us His righteousness.

| **SAY** 🗨️ Why does obeying God show that we love Him? 🙏

Help kids understand that we don't obey God to earn His love but to show our love for Him. Tell kids that Jesus said, "If you love me, you will keep my commands" (John 14:15). Discuss how obeying God means we trust that His ways are best and that He is good.

Transition from **LOVE** to **LIVE**





## THE STORY OF THE GOSPEL

### LIVE the Mission

#### 1 ACTIVITY CHOICE (10 minutes)

##### OPTION 1: TEN COMMANDMENTS

Provide each kid with a “Ten Commandments” printable. Kids will need both pages of the printable. Guide kids to take the page with the doors and fold the paper horizontally across the first door. Kids will then cut along the dotted line of the door. Repeat this step with the remaining doors so that eventually each door is able to “open.” Then outline the left side of the pictures on the second page with glue. Finally, line up each door over the picture and press down to adhere the papers together. Kids should be able to open and close each door with the appropriate picture being revealed.

**SAY** “**GOD GAVE COMMANDS TO HIS PEOPLE TO SHOW THEM HOW TO LOVE HIM AND OTHERS.** But God knew people could never obey Him perfectly. He sent Jesus to live a perfect life in our place, die on the cross, and rise from the dead so we could be saved from our sins. When we trust in Jesus, He changes our hearts to want to obey God’s commands. Through Jesus and the Holy Spirit, we can live in ways that show we love God and other people.”

##### OPTION 2: COMMANDMENT WALK



Before the session, gather pieces of cardstock, making sure you have one for each kid. On one of the pieces of cardstock, write the words Ten Commandments. Use painter’s tape to tape the pieces of cardstock into a large circle on the floor. For larger groups, consider creating two circles.

Then invite kids to stand on a piece of cardstock. Play music and direct kids to walk around the circle, stepping on the cardstock as they move. When the music stops, the kid standing on the Ten Commandments paper will need to name one of the Ten Commandments. If he has trouble, invite the other kids to help him. Repeat as time allows, encouraging kids to not repeat a commandment that has already been said.

**SAY** “Deuteronomy 8:6 says, ‘So keep the commands of the LORD your God by walking in his ways and fearing him.’ Obeying God’s commands doesn’t earn God’s love, but shows that we fear Him or love Him above all else. God’s commands are for our good and help us live rightly. Faith in Jesus helps us obey God’s commands and live to please Him.”

#### 2 REFLECTION AND PRAYER (5 minutes)

Distribute a sheet of paper and pencil to each kid. Ask kids to write about or draw a picture to answer the following questions:

- What does this story teach me about God or the gospel?
- What does the story teach me about myself?
- Who can I tell about this story?

Be sure to send the sheets home with the kids along with the activity pages so parents can continue to discuss the Bible story with their kids. If time remains, take prayer requests or allow kids to complete the Bible story coloring page. Pray for your group.