

# Lesson 34

## -The 10 Commandments-

### The 10 Commandments

#### **2-5 Years:**

**Opening Prayer:** To welcome the start of the class. For example:

"Dear God. As we once again come together, help us to learn more about your work and how we can be better Christians. Amen"

#### **Bible Story:**

Tell the story of Moses and the Ten Commandments in basic language that this age group can understand. If you can't find an illustrated copy of this in the library for use in your class, use the bible use simple language.

#### **Discuss:**

What is a rule? Talk about simple rules that your class will understand - perhaps rules at home (brush teeth, pick up toys, etc), social rules (underwear goes under clothes, shoes go on after socks, don't throw sand at other children) etc. A Commandment is a rule from God.

### Activity:

Provide construction paper cut either in the shape of a mountain, or a traditional bookmark shape. On one side of each bookmark write "Love Thy Neighbor", and leave the other side blank.

Give a bookmark to each child in your class, and provide craft materials so that they can decorate the plain side of the bookmark.

**Song:** (To the tune of "This Old Man")

One day God  
Gave us rules  
Gave us rules so we'll live right  
Because now we know how God wants us all to live  
Live in our Gods loving light

Help us God  
Keep your Rules  
Keep your Rules so we'll live right  
Because now we know how you want us all to live  
Live in your most precious light



### Activity 2:

Use this lesson to encourage politeness in your class. It's a social rule that we say please and thank you, and you can turn this into a game by having something for the children to look at, and teaching them to ask politely to look at it, and then to thank you for showing it to them.

"Please may I look at the picture."

"Of course because you asked so nicely. Here you go."

"Thank you"

Reaffirm that this is something that they should do every time and not just with adults by having them ask each other for something.

"Please could you give me my jacket."

"No problem."

"Thank you."

**Closing Prayer:** Thanking God for giving us rules to live by. For example,

"Dear God, thank you for giving us the rules that you want us to follow in order to be good Christians. Amen."

## 6-8 Years:

**Opening prayer:** To welcome students to class and introduce the theme. Keep the prayer simple and easy for the children to learn so that it can be said as a group prayer rather than one that the leader says. For example:

"Dear God, We thank you for the chance to meet once again in your presence. Help us to learn more about your work and to understand how we can follow in your footsteps. Amen"

### **Bible Story:**

Tell the story of the 10 Commandments to the children in the class.

A picture book version isn't necessary but a simplified version of the story will put it into the understand level of the age group. If you have a children's bible that you use with your class, then this ought to be appropriate.

### **Drama:**

Appoint one person in the class as Moses and another as the voice of God. The rest of the class, as the people who followed Moses out of the Egypt, should watch Moses leave and go up the mountain (across the room) where God will tell him of the Commandments. Have the "voice of God" read the Commandments again from your book in a clear voice.

### **Discussion:**

What are the commandments? What other names do we have for them (rules, laws)? Why do we need these? Have the children tell you of some other rules that they have to follow, and who makes these rules.

### **Game:**

The Commandments address two areas: how we should treat God and how we should treat people. Clear a space in the room so that you can have the children move from one side of the room to the other. Make one side of the room "God" and the other side "People".

Call out the Commandments randomly and have the children move to the appropriate side of the room. Do this until you get all of the children moving to the right side of the room for each Commandment.

If you are limited for space and can't do this safely, then have the children stand up, and as you call out each Commandment they should turn and face the appropriate wall.

**Closing Prayer:** Thanking God for loving us enough to give us his Commandments to show us how to live. For example:

"Dear God, thank you for your Commandments so that we are sure about how we should live. Help us remember these as we go about our daily lives. Amen."

## 9-11 Years:

**Opening prayer:** To welcome students to class and introduce the theme. Keep the prayer simple and easy for the children to learn so that it can be said as a group prayer rather than one that the leader says. For example:

"Dear God. We thank you for the chance to meet once again in your presence. Help us to learn more about your work and to understand how we can follow in your footsteps. Amen"

### Bible Story:

Today's bible reading is the story of the 10 Commandments.

Exodus 20: 1-17



Exodus  
20:1-17

Ask for volunteers to read this and divide the verses between them.

### Discussion 1:

What are Commandments? What other words could we use for these today (laws, rules)? Are rules/laws good things or bad? What other rules/laws do the children know?

### Activity 1:

Go around the class one student at a time, read out a Commandment, and have the student tell you if it is a Commandment which refers to how we should treat people, or one that tells us how we should treat God himself.

**Activity:** Create a Commandment Book

Provide each student with 3 pages of white paper and some pens, pencils and craft materials. On the wall pin a simplified copy of the Commandments that are easy to copy down.

Have the students create a booklet by putting the 3 pages together and making a centerfold, then securing them with a staple so that they have a book to work in. The first page is their title page "The 10 Commandments". Inside they should number the pages at the bottom and then write out the Commandments as per the sheet you provide for them to copy from. One Commandment per page.

Once they have the words in the book, they can decorate their pages as they choose.

**Closing Prayer:** Thanking God for his Commandments to guide us in how to live as he would want us too. For example:

"Dear God, thank you for giving us the 10 Commandments so that we know how you want us to live. Help us to keep these Commandments so that we continue to have your blessing. Amen."

**Quiz:**

How many Commandments are there?

- a) 8
- b) 12
- c) 10

To whom did God give the Commandments?

- a) Adam
- b) Moses
- c) The President

Where was Moses when God gave him the Commandments?

- a) At the top of a mountain
- b) On a fishing boat
- c) Asleep in his bed

Which day did God say was to be the Sabbath?

- a) Sunday
- b) Tuesday
- c) Friday

Who did God say should be honored?

- a) Doctor
- b) Mother and Father
- c) Baseball Players

## 12-14 Years:

**Opening prayer:** To welcome students to class and introduce the theme. Keep the prayer simple and easy for the students to learn so that it can be said as a group prayer rather than one that the leader says. For example:

"Dear God. We thank you for the chance to meet once again in your presence. Help us to learn more about your work and to understand how we can follow in your footsteps. Amen"

### Bible Reading:

Today's bible reading is the story of the 10 Commandments.

Exodus 20: 1-17



Exodus  
20:1-17

Ask for volunteers to read this and divide the verses between them.

### Discussion 1:

Commandments are laws. The 10 Commandments are the laws that God has given to us so that we live in way that will please him. Are laws a good idea? What would happen to our society if we didn't have laws?

### Activity 1:

Supply paper and pens/pencils. Have each student write down as many Commandments as they can remember. Give a time allocation of 10 minutes for this - 10 minutes for 10 Commandments.

Have them keep the pens and paper for the next activity.

### Discussion 2:

Do Christians still keep the Commandments? What about other laws? Which laws are both a Commandment and part of our legal system? Is failing to keep a Commandment against the law? Christians in various countries live with different kinds of laws enforced by society, but they should all keep the same Commandments.

### Activity 2:

Ask the students to think about what it must have been like to be one of the Israelites listening to Moses tell of God's Commandments. On the piece paper used earlier, write down some notes about what you might have seen, felt.

Next choose a volunteer to stand up and using their notes as a reference, describe the scene as if they were reporting it for radio (no images so describing what they see is important) - how are the Commandments received by the people, are they happy to know how to please God, are they afraid, do they think they're a good idea, what kind of night is it, are the people excited.

**Closing Prayer:** Thanking God for creating his Commandments so that we have a list of rules so we know how to live in a way that will please him. For example:

"Dear God, thank you that you have created the Commandments so that we have a list of rules so we know how to live our lives in a way that will please you. Help us to follow these rules joyfully as we go about our everyday lives. Amen."