



Unit 5 | Session 2

GOD GAVE THE TEN COMMANDMENTS

Exodus 19-20

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.



1 WELCOME TIME

Greet each preteen 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.

- **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?**

2 SESSION STARTER

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.

- **How did you decide what rules to make? How did you decide if a rule was good or bad?**
- **Why do you think God gave rules to His people?**

OPTION 2: TARGET PRACTICE

» **supplies: sticky notes**

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.

- **Did anyone hit the bull's-eye every time? Is anyone perfect?**
- **Can we keep God's rules all the time? Why or why not?**



THE STORY OF THE GOSPEL

1 TELL THE BIBLE STORY

The Bible tells us what is true about God and about ourselves. All of the stories in the Bible fit together to tell us the big story of how God rescues sinners through His Son, Jesus.

Today we are going to hear about the Ten Commandments. Whether this is your first time or your tenth time hearing this story, there is always something new to learn in God's Word.

Read from Exodus 19–20.

•What does this story teach us about God?

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.

•What is the purpose of God's 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.

Form groups of two or three and practice retelling the Bible story in your own words. Think of someone you could share the story with this week.

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.



THE STORY OF THE GOSPEL

2 MISSIONS MOMENT

Remind kids that 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. Pray for any missionaries your church supports.

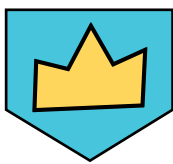
3 PRAY

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.

THE GOSPEL

GOD'S PLAN FOR ME

The gospel is the good news, the message about Christ, the kingdom of God, and salvation. Use Scripture and the guide provided below to explain how to become a Christian. Make sure kids know when and where they can ask questions.



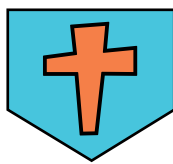
GOD RULES.

Ask: "Who is in charge at home?" Explain that because God created everything, He is in charge of everything. Read Revelation 4:11.



WE SINNED.

Ask: "Have you ever done something wrong?" Tell kids that everyone sins, or disobeys God. Our sin separates us from God. Read Romans 3:23.



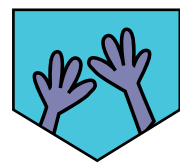
GOD PROVIDED.

Explain that God is holy and must punish sin. God sent His Son, Jesus, to take the punishment we deserve. Read John 3:16.



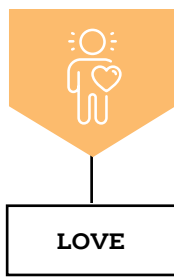
JESUS GIVES.

Ask: "What is the best gift you've ever received?" Say that Jesus took our punishment for sin by giving His life, and He gives us His righteousness. God sees us as if we lived the perfect life Jesus lived. This is the best gift ever! Read 2 Corinthians 5:21.



WE RESPOND.

Explain that everyone has a choice to make. Ask: "Will you trust Jesus as your Savior and Lord? You can turn from self and sin and turn to Jesus." Read Romans 10:9-10.



THE GOD OF THE GOSPEL

1 THINK ABOUT THE STORY

- Do we have to follow the Ten Commandments today?
- What should motivate us to obey God?

2 GROUP DISCUSSION

Distribute Bibles. Guide preteens to open their Bibles to Exodus 19. Choose a volunteer to read aloud Exodus 19:18. Remind preteens that 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.

Choose another volunteer to read aloud Exodus 19:18 again. Then lead the group to discuss the following questions.

1. 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.)

2. 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.)

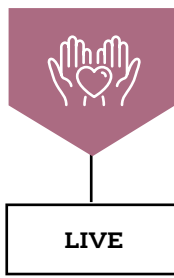
3. How is the gospel good news for lawbreakers?

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.)

BIG PICTURE QUESTION

What is worship?

Worship is celebrating the greatness of God.



THE MISSION OF THE GOSPEL

1 KEY PASSAGE ACTIVITY

Instruct kids to open their Bibles to Psalm 95:6-7. Lead them in reading the key passage aloud together. Point out that God displayed His power and glory to Moses and the Israelites on Mount Sinai. He is worthy of worship! Encourage kids to 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.

2 PRAY

Invite volunteers to share prayer requests. Then pray, praising God for his holiness and thanking Him for sending His Son to save us from our sin.

ADDITIONAL ACTIVITY

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.

Emphasize that 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.