

Israel's Wanderings  
and Wonderings  
Exodus 20:1-17

# God Gives the Ten Commandments

Bible Point

**God guides us...because he loves us.**

## Purpose

Growing up, we may have moaned and groaned anytime rules were mentioned. After all, rules take away the fun, right? But imagine a busy highway with no traffic rules. Or a business that doesn't follow standards. Rules keep us—and others—safe. They're boundaries for our good.

God gives rules as the guardrails of our lives. Why? Because he loves people and wants to spare the pain that off-roading can bring. God's rules show how much he values his people.

Your kids may instinctively push back against the idea of rules. But you have an opportunity to help kids begin to grasp the value and benefits God's commandments bring to our lives—they show us his love!



## Prayer

Dear God, thank you for giving us rules that make our lives better. Thank you for loving us so much that you want the best for us. Please help me show that love to your kids today. In Jesus' name, amen.

## Prep

Opening Options	Sing & Play	Bible Discovery & Friendship Finale	Apply-It Options
<ul style="list-style-type: none"> <li><input type="checkbox"/> Option Cards*</li> <li><input type="checkbox"/> <i>Silly Spoons</i>: plastic spoons, permanent markers</li> <li><input type="checkbox"/> <i>Rules of the Road</i>: painter's tape</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> countdown video*</li> <li><input type="checkbox"/> <i>Music Video</i> DVD*</li> <li><input type="checkbox"/> <i>Buddy Video</i> DVD*</li> <li><input type="checkbox"/> Radar Bible Memory Buddy poster*</li> <li><input type="checkbox"/> media player</li> <li><input type="checkbox"/> Bible (bookmark Proverbs 3:5-6)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "God Gives the Ten Commandments" Bible Story poster*</li> <li><input type="checkbox"/> Radar Bible Memory Buddy stickers* (1 per child)</li> <li><input type="checkbox"/> Take-It-Home Flyers* (Unit 1, Week 2) (1 per child)</li> <li><input type="checkbox"/> Bible (bookmark Exodus 20:1-4, 7, 12, 13, 15-17)</li> <li><input type="checkbox"/> marbles (1 per Crew)</li> <li><input type="checkbox"/> paper, markers, index cards</li> <li><input type="checkbox"/> beach ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Explore More</i>: Bibles</li> <li><input type="checkbox"/> <i>Game</i>: yarn</li> </ul>

\* in your **Simply Loved Kit**



# Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



## Silly Spoons

**Supplies:** plastic spoons, permanent markers

Make a plastic spoon character using the markers. Then, together, use the spoons to act out what it looks like to follow a few kid-friendly rules.

**?** What's a rule you follow at home? at school? on a bus? other places?

**God guides us.** And he gives us rules! Rules are good for us because they keep us and other people safe.

## Rules of the Road

**Supplies:** painter's tape

Brainstorm and use tape to make as many different road signs as you can think of. Examples include stop signs, railroad crossing signs, and school crossing signs.

**?** Where's your favorite place to travel to? Why?

In today's Bible story, God gave people his rules to follow, kind of like road rules. God's rules guide and help us. **God guides us.**

# Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



countdown video (1 minute)

Help kids transition, clean up the activities, and sit with Connect Crews. A Connect Crew is a small group of kids with one Crew Guide.

## Sing & Play

Hello, friends. Welcome! I'm so glad you're here. *Jehovah* is another name for God. Let's ask God to guide our time together with this song.



"Guide Me, O Thou Great Jehovah" music video

### Bible Point

**God guides us.** That's our Bible Point today. Every time you hear the words "**God guides us,**" point up (demonstrate) and say, "Follow God!" Let's try that together.

- Point up and say, "Follow God!"
- Repeat several times.

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Follow God!"

I'm so thankful that **God guides us.** (*Follow God!*) Let's show God we love him by singing another song. He loves to hear us praise him!



"Thankful" music video



### Supplies

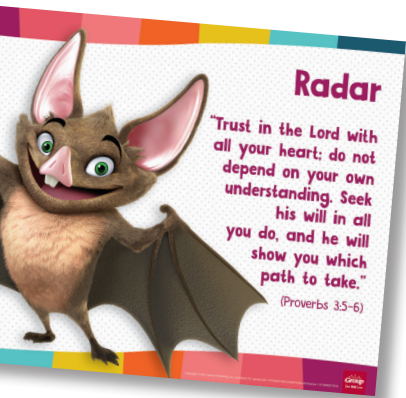
- Bible
- media player
- *Music Video* DVD
  - "Guide Me, O Thou Great Jehovah" music video
  - "Thankful" music video
  - "My Lighthouse" music video
- *Buddy Video* DVD
  - Radar Bible Memory Buddy video (Week 2)
- Radar Bible Memory Buddy poster



Follow God!

## Bible Memory Buddy & Verse

Let's check in with our Bible Memory Buddy. It's Radar the bat. How much do you know about bats? Let's find out with a This-or-That Challenge! You'll hear two fun facts about bats. It's up to you to decide which is true—this fact or that!



**?** How fast can bats fly? Is it 50 miles per hour or 100 miles per hour?

- Have everyone hold up one hand to vote for *this* (50 mph) or both hands to vote for *that* (100 mph).
- Make a drumroll sound by patting your thighs or the floor.
- Dramatically give the answer: **Some bats can fly 100 miles per hour! That's fast! Let's find out more!**
- Watch the Bible Memory Buddy video.



**Radar Bible Memory Buddy video (Week 2)**



Show the Bible. **God guides us through the Bible! The Bible has two main sections: the Old Testament and the New Testament. The word *testament* means "covenant" or "promise." And our Bible Memory Verse has a promise for us from God. It's Proverbs 3:5-6. Let's say the verse together. I'll say a line, and then you repeat after me.**

**"Trust in the Lord with all your heart;** *(hold hands over heart)*

**do not depend on your own understanding.** *(point at head)*

**Seek his will in all you do,** *(point up)*

**and he will show you which path to take."** *(move both arms forward and out)*

*(Proverbs 3:5-6)*

God's Word is so important in our lives. It helps us remember that **God guides us.** *(Follow God!)* We can always talk to God, and he'll help us know the way to go. Let's sing about that!



**"My Lighthouse" music video**

# Bible Discovery

## Circle Up & Connect

Let's circle up and spend a little time simply getting to know each other in smaller groups called **Connect Crews**.

- Arrange kids into Connect Crews with one helper—or Crew Guide—per group.
- Invite everyone to sit in knee-to-knee circles with their Connect Crews.
- Have kids give their Crew Guides and each other two-handed high-fives.
- Let kids take turns saying their names and answering this question. Crew Guides go first.

**? If you could make one rule for all people to follow, what would it be?**

## The Heart of the Matter

Give Crew Guides paper (1 piece per person) and marbles (1 per Crew).

Those sound like some good rules! Today in our Bible story, we're going to learn about the Ten Commandments. Those are rules in the Bible that God gave his people, the Israelites, and they're rules to guide our lives today, too. But first, I have a challenge for you.

Crew Guides, stand up and hold your marbles straight out in front of you. The challenge is for each Connect Crew to create a paper pathway that guides the marble safely onto the ground from where each Crew Guide is holding it right now—without letting it fall. Here are the rules.

- Each person gets one piece of paper.
- You'll work together to create a paper path to guide the marble and move it safely to the ground—without letting it drop or fall.
- If the marble falls, you must start over.
- Once your Connect Crew is successful, sit on your paper.

### Supplies

- Bible
- "God Gives the Ten Commandments" Bible Story poster
- marbles (1 per Crew)
- paper (1 piece per person)
- markers
- index cards (1 per person)
- beach ball

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply circle up with the kids. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!



When Connect Crews are successful, have Crew Guides collect the marbles and papers.

- ❓ **How did your paper guide and protect the marble?**
- ❓ **How is the way you guided the marble like following rules in your life?**

In our challenge, you guided the marble to keep it from falling. In life, we have rules that guide and help us. In today's Bible passage, we're going to hear the special rules God gave us because he loves us.

## Experience the Bible Story

The Bible passage we'll explore today is from the book of Exodus in the Bible. Are you ready? Stand up and follow my lead.

One day a man named Moses, who was the leader of God's people, climbed a mountain so he could meet with God away from the Israelite people. Walk in place, facing one direction.

On the mountain, God talked to Moses. He gave Moses important rules to take back down the mountain to the people. Walk in place, facing the opposite direction. We often call these rules the "Ten Commandments."

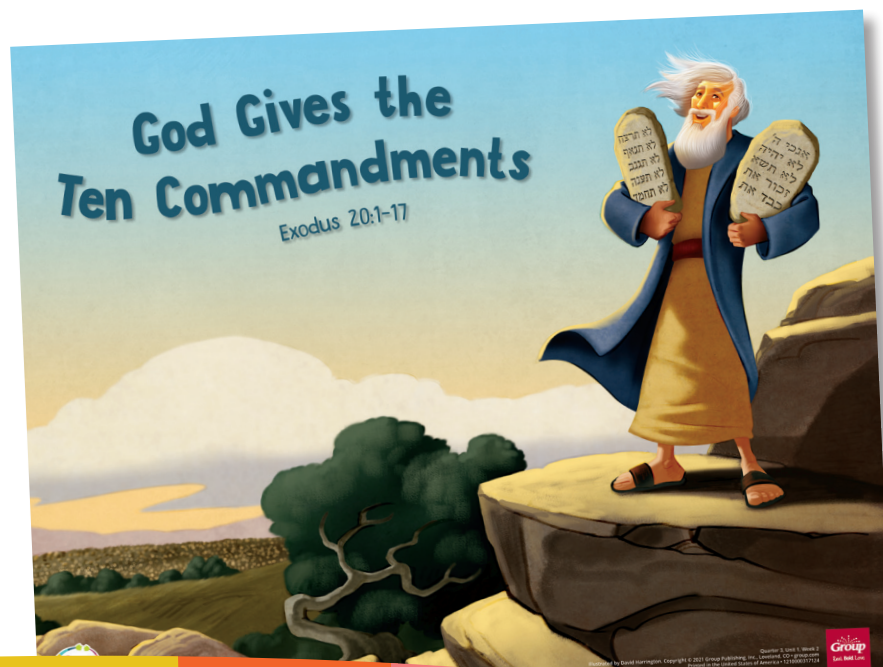
Welcome kids' responses. Be sure to repeat what they say so you're sure to understand and so everyone can hear and be a part of the conversation.

- ❓ **Why do you think God gave the Israelites these rules?** Invite responses from the whole group.

**God guides us.** (Follow God!) God loved his people! He wanted them to live differently so other people would know they belonged to him. And he wanted them to live in loving ways and show the world how special God is.

So there was Moses, on the mountain, talking with God! Whoa! Later God wrote these special rules for his people on stone tablets, so they could remember what was important.

Show the Bible Story poster, identifying Moses, the mountain, and the stone tablets.



**Let's learn more about God's Ten Commandments. We won't go up a mountain, but we *will* go on a journey around our room.**

**These directions will guide you to our first stop.** Tell everyone where to go and how to get to a different part of your room. For example, "Take giant steps toward the back wall!" Have everyone sit down in the new location.

**God guides us.** *(Follow God!)* **Let's find out what God told Moses first.**



Read aloud Exodus 20:1-4, 7.

**We worship only God, and we respect God's name.**

**Let's try something. Turn to a partner, and say that person's name in a really grumpy, mean voice.** Allow time for partners to say each other's names.

**I have a question for you.**

- ❓ **What was it like to say someone's name that way?** Invite responses from the whole group.

**Okay. Let's flip the question.**

- ❓ **How did you feel hearing your name spoken that way?** Invite responses from the whole group.

**Now turn to your partner again. This time, say each other's names in loving, friendly voices.** Allow time for partners to say each other's names. **Let's talk about this again.**

- ❓ **How did it feel to say someone's name that way?** Invite responses from the whole group.
- ❓ **How did you feel hearing your name spoken that way?** Invite responses from the whole group.

**It doesn't feel very good to hear someone say your name in a mean way, does it? And God's name is the most special name of all! God is holy. *Holy* means special and set apart—unlike anyone else. God is special. So we treat him that way and respect his name!**

**Now let's head to our next destination. These directions will guide you.** Tell everyone where to go and how to get to another part of your room. For example, "Grapevine toward the window!" Have index cards and markers handy at the new location. When everyone reaches the new location, have everyone sit in Connect Crews.

**God guides us.** *(Follow God!)* **Let's read a rule about families.**



Read aloud Exodus 20:12.

**When we honor our moms and dads, we're loving our families!**

**We can honor our parents or caregivers in lots of ways. Maybe it's helping Mom fold laundry or helping Dad with the dishes. Maybe it's as simple as giving someone a hug. God wants us to show his love to the families he's given us.**

**Let's put love into action! Think of one way you can show a parent or caregiver that you honor and love them. Be creative, and try to think above and beyond your usual chores.**

**Now let's create a coupon for that person!** Share what you'll write on your coupon. For example: "Good for one custom-made ice cream sundae—cleanup included!" **Can you make your coupon in five minutes? Let's find out. Ready, set, go!** Allow time for kids to use index cards and markers to create their coupons.

**Great work! Be sure you give your coupon to your parent or caregiver sometime today. Now let's find our next destination. My directions will guide you.** Tell everyone where to go and how to go back to where you all began. For example, "Crabwalk to the center of the room!" Have everyone remain standing when they get there.

**God guides us.** *(Follow God!)* **Let's read God's rules about how we should treat other people.**



Read aloud Exodus 20:13, 15-17.

**These rules all guide us to avoid doing wrong things that hurt others. God wants us to show his love to everyone! Speaking of avoiding, let's do something to help us understand these commandments a bit more.**

**Let's try to keep this ball away from [name of a Crew Guide]. Everyone stand up, and try as he [she] might, don't let him [her] get the ball. Ha-ha! It'll be fun!**

Toss the beach ball around the room while the Crew Guide tries to get it. Try to make it impossible for that person to get the beach ball. After about a minute, keep the ball and have everyone sit down again.

**?** [Crew Guide's name], **how did that make you feel?** Invite a response.

**We tried to keep the ball away from our friend. In real life, when we exclude people, that's hurtful. It doesn't feel very good when people do things that hurt us. Stealing, lying, cheating, and being mean can really hurt others. That's why God tells us not to do those things. When we do them, we aren't valuing and loving people like God does.**

**God guides us.** *(Follow God!)* **And God loves us and wants us to love others. His rules are important because they guide us and show us how to live in a way that honors him.**

Now's a great time for Apply-It Options. Choose one—or both—of the following reinforcement activities to support today's Bible discoveries before the Friendship Finale.



# Apply-It Options

Choose one—or both—of these activities to support kids' learning after Bible Discovery.

## Explore More

**Supplies:** Bibles



Distribute Bibles, and help kids find and read Matthew 22:36-40 together.

**Jesus tells us that the most important thing is to love God and love others. We can always trust that God's rules are good and will protect us because he loves us so much.**

Form pairs, and have kids come up with one way they can show love to their partner—right now—and then do it. For example, they could tell them something they like about them, come up with a cool handshake together, or offer to let their partner go first when it's time to receive Bible Memory Buddy stickers.

- ❓ **What's one way you can love God, love your family, or love everyone this week?** Invite kids to discuss in their Connect Crews.

**God guides us.** *(Follow God!)* God loves us, and he'll always guide us the right way. The more we read the Bible and talk to God, the more we understand that.



## Game

**Supplies:** yarn

- Have kids play Simon Says where one child is the Leader and the rest follow.
- When the Leader says "Simon says" and a command like "jump up and down," kids must follow. If the child doesn't say "Simon says," kids don't follow the command.
- All kids hold on to one long piece of yarn without letting go, no matter the command. Take turns letting different kids lead.
- ❓ **What was it like to play this game while also holding on to the yarn?**

**God guides us.** *(Follow God!)* In our Bible passage, God gave Moses his rules to share with the Israelites. God's commandments are kind of like this yarn, joining the people together as followers of God. God's loving rules help us and connect us to others.



## Supplies

- Radar Bible Memory Buddy stickers (1 per child)
- Take-It-Home Flyers (Unit 1, Week 2) (1 per child)

# Friendship Finale



Have kids sit in knee-to-knee circles with their Connect Crews.

**Remember Radar? Radar, our Bible Memory Buddy friend, can help us remember that **God guides us.** (Follow God!) You'll each receive a Radar sticker to help you remember God cares for you throughout your week. Crew Guides will give each person a sticker like this.**

- Ask a willing child to help you demonstrate the following actions.
- Have the child stand across from you. Say the child's name, and have the child walk toward you. Place the Radar sticker in the child's open hands and cup the child's hands in yours.
- As they give each child a Bible Memory Buddy sticker in the same way, Crew Guides say, "[Child's name], **God loves and guides you.**"
- Crew Guides give thumbs-up when everyone has received a sticker.

Saying each child's name in a loving way helps kids simply experience the love of Jesus through you!

**God guides us. (Follow God!) God loves us, even though he knows we won't follow his rules perfectly. We're human! And our sin sometimes causes us to choose rules we make up, like "It's okay to lie" or "It's okay if no one knows." Our rules get us in trouble, but God's rules rescue us! Jesus came to save us, too. Jesus is God's perfect Son, who came to earth to rescue us from sin and be our forever friend. Jesus is with us and guides us as we love God and others.**

**I'd like to read you something now about our friend Jesus. As you listen, close your eyes, cup your hands lightly around your ears, and focus on the words. Pause as kids close their eyes. Now imagine your friend Jesus is talking to you, and listen as I read about Jesus.**

- Read the first section of the Unit 1, Week 2 Take-It-Home Flyer.
- **Now I'll give you one of these flyers to help you talk about Jesus' love in your Connect Crews and at home, too.**
- Distribute Take-It-Home Flyers to Crew Guides, and have them share about their own friendship with Jesus as they discuss the "Talk Starter" question and then invite kids to share.
- Kids share prayer requests—things they'd like to tell Jesus—in their Connect Crews.
- Connect Crews pray together.
- Crew Guides distribute Take-It-Home Flyers and follow the directions to help kids fold the paper to "fly" home. 🦋

