



UNIT 5 | SESSION 2

GOD GAVE THE TEN COMMANDMENTS

EXODUS 19-20

KEY PASSAGE:

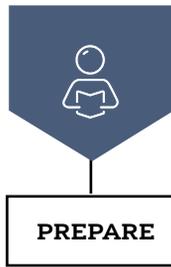
Psalm 95:6-7

BIG PICTURE QUESTION:

What is worship? Worship is celebrating the greatness of God.

CHRIST CONNECTION:

God gave us rules to show that He is holy. Sin keeps us away from God, but Jesus came to bring us back to Him. Jesus never sinned. We can trust Him to forgive our sin.



PRIOR TO TEACHING THE SESSION



LEADER Bible Study

As the rescued people of Israel traveled toward the promised land, God met with Moses at Mount Sinai and made a covenant with the Israelites. We refer to this covenant as the Mosaic covenant. God promised five things in this covenant: 1) Israel will be God’s own possession; 2) Israel will be God’s kingdom of priests; 3) Israel will be a holy nation; 4) God will defend Israel from her enemies; and 5) God will be gracious, merciful, and forgiving to Israel.

Unlike His covenant with Abraham, God’s covenant with Israel was conditional: “Carefully follow every command I am giving you” (Deut. 8:1). “Be careful that you don’t forget the LORD your God by failing to keep his commands” (Deut. 8:11). “If you ever forget the LORD your God ... you will certainly perish.” (Deut. 8:19). Isn’t it interesting how remembering God and obeying Him are so closely linked? You spend the most time thinking about that which you most care about. What occupies the most space in your mind? If we aren’t thinking about God, we aren’t loving Him. And if we aren’t loving Him, we aren’t obeying Him.

We can group the Ten Commandments into two categories: The first four deal with a person’s relationship with God (love God), and the last six deal with a person’s relationship with others (love others).

These laws encompassed every part of the Israelites’ lives and showed what righteous living looks like.

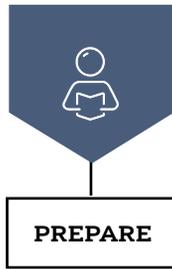
Some people think of the Ten Commandments as a burden, but God’s rules are good and are meant to help us. The Bible is clear that we are all sinful and fall short of God’s standard for holiness. Why should we seek to obey God? Consider Jesus’ words: “If you love me, you will keep my commands” (John 14:15).

Read the Ten Commandments with Jesus in mind. Our obedience cannot earn us God’s favor, and our disobedience does not separate us from Him. God is pleased with us because He looks at Jesus, who never sinned.

Because of Christ, we have a right relationship with God. He gives us power through the Holy Spirit to “love the Lord your God with all your heart, with all your soul, and with all your mind” and to “love your neighbor as yourself” (Matt. 22:37,39).

TERMS TO KNOW

Mosaic Covenant: the conditional covenant God made with the Israelites at Mount Sinai. God’s promises in Exodus 19:3-8 were dependent on Israel’s obedience.



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

- “Commandment Conundrum” activity page

Session Starter (Option 2)

- large poster boards, 2



LEARN

Introduce the Session

- Countdown video

Big Picture Question

- Big Picture Question Poster

Review the Timeline

- Giant Timeline

Tell the Bible Story

- “God Gave the Ten Commandments” video
- Bible Story Picture Poster

Questions from Kids

- “Unit 5, Session 2” questions from kids video

Missions Moment

- Printable: “Williams Missions Posters”

Key Passage Activity

- Key Passage Poster
- Printable: “Key Passage Flip Cards”
- “Come, Let’s Worship (Psalm 95:6-7)” song
- worship song of your choice (optional)



LOVE

Discussion & Bible Skills

- Small Group Timeline and Map Set (optional)



LIVE

Activity Choice (Option 1)

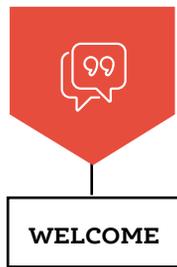
- Printable: “Williams Review”

Activity Choice (Option 2)

- large sheets of gray construction paper, 1 per kid

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 “ Why do you think it’s important to have rules? Who gets to make rules? Today we will talk about the Ten Commandments, or rules, that God gave His people to help them love Him and love one another. ”

1 ACTIVITY PAGE (5 minutes)

Invite kids to complete the “Commandment Conundrum” activity page.

SAY “ It can be hard to remember all ten of the commandments God gave His people. Thankfully, today we will learn an easy way to remember the purpose of all ten. Jesus taught that all of them could be rolled into two easier-to-remember commands. ”

2 SESSION STARTER (10 minutes)

OPTION 1: SETS OF TEN



Provide each kid with a sheet of paper and access to crayons, colored pencils, or markers. Announce a category and challenge them to list ten things that fit into that category. If your group is still learning to write, suggest that they draw ten simple pictures to represent the items they are thinking of.

Next, ask the kids to compare their lists. Cross out items that appear on more than one kid’s list. Determine who has the most unique items. Then play again with a new category.

Suggested categories: pets, vegetables, weather, superheroes, wild animals, shoe styles, kinds of cheese

SAY “ Great job coming up with all those items. Today we will learn about ten things God gave His people while they lived in the wilderness. Each one was a command to help them live in ways that honored God. ”

OPTION 2: CLASSROOM RULES

Provide two large poster boards and access to markers. Invite the kids to help you come up with rules for the classroom. Then ask the kids to help you make a poster you can hang in the room to remember the rules.

Challenge the kids to draw pictures of what might happen if everyone followed or ignored the different rules.

SAY “ Rules can be really helpful for keeping order and providing structure. In a classroom, rules help to ensure everyone can learn well. At home, rules can keep you safe and help keep things from breaking or getting lost. Today we will learn about rules God gave His people. What kinds of rules do you think God gave? Do you think any of our rules were on God’s list? ”

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





THE STORY OF THE GOSPEL

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 “ Hey friends! I’m glad you are here. Raise your hand if you brought a Bible with you today. [Allow responses and distribute a classroom Bible to any kids who need one.] Great! The reason I want you to bring your Bibles is so that you can open them with me and see that these stories we hear each week are really in there. They really happened and are part of God’s Word, recorded by many authors over many years so that we can know what is true about God and about ourselves. I also want you to bring a Bible so you can learn to read it, study it, and grow closer to God.

You see, God wants us to know and love Him. He created us and knows what is best for us. We were made to worship Him, and we can only find true, lasting joy when we follow that purpose. ”

2 BIG PICTURE QUESTION (1 minute)

SAY “ And that brings us to our big picture question. Do any of you remember it? [Allow responses.] That’s it! **What is worship?** You all have great memories! And the answer is: **Worship is celebrating the greatness of God.**

God is great, and He created us to enjoy how great He is. He alone deserves all our worship. Worship is a way to live, not just a thing we do sometimes. We can celebrate God’s greatness in the way we do our chores, the way we interact with our friends and family, and the ways we express our thoughts and feelings. So keep that in mind as we review some of the other stories we have learned. ”

3 REVIEW THE TIMELINE (1 minute)

Show the giant timeline. Point to individual Bible stories as you review.

SAY “ God had freed His people from slavery in Egypt. He led them into the wilderness toward the land He had promised to Abraham many generations before. We learned last week that the people struggled to trust God and even thought slavery had been better than being in the wilderness. God provided bread, meat, and water, but the Israelites still disobeyed God at times.

God wanted His people to know how to love Him and how to love one another, so He spoke to Moses about special rules the people were to follow. That’s what our story today is about. ”



THE STORY OF THE GOSPEL

LEARN the Bible Story

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

Open your Bible to Exodus 19–20. Use the Bible storytelling tips to help you tell the story, or show the Bible story video “God Gave the Ten Commandments.” Use the bold text to retell or review the story.

GOD GAVE THE TEN COMMANDMENTS

“ Three months after the Israelites left Egypt, they came to Mount Sinai (SIGH nigh). God had chosen the Israelites as His special people and wanted them to understand what that relationship should look like. He planned to make a covenant, or agreement, with them.

Moses went up the mountain. God told him, “This is what you should tell the Israelites: ‘If you listen carefully to Me and you keep My covenant, you will be My people.’ ”

Moses went back to the people and told them what God had said. **All the people responded, “We will do all that the Lord has spoken.”** So Moses went back up the mountain. The Lord spoke to Moses, “I am going to come in a thick cloud. I want the people to hear Me speak to you so that they will believe you.”

Moses went back down the mountain and got the people ready to meet God. He brought them out of the camp, and they stood at the foot of the mountain.

God came down on Mount Sinai in a fire. Smoke covered the mountain. God said, “I am the Lord your God, who brought you out of the land of Egypt.”

Then God gave Moses the Ten Commandments. The first four commandments told the Israelites what it looks like to have a right relationship with God: **“Do not have other gods besides Me. Do not make an idol for yourself. Do not misuse the name of the Lord your God. Remember the Sabbath day, to keep it holy.”**

The last six commandments told the Israelites what it looks like to have a right relationship with one another: **“Honor your father and your mother. Do not murder. Keep your marriage promises. Do not steal. Do not lie. Do not want what belongs to someone else.”**

When the people heard God talking to Moses, they were afraid. “Do not be afraid,” Moses said. “God wants you to fear Him so that you will not sin.”

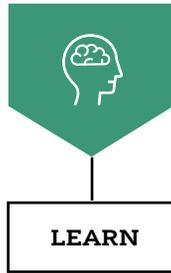
Moses went further up the mountain. For 40 days, **God gave Moses many more laws.** When God was finished speaking to Moses on Mount Sinai, He gave Moses two stone tablets that He had written on with His own finger.

Christ Connection: God’s law shows us what He requires. Our sin separates us from a holy God, but Jesus came to bring us back to God. When we trust in Jesus, He takes away our sin and gives us His perfect righteousness. ”

STORYTELLING TIPS

Display pictures: Display pictures or drawings of Mount Sinai from a study Bible or online. Show modern-day pictures of Mount Sinai to help kids realize that it is a real place.

Use dramatic voice: As you tell the story, differentiate your voice for each person speaking.



THE STORY OF THE GOSPEL

2 REVIEW THE BIBLE STORY

SAY “ Remember that God has wanted to have a relationship with people all along. He created us to love Him and be loved by Him in a perfect world. But sin messed up everything. God’s plan all along was to make things right.

The Ten Commandments are not just a list of rules to follow; they are a picture of what our relationships are supposed to look like. The first four commands are about how people are supposed to love and worship God. God is our Creator and King. Only He deserves worship. He is perfectly holy—set apart from anyone or anything. No picture or statue could capture His perfection. We worship God because of who He is and because of the wonderful things He has done and will do for us. **What is worship? Worship is celebrating the greatness of God.**

The last six commandments help us understand how to love one another. Each one has to do with treating others with respect and kindness—loving them as you love yourself. God wants us to see that we are all valuable to Him, and treat one another accordingly. He calls believers to put the needs and wants of others before our own.

In fact, Jesus summed up all of the Law in just two commands: Love God with everything we have, and love our neighbors as ourselves. [See **Matt. 22:37-40.**] Sadly, our sin prevents us from being able to obey God’s commands. We are broken by sin and need God’s help to obey. That’s why God sent Jesus. Jesus died on the cross to pay the penalty we deserved, and rose again to defeat sin and death. ”

3 CHRIST CONNECTION

SAY “ God’s law shows us what He requires. Our sin separates us from a holy God, but Jesus came to bring us back to God. When we trust in Jesus, He takes away our sin and gives us His perfect righteousness. ”

(Tip: Use Scripture and the guide provided to explain how to become a Christian. Make sure kids know when and where they can ask questions.)

4 QUESTIONS FROM KIDS (3 minutes)

Show the “Unit 5, Session 2” questions from kids video. Prompt kids to discuss:

1. Do Christians today still have to obey the Ten Commandments?
2. What should be our motivation for obeying God?

5 MISSIONS MOMENT (3 minutes)

Display the missions posters.

SAY “ The Ten Commandments teach us how to love God and love other people. One way we can love others is by sharing the gospel. Missionaries love others in that way. Some missionaries are church planters. That means that they go to an area where there are too few churches and start a new one. It can be difficult to be a church planter because it takes a long time to grow a church. But



THE STORY OF THE GOSPEL

it can be a great way to show Jesus to a community. Let's learn about a couple who became church-planting missionaries in the United States. ”

Use the posters to teach the kids about the Williamses. Ask a volunteer to pray for the Williamses and Next Level Church. Also pray for any missionaries your church supports.

6 KEY PASSAGE ACTIVITY (5 minutes)

Show the key passage poster. Lead kids in reading aloud Psalm 95:6-7 together. Print and cut apart the “Key Passage Flip Cards.” Provide each kid with a flip card. Help the kids fold the cards in half so that only one level is visible at a time. Kids will start on the level labeled 1 and work their way up to level 4. Kids will fill in the missing words in each blank. Encourage the kids not to peek at previous levels unless they get stuck. Consider hiding or covering the key passage poster.

SAY “ God is our Creator and King. He loves us and provides for us. We are created to worship Him, and only He deserves worship. ”

Lead kids to sing “Come, Let's Worship (Psalm 95:6-7).” You may also choose to sing a worship song of your choice.

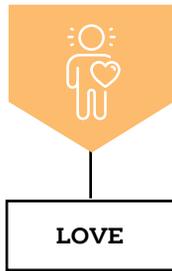
7 PRAY (2 minutes)

Invite kids to pray before transitioning from **LEARN** to **LOVE**.

SAY “ God, thank You for giving us rules to help us love you and others. Help us to live according to Your Word. Give us the strength we need to obey. Fill us with love for You so that we want to obey. Amen. ”

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





LOVE

THE GOD OF THE GOSPEL

LOVE God by Applying the Story

1 REVIEW & BIBLE SKILLS (5 minutes)

Distribute Bibles. Guide boys and girls to open their Bibles to Exodus 19–20. Explain that the reason books of the Bible have chapter and verse numbers is to help us organize and study the teachings of God’s Word. Inform the kids that Exodus and the other books of the Law were written by Moses, who received revelation directly from God.

Choose a volunteer to read aloud Exodus 20:18-20. If there are no strong readers in your group, ask the kids to follow along as you read the verses aloud. Consider using the Old Testament Mediterranean Map to point out Mount Sinai, where God gave Moses the Ten Commandments. (19)

SAY “When God spoke to the people, they began to understand His power and holiness more clearly. They were afraid of the Lord’s power. Moses replied to the people with something interesting, both telling them not to be afraid, and telling them that God was testing them so they would fear Him.

Fear of the Lord isn’t about being afraid of Him, it’s about respecting His power and holiness and knowing that He will destroy sin. God wants us to rest in His power and worship Him. **What is worship? Worship is celebrating the greatness of God.**”

2 GROUP DISCUSSION (10 minutes)

Ask the following questions. Lead the group to discuss.

| **SAY** “Why does God want us to love Him?”

Explain that God created us to love and worship Him. Because He is our Creator and King He knows what is best for us. Teach kids that loving God and obeying Him is the only way to find true and lasting joy. Everything God does is for His glory and our good, and so the first four commandments all focus on how we can worship God by lovingly obeying Him.

| **SAY** “Why does God want us to love other people?”

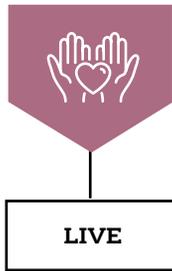
Help the kids understand that God made each and every person, and we are all made in His image. We are like God in ways nothing else in creation is. Remind them that we can reflect His glory more fully than anything else, and that is what God created us to do. God loves us all unconditionally, and He wants us to show one another His love by loving one another as He does. That’s why the last six commandments focus on how people should treat one another with respect and kindness.

| **SAY** “Do you think it’s easier to love God or to love people?”

Encourage the kids to answer honestly and talk to them about why they feel that way. Be prepared to share your thoughts on the question. Help the kids understand that when we truly love God, His love will overflow from us to help us love people too.

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





THE MISSION OF THE GOSPEL

LIVE the Mission

1 ACTIVITY CHOICE (10 minutes)

OPTION 1: FAITH AND FITNESS



SAY “Next Level Church lives on mission to love God and love other people, just as the Ten Commandments teach us to do. Who remembers something unique that Next Level Church does with kids? (fitness camps) We’re going to see how much you remember about our missionaries, but while we do that we’re going to try a few exercise moves like the ones done at a Level Up Fitness Camp!”

Lead the kids in some different exercises, like jumping jacks, knee lifts, jogging in place, and stretches. (Option: Choose volunteers to lead exercises.)

Between exercises, use the review to help the kids recall what they’ve learned about the Williamses.

OPTION 2: TEN COMMANDMENTS CRAFT

Provide each kid with a large sheet of gray construction paper. Help the kids fold the paper in half so the crease is parallel to the shorter edges of the paper.

Allow the kids to use scissors to round off the corners at the top of their folded sheets, then unfold the sheets.

Instruct the kids to list the Ten Commandments on their “tablets” or draw pictures representing the Ten Commandments. On the back, instruct the kids to write Jesus died and rose again to rescue me. Kids may cut along the crease if they wish to form two individual “tablets.”

SAY “God’s laws are perfect, but we cannot obey them perfectly. God gave the Ten Commandments to show people how to love Him and one another. But the law cannot save us, it can only show us how broken we are. We need Jesus to save us.”

2 REFLECTION AND PRAYER (5 minutes)

Distribute a sheet of paper and pencil to each kid. Ask the 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 this 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.