

God Gives the Ten Commandments (Part 1) Exodus 19:16–20:21

Children love to be first. They run to be first in line, hurry to choose the first book from the shelf, and strive to finish puzzles first. Use this lesson to help kids know that God likes to be first, and we put him first by obeying him above all.



► **Bible Point**
Obey God.

Key Verse
“You shall have no other gods before me”
(Exodus 20:3).

Weaving Faith Into Life
Children will obey God.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1 Getting Started <i>about 5 min.</i></p>	<p>Welcome and Celebrate Welcome each other, and praise God through music.</p>	<p>CD player Teacher Pack: CD, hand clackers</p>	
<p>2 Key Verse Activity <i>about 10 min.</i></p>	<p>More Important! Learn a rhyme, and talk about loving God the most.</p>	<p>Bible, CD player Teacher Pack: CD</p>	
<p>3 Bible Exploration <i>about 15 min.</i></p>	<p>Puppy Pointers Hear how Theo won a blue ribbon for obeying rules.</p>	<p>CD player, Theo puppet, blue ribbon Teacher Pack: CD</p>	<p>Tie the blue ribbon around Theo’s paw.</p>
	<p>Bible Time: God’s Ten Rules Learn how the Israelites received the Ten Commandments.</p>	<p>Bible, CD player, scissors, tape, craft stick, glue sticks, 1 cotton ball per child Teacher Pack: CD, “Mount Sinai” poster, “God Gives the Ten Commandments” poster (from the Big Bible Poster Pack)</p> 	<p>Follow the cutting instructions on the “Mount Sinai” poster.</p>

Bold text within the lesson is spoken text.



LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life</p> <p style="text-align: center;"><i>about 20 min.</i></p> <p style="text-align: center;"><i>(Choose 2 centers.)</i></p>	<p>Center 1: Show Your Love</p> <p>Draw hearts to show that they love God.</p>	My Bible Hugs, markers	Remove the Lesson 4 pages from each My Bible Hugs student book, and write children's names on them.
	<p>Center 2: Hearts-Full-of-Love Snack</p> <p>Make heart-shaped sandwiches, and discuss love.</p>	2 slices of bread per child, heart-shaped cookie cutter, 1 craft stick per child, jam, antibacterial gel (optional)	
	<p>Center 3: Obey Acting</p> <p>Act out ways to obey God.</p>		
	<p>Center 4: Hearts of Love</p> <p>Make crafts to represent loving God with their whole hearts.</p>	white construction paper, markers, scissors, glue sticks, 1 copy per child of the "Big Love" page (at the end of Lesson 3)	
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions</p> <p style="text-align: center;"><i>about 10 min.</i></p>	<p>Daily Challenges</p> <p>Choose a Daily Challenge to apply God's Word.</p>	My Bible Hugs	
	<p>Action Prayer</p> <p>Tell God that they'll love him all day, every day.</p>		
	<p>Weaving Faith at Home</p> <p>Talk about how to share what they learned with their families.</p>		

***Bold text** within the lesson is spoken text.*



Welcome and Celebrate Supplies

CD player

Teacher Pack

CD: "We're Glad"

(track 9), "Praise the Lord" (Psalm 150:6)

(track 10)

hand clackers

1 GETTING STARTED

Welcome and Celebrate

Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do

As the children arrive, greet each one with a smile. When it's time to begin, use your signal to gather the children together in a circle on the floor.

Lead children in singing "We're Glad" (track 9 on the CD). Encourage children to follow the motions in parentheses.

 **We're glad to be at church.** (*make "thumbs up" gesture*)
We have such fun at church. (*shake hands above head*)
We sing and pray (*make prayer hands*)
And learn God's way. (*point to head*)
We're glad to be at church today! (*make "thumbs up" gesture*)
(Repeat 2x.)

Say: **We're glad you're at church today! Today we're learning why we ► OBEY GOD. One way we can obey God is to praise him. Let's do that now.**

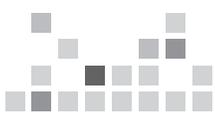
Lead children in singing "Praise the Lord" (Psalm 150:6) (track 10 on the CD). Have children share the hand clackers, taking turns making joyful noises with them between stanzas. Lead the other kids in clapping their hands or stomping their feet.

 **Let everything that moves,
 And everything that breathes,
 Praise the Lord.
 Praise the Lord.**

**From the rising of the sun
 'Til the time that it goes down,
 Praise the Lord.
 Praise the Lord.**

**Everybody, let's prai-ai-aise the Lord!
 Come on, let's prai-ai-aise the Lord.
 Let everything that lives
 Sing praises to the Lord.
 Praise the Lord!**

**Let everything that walks,
 And everything that runs,
 Praise the Lord.
 Praise the Lord.**



No matter where you are,
No matter where you've been,
Praise the Lord.
Praise the Lord.

Everybody, let's prai-ai-aise the Lord!
Come on, let's prai-ai-aise the Lord.
Let everything that lives
Sing praises to the Lord.
Praise the Lord!

Everybody, let's prai-ai-aise the Lord!
Come on, let's prai-ai-aise the Lord.
Let everything that lives
Sing praises to the Lord.
Praise the Lord!

Let everything that lives
Sing praises to the Lord.
Praise the Lord!

"Praise the Lord" (Psalm 150:6) by Jay Stocker. © 2005 Group Publishing, Inc. All rights reserved.

Say: **We praise God because we love him. And we also ► OBEY GOD because we love him. Today we'll hear about some people who learned to obey God, too.**

2 KEY VERSE ACTIVITY

More Important!

What You'll Do ■■■■■■

Have children form a circle and sit down. Open your Bible to Exodus 20:3, and show children the words. Tell kids the Bible is God's special book.

Say: **Our Key Verse from the Bible says, "You shall have no other gods before me" (Exodus 20:3). This means God wants us to put him first, above anyone and anything else. Let's say our Key Verse together.** Lead children in saying the second part of the Key Verse with you: **"Have no other gods before me" (Exodus 20:3).**

Invite the children to talk about their favorite toys, people, and foods.

Say: **All those things are special to you. But God is even more special than any of those things. He loves us more than anything or anyone in the whole world! That's why he wants us to love him more than anything in our lives. He wants to be the most important person in your life. Let's learn a finger play to help us remember that.**

Lead children in the finger play:

God gave me my new truck, (*cup hands together*)

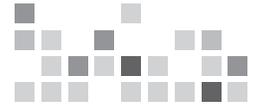
But I'll love him more. (*spread arms wide*)

God gave me a mommy, a daddy, and more. (*cup hands three times*)

God gave me clothes, food, and stuff galore. (*cup hands three times*)

God gave me my toys, (*cup hands*)

But I'll love him more. (*hug self, point up, and then spread arms wide*)



More Important! Supplies

Bible

CD player

Teacher Pack

CD: "Love the Lord Your God" (track 11)



Say: **God wants us to have no other gods before him. Let's sing about loving God more than anyone or anything.**

Lead children in singing "Love the Lord Your God" (track 11 on the CD) to the tune of "Down by the Bay."

 *(Have children echo you.)*

**Love the Lord your God
With all your heart.
Love the Lord your God.
That's a good start!
And if you do,
I'm here to say,**

(Sing together.)
**God will be so very glad—
Oh, so glad
If you love him today!**
(Repeat 2x.)

Talk With Kids

Say: **God made us, and he gives us everything we have—even our families. God wants us to love him most of all. And when we ► OBEY GOD, it makes him very happy. Let's hear what God said to some of his people in the Bible.**

3 BIBLE EXPLORATION

Puppy Pointers

What You'll Do

Say: **Listen, everyone, Theo's coming! He has something to show us. Let's find out what it is.** Play "Here, Theo" (track 3 on the CD), and bring out Theophilus the FaithRetriever.

Theo: Hi, everybody!

Teacher: Hello, Theo! It's so good to see you at church with us today. What do you have there?

Theo: I brought my blue ribbon.

Teacher: How did you get your blue ribbon, Theo?

Theo: I went to dog-obedience school and learned to obey all the rules.

Teacher: Congratulations! Can you tell us some of the rules?

Theo: Don't jump on the furniture, don't chew on shoes, and don't bite people.

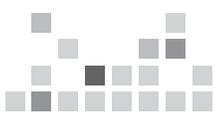
Teacher: Those are good rules to follow, Theo. We're very proud of you! Let's clap for Theo.
(Lead children in clapping.)

Puppy Pointers Supplies

CD player
Theo puppet
blue ribbon
Teacher Pack
CD: "Here, Theo"
(track 3)

Puppy Pointers Easy Prep

Tie the blue ribbon
around Theo's paw.



Teacher: You know, Theo, we just finished learning our Key Verse about how we love God more than anything, and how when we love God, we obey him. Friends, can you tell Theo our Bible Point for today? (*Lead children in saying the Bible Point for Theo:*

► **OBEY GOD.**)

Teacher: Today we'll learn some other things God told his people, and us, to obey.

Theo: So God has good rules, too, just like the rules I learned in dog-obedience school.

Teacher: That's right! And it's important to learn and follow God's rules.

Theo: I'm going to show my blue ribbon to my family now.

Teacher: Let's say goodbye to Theo.

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week's use.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What do you think about Theo's blue ribbon?
- Tell about a time you obeyed.

Say: **Today we're going to hear about some special rules that God gave the Israelites to live by. The rules are for us, too. Let's hear about the rules and think about how we ► OBEY GOD.**

Bible Time: God's Ten Rules

What You'll Do ■■■■

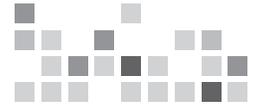
Open your Bible to Exodus 19–20, and show children the words. Tell children that the Bible is God's special book.

Show children the "Mount Sinai" poster. Say: **Today we'll hear about God's people, the Israelites, and how he gave their leader, Moses, some rules on a mountain. God came down on a mountain called Sinai in a thick, fiery cloud to talk with the people.** Point to the mountain on the poster.

Say: **The mountain shook.** Have the children shake. **Clouds of smoke filled the sky.** Have the children wave their hands in the sky like smoke. **And thunder and lightning filled the air.** Have the children clap their hands and say "boom" to imitate thunder and lightning.

Have children take turns gluing cotton balls to the sky above the mountain on the poster. Meanwhile, play "Mount Sinai Sounds" (track 12 on the CD). While it plays, turn the lights on and off to represent lightning.

Say: **Finally, the Israelites heard the sound of a trumpet and gathered at the bottom of the mountain.** Invite a child to tape the Israelites to the bottom of the mountain.



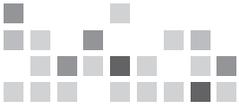
Bible Time: God's Ten Rules Supplies

- Bible
- CD player
- scissors
- tape
- craft stick
- glue sticks
- 1 cotton ball per child
- Teacher Pack**
- CD: "Mount Sinai Sounds" (track 12)
- "Mount Sinai" poster
- "God Gives the Ten Commandments" poster (from the Big Bible Poster Pack)

Bible Time: God's Ten Rules Easy Prep

Follow the cutting instructions on the "Mount Sinai" poster.





Say: **The Israelites' leader, Moses, went up the mountain to talk with God.** Place the Moses figure through the slit at the bottom of the mountain, and move the figure to show Moses walking up the mountain.

Say: **Moses listened to everything God said. When Moses came down from the mountain, he brought with him God's special rules, which we call the Ten Commandments.** Tape the Ten Commandments tablets onto Moses' hands, and move him down the mountain.

Hang the "God Gives the Ten Commandments" poster where children can see it. Point out the Ten Commandments and their illustrations. Ask children to explain what they think each picture shows.

Say: **This poster shows us the rules God gave Moses. The rules are also for us. Because we love God, we ► OBEY GOD.**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What do you think of the rules God gave Moses?**
- **Why do you think the rules are important?**

Say: **God gave us the Ten Commandments because he knew these rules would protect us. We ► OBEY GOD because we know it's what's best for us.**

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4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today's Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you're ready for them. Allow the children to choose which center they'd like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center's description.

■ CENTER 1: Show Your Love

What You'll Do ■■■■■■

Give each child a Lesson 4 page from My Bible Hugs. Lead children in holding up their index fingers.

Center 1: Show Your Love Supplies

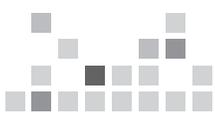
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My Bible Hugs
markers

Center 1: Show Your Love Easy Prep

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Remove the Lesson 4 pages from each My Bible Hugs student book, and write children's names on them.



Say: **This is the finger we use to say that something is the best. We say something is “number one.”** Lead children in chanting “God’s number one!” a few times.

Say: **Today we’re learning to ► OBEY GOD. And God’s first and second commandments, or rules, are to love him as number one, like we just chanted.**

Read for the children what the tablets on their pages say, and have them repeat after you.

Say: **Now let’s draw hearts on our first tablet to show we love God.** Point out the tablet that says “We Love God,” and have children draw hearts on it.

Say: **Just like our Key Verse Exodus 20:3 says, we’ll put God first and love him more than anyone. Draw your one finger or a number one on your “Have no other gods before me” tablet.** Point out the tablet and show children how to write a number one, or they can draw a finger.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What are some ways we can show God he’s number one to us?**

Say: **When we show God he’s number one to us, we ► OBEY GOD. The Ten Commandments that God gave the people in the Bible were for us, too. Let’s remember to obey God this week.**

■ CENTER 2:

Hearts-Full-of-Love Snack

What You’ll Do ■■■■■■

Have children clean their hands and then sit down for the snack. Say: **Today we’re learning to ► OBEY GOD. And we obey him because we love him. In fact, the first rule God wants us to follow is to love him.**

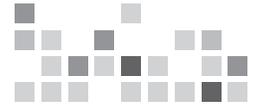
Give each child two pieces of bread. Say: **Let’s make heart-shaped snacks to remind us to love and ► OBEY GOD.** Have children use a heart-shaped cookie cutter to cut heart shapes out of bread. Then set out craft sticks for children to use to spread jam on the bread to create heart-shaped sandwiches.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **Tell about someone you love.**
- **Why do you want to obey that person?**
- **Why do you ► OBEY GOD?**

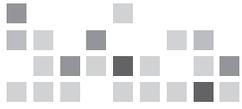


Center 2: Hearts-Full-of-Love Snack Supplies

- 2 slices of bread per child
- heart-shaped cookie cutter
- 1 craft stick per child
- jam
- antibacterial gel (optional)

! ALLERGY ALERT





Say: **We made heart-shaped snacks because when we love people, like our parents, we obey them. That's why we ► OBEY GOD, too. Let's thank God for giving us special rules and for providing our snack.** Invite a child to pray for the snack.

■ CENTER 3:

Obey Acting

What You'll Do ■■■■■■

Say: **Today we're learning to ► OBEY GOD's rules. Let's practice obeying by acting out some ways we can obey God.**

Have children form a circle. Say: **"God says to [pray]."** Have children follow your instructions. Call out other instructions such as pretending to help a friend, pretending to get dressed for church, or pretending to give hugs to show love.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What was it like following my instructions in this activity?**
- **What are some ways you ► OBEY GOD every day?**

Say: **Moses told the people to ► OBEY GOD. And just like we followed instructions in this activity, God wants us to follow his instructions all the time.**

■ CENTER 4:

Hearts of Love

What You'll Do ■■■■■■

Say: **God gave the Israelites some rules, and one of them was to love him. We want to ► OBEY GOD, too, so let's make a craft to remind us to love God.**

Give each child a "Big Love" page. Say: **God wants us to love him. It's still good for us to love other things or people, though.** Lead children in sharing some things or people they love. Then have them draw some pictures of those things outside of the hearts.

Say: **God wants us to love him first, above all the things we just mentioned.** Have children each draw a picture inside the hearts of themselves with God.

Say: **We can love other things besides God, but he tells us to love him first.** Have the children cut the hearts from the papers; then have them cut the scraps that show the other things they love into smaller pieces and glue them to the back of the hearts.

Center 4: Hearts of Love Supplies

white construction
paper
markers
scissors
glue sticks
1 copy per child of the
"Big Love" page (at
the end of Lesson 3)



Hold up one child's heart, showing the side with the other things the child loves. Say: **We can love other things.** Turn the heart to the side that shows we love God first. **But we love God first.** Have the children imitate you.

Talk With Kids ■■■■

Say: **When we love God first, above all other people or things, we ► OBEY GOD. God wanted the people in the Bible to obey him, and he wants us to obey him, too. Let's remember this week to ► OBEY GOD.**

5 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up their centers, bring everyone back to a circle area on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they remember about what they learned from the Bible today.

Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives this week. Use this challenge for encouraging your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: **Today we learned that we ► OBEY GOD. I would like each of you to choose a way to obey God this week.**

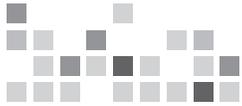
Give kids these two challenges to choose from:

- **Invite a friend to church. Tell your friend that you love God and so you love obeying God.**
- **Sing a worship song with your brother or sister. Tell your brother or sister that you're singing because you want to obey God's first command to love him.**

Daily Challenges Supplies

My Bible Hugs





Say: **If you want to invite a friend to church, circle the choice with one dot. If you want to sing a song, circle the choice with two dots.** Check that each child circled a choice on his or her My Bible Hugs page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!

Action Prayer

What You'll Do

Have children sit in a circle and say this prayer after you.

Pray: **Dear God,
We love you! Yes, we do.
We love you the whole day through.
In Jesus' name, amen.**

Weaving Faith at Home

Have children take home their My Bible Hugs pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the "Daily Challenges" activity. Encourage the parents to help their kids fulfill this commitment during the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at group.com/digital.