

# The 10 Commandments – God’s Directions for Life: Introduction

For Adults: For the rest of the school year (except around Easter) we will be learning about the 10 Commandments. It’s Important for kids to not just memorize a list of do’s and don’ts, but to understand the many different ways this list helps us live our lives and make good choices.

The other important lesson for kids is how much of God’s grace is in this list. In Mark 12 Jesus says, “The most important command is this: ‘Listen, people of Israel! The Lord our God, he is the only Lord. 30 Love the Lord your God. Love him with all your heart, all your soul, all your mind, and all your strength.’ The second most important command is this: ‘Love your neighbor as you love yourself.’” Rather than leave us to figure out for ourselves how to fulfil these commandments, God told us exactly how to do so with the 10 Commandments. Also, God wants us to be happy and secure because He loves us. These laws achieve that.

## Opening Activity:

There are 2 options for this activity using the Internet or not.

1. Draw a bear in a cave. What do you think of your drawing? Was this difficult?
2. Visit <https://www.youtube.com/watch?v=s4jy0AJU0BQ&list=WL&index=2> (Art for Kids Hub: Hibernating Bear). Draw the bear again following the video. How do your 2 pictures differ?
  1. Have your kids perform a task, like making a sandwich, with minimal instruction. Was it difficult to complete the task?
  2. Now give your kids a list of instructions and have them do the task again. Was it any easier this time?

Figuring out how to do something on our own can be difficult. Having a set of instructions really can make it easier, because you know what to do. It’s the same with having a plan. When you go on a trip what kind of preparations do you make?

The 10 Commandments can look like a long list of rules. And it may seem that if you don’t follow all the rules perfectly, God will be mad at you. Actually, they are more like the set of instructions or travel preparations. The 10 Commandments teach us how to travel through life and walk the Discipleship Pathway. It is a loving God who happily gave you these laws to help you.

## Opening Prayer:

Dear Lord, you created us, so you know how we need to act. Even though it doesn’t always seem so, giving us rules proves you loves us. Help us to learn what your rules are, why you gave them to us, and how we can make them work in our lives. We love you. Amen.

### Activity:

As a family perform the story of Moses receiving the 10 Commandments the first time. The script below is a generalization of the story. You can find the complete account in Exodus 19-20:21. Have as much fun as you like with the drama. You may wish to set up a Mount Sinai or have costumes. This is a good opportunity for kids to engage with God's word.

## Moses Receives the Ten Commandments

### Roles:

-Narrators 1, 2, and 3   -Moses   -God   -Sound Effects   -The Tablets   -The Israelites

### Directions:

When your role comes up read the part and pretend to do the action.

Narrator 1: Thousands of years ago, God chose the Israelites to be His special people. They had been slaves in Egypt and cried out to God for help.

Israelites yell: God, help us!

Narrator 1: God's loving ears heard their sad cries. With a mighty hand, God led His children-about 2 million people! - out of Egypt.

Israelites yell: Yea! Good-bye, Egypt.

Narrator 1: They were free! Moses and the Israelites as they began their journey to a new home. God led them out into the desert. They camped next to Mount Sinai.

(Everyone walks in place as they journey to Mount Sinai)

Narrator 2: First, God had to teach them what it meant to be His special people. They had to learn how God wanted them to live so they could be safe and happy. Listen closely, God is about to tell them the dream in His heart.

God: My people, you yourselves have seen how I protected you from the Egyptians and how I carried you as though on eagles' wings and brought you to myself.

Israelites: We will do everything you ask.

God: Moses, have the people get ready. In 3 days I will come down on to Mount Sinai.

Moses: Let's get ready for what God has to say. Everyone should wash their clothes.

(Everyone pretends to wash their clothes)

God: No one should touch Mount Sinai because it is Holy.

Moses: I will build a fence around it to keep us safe.

Sound effects: hammer on wood

Narrator 2: Just as the fence would keep the people safe, God's loving laws would keep them safe. The laws are not just 10 good ideas; they are 10 holy commandments to protect us and help us.

Narrator 3: On the morning of the 3<sup>rd</sup> day, there was thunder and lightning.

Sound effects: bang cookie sheet for thunder

Narrator 3: A thick cloud covered the mountain, and there came a very loud blast.

Sound effects: blow horn

Narrator 3: Mount Sinai was covered with smoke. The whole mountain shook! The blast grew louder.

God: Moses, come meet me on the mountain. Here are my 10 Commandments. They will keep the Israelites safe and happy.

The Tablets:

1. Worship Only God
2. Don't Have Any Idols
3. Don't Misuse God's Name
4. Keep the Sabbath Holy
5. Respect Your Parents
6. Don't Kill Anyone
7. Keep Your Promises to Your Spouse
8. Don't Steal Anything
9. Don't Tell Lies
10. Don't Wish You Had Other's Belongings

Israelites trembling: We're so afraid. What is going on?

Moses: Do not be afraid. God will be with you.

The End (everyone bows)

Discussion:

Why did God give the Israelites the Ten Commandments?

Why does He give the same commandments to us?

What do God's laws do for you?

Closing:

God gave the Israelites His loving laws to them safe and to create a special family for Himself - a family who would love God with all their hearts, minds, and strength, and who would love their neighbors as themselves. Say a prayer to end.

# The 10 Commandments



No Other Gods  
Before Me



No Idols Or  
Graven Images



Don't Take God's  
Name In Vain



Keep The  
Sabbath Holy



Honor Your Father  
And Mother



Thou Shalt  
Not Kill



Don't Commit  
Adultery



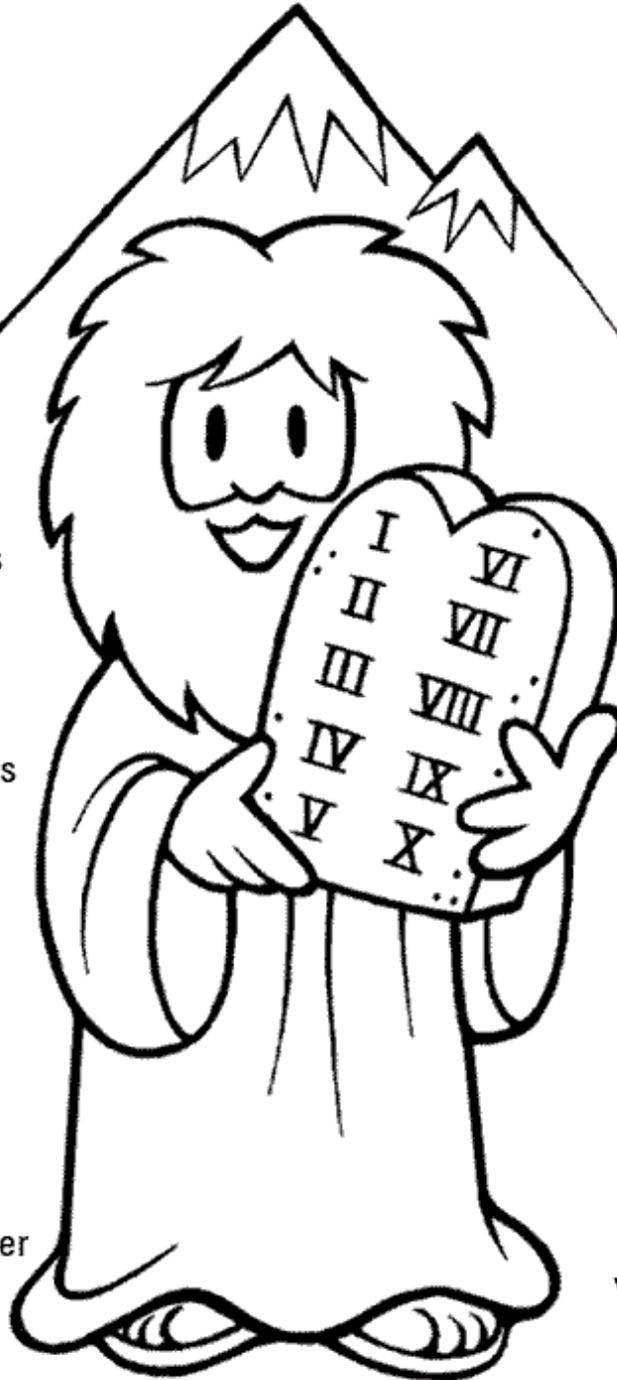
Do Not  
Steal



Do Not  
Lie



Do Not Covet  
Your Neighbor's  
Stuff



## Exodus 20:1-17