

# God Gives Ten Commandments

Exodus 20:1-21

1

August  
Week 1



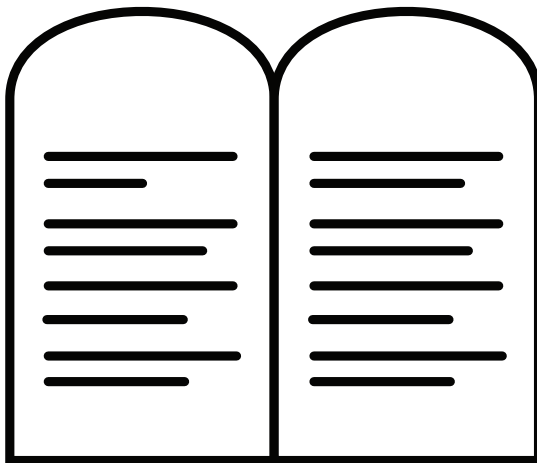
## Teacher Background

**What Happens:** While Moses is up on a mountain listening to God, God gives him the Ten Commandments. These important instructions are more than just God handing down rules; they're guidelines to help his people live better lives. God doesn't want us to get hurt, so he gives us the Ten Commandments.

**Why It Matters:** Whether or not the kids in your class are familiar with the Ten Commandments, they'll definitely be familiar with rules. And most kids don't look favorably on rules. Help kids see that God's rules help us know how to live a better life.

**Think About:** Consider the Ten Commandments. How have you gotten hurt by disobeying them? How have things worked out better by obeying them?

**Pray** that God will help kids obey his rules for better living.



### Point

God doesn't want us to get hurt.



### Key Verse

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

Proverbs 3:5-6

### QUICK TIP

Throughout the lesson, ask kids to listen to your requests and respond the first time you ask. For example, if you ask kids to clean up after a craft, move chairs, or organize supplies, expect them to comply right away. Compliment kids on their sharp "first time" listening skills and their quick response times. Tell kids that when they listen and respond promptly, it makes the class run better so everyone can have more fun.

# This Lesson at a Glance



| WHAT HAPPENS                                                                                    | KIDS DISCOVER                                                 |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| <b>CHECK IN</b><br>Connect about the week.                                                      | The importance of friendships at church.                      |
| <b>SET THE STAGE</b><br>Share about a topic related to the lesson.                              | The connection between their world and the Bible.             |
| <b>EXPERIENCE THE BIBLE</b><br>Have a prayer experience that goes through the Ten Commandments. | What God's rules are and how they help us.                    |
| <b>HANDS-ON DISCOVERY</b><br>Make stick figures that can fall safely with a parachute.          | How God's commandments are like a parachute, keeping us safe. |
| <b>PLAY A GAME</b><br>Play a tossing game but are careful not to hurt one another.              | How to treat others carefully.                                |
| <b>PRAY TOGETHER</b><br>Pray about a commandment that's hard to obey.                           | How God can help us when we struggle to obey.                 |

## EASY SUPPLIES

- Bible
- paper
- round coffee filters (1 per child)
- yarn
- scissors
- chenille wires
- foam ball
- slips of paper
- pens



## CHECK IN (5 MINUTES)

- Thank kids for coming and have kids double high-five a friend.
- Make announcements and collect offering.
- Celebrate any birthdays by having kids spell “happy birthday” with their arms, YMCA-style.

**ASK:** What do you want to tell everyone today? Share your own quick story first, and then let everyone share! For groups of more than six, have kids share in pairs so everyone has a turn to talk.



## SET THE STAGE (5 MINUTES)

**SAY:** Today we’re going to learn about some rules God gave us that keep us from getting hurt. ➡ **God doesn’t want us to get hurt.** But we’ve all been hurt at some point.

**ASK:** Tell about a time you got hurt. Share your own quick story about a physical injury first, and then let everyone share! If possible, you could even show scars, bruises, or cuts.

**SAY:** It’s no fun to get hurt! We talked about physical hurts, but sometimes we get hurt in our hearts. ➡ **God doesn’t want us to get hurt,** so he gives us rules that help us avoid hurting one another’s hearts. Let’s look in the Bible to find out about them. The Bible is an amazing book. God can talk to us through the Bible. He’s ready to talk to you right now.



## EXPERIENCE THE BIBLE (10 MINUTES)



### SUPPLIES

- Bible
- paper

### PRAISE



Open your Bible to Exodus 20, and show kids the words.

**SAY:** God made 10 rules for his people, called the Ten Commandments. The Ten Commandments help us have a better friendship with God and with other people. Let’s learn about some of the Ten Commandments.



Read Exodus 20:2-4, 7.

**SAY:** These verses help us worship God, put him before anything else in our lives, and talk about God in nice ways. Let’s try a little experiment.

Have kids say their own names in a mocking or harsh tone.

**ASK:** How did it feel when you heard your name spoken that way?

**SAY:** Imagine if people used your name like that all the time. That would hurt your feelings, and it would hurt your relationship with those people.

It hurts our relationship with God when we use his name the wrong way.

➡ **God doesn’t want us to get hurt** or hurt our relationship with him.

So let’s call out nice words that describe God. Allow time.

## REST

**SAY:** Let's learn another commandment.



Read Exodus 20:8-10.

**SAY:** Let's have a restful prayer. Get into a comfortable position. You might even lie down. Close your eyes. You don't need to say anything to God. Just rest and feel him around you. Allow a minute or so for rest.

## TALK ABOUT PARENTS

**SAY:** The fifth commandment might be the hardest one for kids.



Read Exodus 20:12.

**ASK:** What's a rule in your home that helps keep you safe?

**SAY:** Parents and caregivers make rules to keep us safe and so we don't hurt ourselves or others. ➡ **God doesn't want us to get hurt.**

## TWIST THE "TRUTH"

**SAY:** Let's hear another commandment.



Read Exodus 20:16.

Give each child a piece of paper. Have kids start to bend and twist their papers as everyone discusses this question.

**ASK:** What are some ways people lie or avoid the truth?

**SAY:** Lying might mean saying something untrue or twisting the truth to make things look better. But look what happens when we twist the truth.

Have kids try to smooth their papers back out.

**SAY:** Lying can quickly get out of hand. And just as we couldn't fix our papers, we can't go back and undo telling a lie. ➡ **God doesn't want us to get hurt by lying to each other.** Let's read the next commandment.

## TURN WANTS INTO THANKS



Read Exodus 20:17.

**ASK:** Covet is a fancy word for "want." What do you want, but don't have?

**SAY:** It hurts us to focus on all the things we want, because we forget to be thankful for what God has given us. ➡ **God doesn't want us to get hurt.**

**ASK:** What are some things you have, and are thankful for?

**SAY:** God gave us the Ten Commandments because ➡ **God doesn't want us to get hurt.** When we disobey them, we hurt ourselves, we hurt our relationships with each other, and we hurt our relationship with God.



## CELEBRATE SMALL

Mixed ages can be a real advantage! Asking younger kids to call out praises aloud might not work well in age-graded classrooms. But with the older kids there to set a role model, you're teaching kids to feel comfortable praying aloud!





## SUPPLIES

- round coffee filters (1 per child)
- yarn
- scissors
- chenille wires

## EASY PREP

- Make a sample craft to show kids.



## MAKE FIGURES

Set out chenille wires. Show kids your sample craft, and have kids use chenille wires to each make a person for the craft. (You can either have older kids help younger kids or allow younger kids to give it a try, recognizing that their “people” may not look like people.) Here’s how to make them:

- Bend a wire in half, and twist the bent part to make a head.
- Continue twisting below the head to make the torso.
- Stop twisting about halfway down, and bend out legs and feet.
- Twist a second chenille wire around the torso to make arms. Cut the ends so the arms look proportional.

**SAY:** Let’s see how our people fall without anything to keep them safe.

Have kids drop their people.

**SAY:** Uh-oh. That didn’t go so well. If those were real people, they’d be hurt. Let’s find a way to help them fall safely.

## MAKE PARACHUTES

Give each child a coffee filter and a piece of paper. Set out scissors and yarn for kids to share. Then have kids make their own parachutes by following these steps (older kids can help younger kids as needed):

- Cut two slits near opposite edges of the coffee filter.
- Tie a piece of yarn to each slit, knotting it inside the filter.
- Wrap one of the chenille wire “hands” around the other end of each piece of yarn. It’s important that the yarn pieces are fairly equal in length. We recommend 5- to 7-inch pieces.

## DROP THE PEOPLE AGAIN

**SAY:** Let’s see how our people fall now, with parachutes to keep them safe.

The best way to drop the people is to crease the top of the parachute, hold it by the crease, and then drop it. Without the crease, the yarn pieces may tangle around the parachute, causing it to fail.

## TALK ABOUT IT

**ASK:** How are the Ten Commandments like a parachute? different?

**SAY:** ➡ **God doesn’t want us to get hurt.** That’s why he gave us the Ten Commandments. If the parachute person was a real man, he’d get hurt falling without the parachute. But when we gave him a parachute, he could fall safely and gently.

**God’s commandments help people avoid getting hurt. Let’s practice how to show kindness instead of hurting others.**

## QUICK TIP

If you anticipate mostly younger kids, consider making the people shapes ahead of time and supplying markers so kids can decorate their parachutes. It works best to put paper under the parachutes before coloring to catch any bleed-through.



## TOSS CAREFULLY

**SAY:** ➡ **God doesn't want us to get hurt.** And he doesn't want us to hurt others! In this game, you'll get to throw stuff at each other. But you'll throw *carefully* because we don't want to hurt each other!

- Get out a foam ball.
- Give the ball to one child.
- Everyone will cluster together in the middle of the room.
- The child with the ball will count to three using "Mississippi" between numbers.
- During the counting time, everyone will run as far as they can.
- On three, the child in the middle will throw the ball at another child—but only at the knees or below.
- Swap roles and keep playing.
- Let the game keep going as time allows.

## SUPPLIES

- foam ball



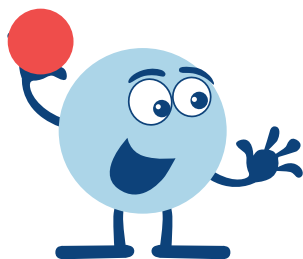
## TALK ABOUT IT

Lead everyone in this discussion.

**ASK:** What did you do to throw carefully so you didn't hurt anyone?

**ASK:** What's one thing you can do this week to treat others more kindly instead of hurting people?

**SAY:** ➡ **God doesn't want us to get hurt.** He gave us the Ten Commandments with guidelines to help us not hurt others. We can obey our parents, not do things that hurt people physically, not steal from people, not lie to people, and avoid being jealous.





### SUPPLIES

- slips of paper
- pens

### QUICK TIP

If you have mostly older kids, have them look up Exodus 20 and choose a more specific commandment to write on their paper.



### WRITE WHAT'S BEST

Distribute slips of paper and pens.

**SAY:** ➡ **God doesn't want us to get hurt.** The Ten Commandments can be split into two main categories: how to love God, and how to love people. Think about which is harder for you to do.

Kids can draw either a cross (for God) or a stick figure (for people) to make their choice. Allow time.

### PRAY

**SAY:** ➡ **God doesn't want us to get hurt.** That's why he gave you the rule you're holding. Hold your paper and ask God how he wants to protect you or others with that rule. Then just stop and listen to God. Give him your attention and see what happens.

Allow time for silent prayer and listening to God.

### CLOSE

**SAY:** Sometimes it's hard to follow the Ten Commandments. In fact, it's impossible for us to keep them perfectly! But God sent Jesus to forgive us when we disobey. And Jesus can help us follow God's way better.

**PRAY:** God, thank you that ➡ **you don't want us to get hurt.** Help us obey the Ten Commandments so that we follow your plan, which is the best plan. In Jesus' name, amen.