



UNIT 5 | SESSION 2

GOD GAVE THE TEN COMMANDMENTS

EXODUS 19-20

KEY PASSAGE:

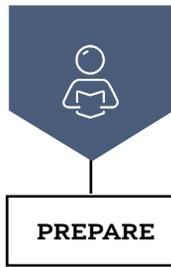
Psalm 95:6-7

BIG PICTURE QUESTION:

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

CHRIST CONNECTION:

God'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.



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.

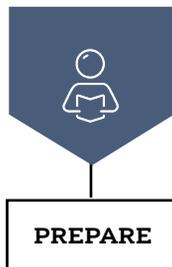
Some people think of the Ten Commandments as a burden, but God’s rules are good and are meant to help us. The Bible is clear that we are all sinful and fall short of God’s standard for holiness. Why should we seek to obey God? Consider Jesus’ words: “If you love me, you will keep my commands” (John 14:15).

Read the Ten Commandments with Jesus in mind. When we are in Christ, 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. Israel failed to keep the covenant.



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

- “Up the Mountain” activity page

Session Starter (Option 2)

- sticky notes



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
- “Come, Let’s Worship (Psalm 95:6-7)” song
- small ball or beanbag
- worship song of your choice (optional)



LOVE

Review & Bible Skills

- Small Group Timeline and Map Set
- world map



LIVE

Activity Choice (Option 1)

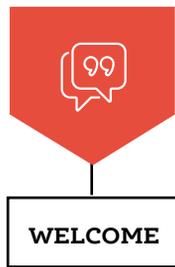
- Printable: “Williams Review”

Activity Choice (Option 2)

- Big Picture Question Poster
- stones, 20 per kid
- acrylic paint
- paint brushes, 1 per kid
- table coverings
- ziplock or paper bags

Journal and Prayer

- Journal Page
- “Rule Rhymes” activity page



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 of your favorite games to play? Do those games have directions? Have you ever tried to play a game without the instructions? What happened?”

1 ACTIVITY PAGE (5 minutes)

Invite kids to complete “Up the Mountain” on the activity page.

SAY “In order to create a beautiful picture, you needed to follow a set of directions. God gave His people rules to live by because He knows what is best.”

2 SESSION STARTER (10 minutes)

OPTION 1: YOU MAKE THE RULES



Give each kid a piece of paper. Instruct kids to number their papers from 1 to 10. Prompt them to imagine they are in charge of their school or town. What rules would they enforce?

Give kids a few minutes to write, and then call on volunteers to share their lists. Let the other kids discuss whether or not they agree the rules kids thought of are good rules.

SAY “How did you decide what rules to make? How did you decide if a rule was good or bad? In today’s Bible story, we will hear about some rules God gave to His people, the Israelites. Listen carefully to find out why God gave them rules.”

OPTION 2: TARGET PRACTICE

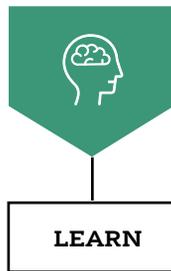
Before the session, create a target (graduated circles) on the floor with masking tape. Challenge kids to stand at a distance and toss beanbags at the target.

Allow kids to toss the beanbags at least five times each. Instruct them keep track of how many times they hit the bull’s-eye.

SAY “Did anyone hit the bull’s-eye every time? No. No one is perfect, right? In today’s Bible story, we will hear how God gave His people rules to show that He is holy. He wants us to be holy too. There’s just one problem. We can’t obey all the rules God gives us. No one can keep God’s law perfectly except Jesus.”

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





THE STORY OF THE GOSPEL

INTRODUCE the Bible Story

1 INTRODUCE THE SESSION (2 minutes)

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

SAY “ Hi, there! I’m [your name]. I’m glad you came today. If you brought your Bible, hold it up. [Provide Bibles for kids who need one.] Can anyone tell me what the Bible is about? [Allow kids to respond.] The Bible is God’s Word. It tells us the wonderful story of God’s plan to rescue sinners.

The Bible tells us what is true about God and about ourselves. Have you ever heard of the Ten Commandments? Can anyone name one of the commandments? [Allow kids to respond.] The Ten Commandments show us what God requires. God is our Creator, and He knows what is best for us. Our Bible story today will help us understand why God gave His people the Ten Commandments. ”

2 BIG PICTURE QUESTION (1 minute)

SAY “ The last time we met together, we talked about our big picture question. Does anyone remember it? **What is worship?** Here’s the answer: **Worship is celebrating the greatness of God.**

We’re discovering some of the ways God is great and why He deserves our worship. God is our good Creator. He loves us and provides for us. He is faithful, always keeping His promises. As we grow in our relationship with God, our desire to worship Him will grow too. So, let’s review. **What is worship? Worship is celebrating the greatness of God.** Think about that as we hear from God’s Word today. ”

3 REVIEW THE TIMELINE (2 minutes)

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

SAY “ Last time, we learned how God provided for His people in the wilderness. God’s people were hungry, and they complained. God heard them and provided for their physical hunger. Do you remember what God gave His people to eat? (manna, quail) Today we will hear how God provided special rules for His people. Our Bible story is called ‘God Gave the Ten Commandments.’ ”



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 “ Open your Bibles to Exodus 19. Look at verses 4-6. [Choose a volunteer to read the verses aloud.] In these verses, God told Moses what to say to His people. In verse 4, what did God want His people to remember? [Allow kids to respond.] God wanted His people to remember how He had cared for them. When we remember God’s power and how He has worked in our lives and the lives of others, we begin to learn more about His character. God is trustworthy and worthy of our obedience. His plan is always the best plan because He loves and cares for His people.

The Israelites continued to disobey God, but each time God brought them back to Himself. Verses 5 and 6 tell us that God wanted to form a relationship with the Israelites. He wanted the people to listen to Him and be His chosen people.

Moses took the message from God to the Israelites and the Israelites agreed that they would listen to God and be His people. So, God gave them His law. God’s law is not just a set of rules people should obey, but it is a picture of the way God designed things to be. The law is like a mirror; it shows us our sin that separates us from God. Because of God’s love and mercy, He provided a way to bring us back to Him. ”

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 we have to follow the Ten Commandments today?
2. What should motivate us to obey 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 new ones. It can be difficult to be a church planter because it takes a long time to grow a church. But 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. ”



THE STORY OF THE GOSPEL

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.

SAY “God displayed His power and glory to Moses and the Israelites on Mount Sinai. He is worthy of worship! Let’s work on memorizing Psalm 95:6-7.”

Direct kids to spread out around the room. Give one kid a small ball or bean bag. Direct the kid holding the ball to say the first word of the key passage. Then toss the ball to another kid, who will say the next word of the key passage and toss the ball. Continue until the whole verse has been said. Repeat the game as time allows.

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

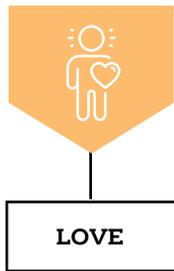
7 PRAY (2 minutes)

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

SAY “Lord, You are a great and holy God. Thank You for loving and caring for Your people. Thank You that even while we were dead in our sin, You provided salvation and true life through Jesus. May our lives bring honor and glory to You. 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. Explain that Mount Sinai (I9) is a real place located in modern-day Egypt. Consider comparing the Old Testament Mediterranean Map to a modern-day map.

Explain that God met with Moses and gave His people the Ten Commandments on Mount Sinai. God only allowed Moses and Aaron to come to the top of the mountain to meet with Him. Choose a volunteer to read aloud Exodus 19:18.

SAY “ The Bible says God completely covered Mount Sinai in smoke. God’s glory covered the mountain so much that this huge mountain shook. God instructed Moses not to allow the people to come to the top of the mountain because if they saw God in His glory, they would die. On Mount Sinai, God gave the people His law which showed them what He requires. We cannot keep the law. In fact, the law shows us our sinfulness that separates us from God. God wants us to have a relationship with Him. Through Jesus we can have forgiveness of our sins and come to God. ”

2 GROUP DISCUSSION (10 minutes)

Ask the following questions. Lead the group to discuss.

| **SAY** “ What covenant did God make with His people? ”

Remind kids that a covenant is an agreement. When God made a covenant with His people, He expected them to listen and obey what He said and, in turn, God would make the Israelites His people. The Israelites did not keep their side of the covenant agreement with God. But God, in His mercy and grace, established a new covenant through Jesus. When we trust Jesus we can be saved from our sins and be God’s children forever.

(Option: Choose a volunteer to read Heb. 7:22.)

| **SAY** “ Can we ever satisfy the requirements of God’s law? Why? ”

Prompt kids to go through each of the Ten Commandments God gave to His people and consider whether they have ever broken any of them. Explain that in the New Testament, Jesus taught that even those who are angry are guilty like those who murder. The Bible tells us that everyone has sinned and if people say they have never sinned, they are lying.

(Option: Choose a volunteer to read Rom. 3:10.)

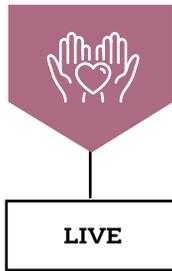
| **SAY** “ How is the gospel good news for lawbreakers? ”

Help kids recognize that God provided a Rescuer: His Son, Jesus. Jesus is our hope. There is nothing we can do to save ourselves. Salvation from sin and eternal life come only through Jesus.

(Option: Choose a volunteer to read Eph. 2:8-9.)

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.

Between exercises, use the “Williams Review” printable to help the kids recall what they’ve learned about the Williamses.

OPTION 2: TEN COMMANDMENTS TOSS

Create two posters: label one poster Ten Commandments and the other poster Not the Ten Commandments. Form two teams and give one player on each team a beanbag.

Explain that the players will compete by listening to a command. The first player to land her beanbag on the correct sign indicating whether the command is one of the Ten Commandments or not earns a point for her team.

Read a command from Exodus 20:1-17 or make up your own. Award points accordingly. Then choose two new players to collect the beanbags and face off. Play additional rounds as time allows.

SAY “ God’s law shows us what He requires, but we fail to obey Him. 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. ”

2 JOURNAL AND PRAYER (5 minutes)

Distribute journal pages and pencils. Guide kids to think about and answer the questions listed on the page. As kids journal, invite them to share their ideas.

- What does this story teach me about God or the gospel?
- What does the story teach me about myself?
- Are there any commands in this story to obey? How are they for God’s glory and my good?
- Are there promises in this story to remember? How do they help me trust and love God?
- How does this story help me to live on mission better?

Review the gospel and encourage kids to speak with you or another teacher if they have questions. Then pray, praising God for his holiness and thanking Him for sending His Son to save us from our sin. As time allows, lead kids to complete “Rule Rhymes” on the activity page.