

# Ten Commandments

Adventures of Moses  
Lesson 5

## Lesson Objectives

- The children will tell the story of God giving the Ten Commandments to Moses.
- The children will identify the Ten Commandments.
- The children will give one reason why they should pay attention to God's law.

## Lesson Text

Exodus 19-20

## Scripture Memory Verse

The fear of God will be with you to keep you from sinning.

*Exodus 20:20*

## Lesson Plan

Greeting and Registration

Preclass Activity: Tell It on the Mountain

Welcome and Singing

Centers:

Bible Story: God's Top Ten

Craft: Keys to God's Heart

Scripture Memory: Don't Be Silly!

NOTE: Allow time for a snack.



# Ten Commandments

## Tell It on the Mountain

The children will preview today's lesson as they complete the missing letters and uncover the Ten Commandments.

### Materials

For each child:

- pencil
- crayons

Reproducible Pages:

- Page A, 1 copy for each child

### Preparation

Complete the activity on your copy of Reproducible Page A.

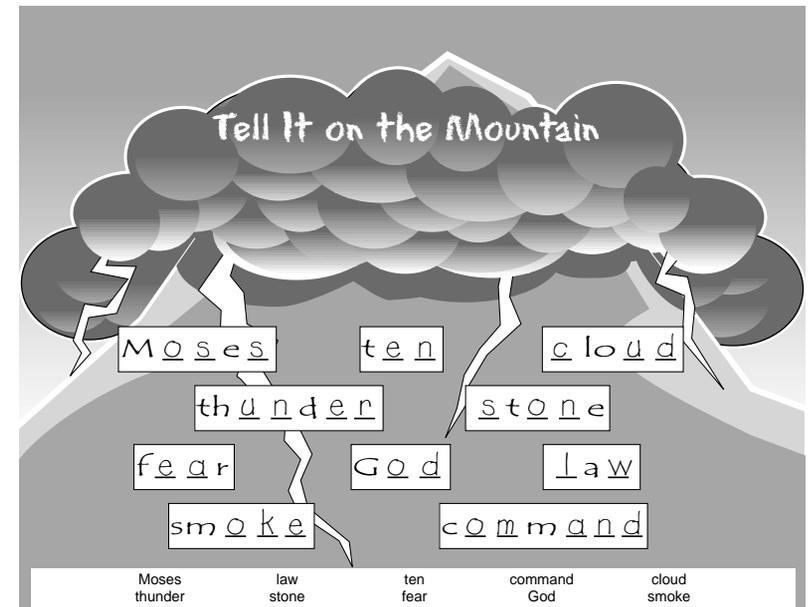
### Instructions

1. Greet the children as they arrive. Explain that in today's lesson they will learn about how God talked to Moses on a mountain and gave Moses the Ten Commandments. Tell the children that it is a very exciting story.
2. Distribute the copies of Reproducible Page A and pencils. Tell the children to find the word that fits in each space from the box at the bottom of their pages.

3. Encourage the children to work with a partner. Circulate among the children to offer help.
4. Make sure the children write their names on their pages.
5. For children who finish early, have them number from one to ten on the backs of their pages and write the words from this activity in alphabetical order.

### Teacher Tips

- Encourage your adult assistants to work with new or visiting children.



# B Ten Commandments

S

## God's Top Ten

The children will learn the story of how God gave the Ten Commandments to Moses on the mountain.

### Materials

*For the teacher:*

- scissors
- 20 index cards, 3" x 5"
- glue stick

*Reproducible Pages:*

- Page D, 1 copy for the teacher
- Page E, 1 copy for the teacher

### Preparation

1. Cut out the ten commands from your copy of Reproducible Page D and glue to the index cards.
2. Repeat Step 1 for the definitions on your copy of Reproducible Page E.
3. On the back of the command cards, write a "C" for command. On the back of the definition cards, write a "D."

### Introducing the Bible Story

Open your Bible to Exodus 19-20. Tell the children that this week's lesson comes from the Old Testament book of Exodus chapters 19 and 20. Tell them that in this lesson they will learn what happened to Moses and the Israelites after they crossed the Red Sea and came into the desert.

*How many of you have ever heard of the Ten Commandments? Does anyone know where they came from? (Take responses.) In our story today, you are going to learn that God spoke to Moses from a mountain called Sinai and gave him the Ten Commandments.*

*Can you think of the last time you were really scared? In our story today, the people were terrified by something. Can you guess what? (Take a few responses.) Ask the children to listen carefully as you tell the story from Exodus.*

### Presenting the Bible Story

*Three months after the Israelites left Egypt, they entered the Desert of Sinai and camped there in front of the mountain. Then God*

*called Moses from the mountain and in Exodus 19:3-6 it tells us what happened:*

*Then Moses went up to God, and the LORD called to him from the mountain and said, "This is what you are to say to the house of Jacob and what you are to tell the people of Israel: 'You yourselves have seen what I did to Egypt, and how I carried you on eagles' wings and brought you to myself. Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, you will be for me a kingdom of priests and a holy nation.' These are the words you are to speak to the Israelites."*

*When Moses delivered this message to the people, they said they would do everything the Lord had said. Moses brought their answer back to God and God said that he was going to come to Moses in a thick cloud, so that the people would hear him speaking with Moses and would always put their trust in him.*

*On the morning of the third day there was thunder and lightning, a thick cloud over the mountain and a very loud trumpet blast. Choose one child to make thunder sounds and one child to make trumpet sounds. Lead the rest of the children behind you in a procession as you continue. Then Moses led the people to the foot of the mountain and they were very afraid. Have the children sit down and act like they are very afraid. Mount Sinai was covered with smoke, because God came down on it in fire. The smoke swelled up from it like smoke from a furnace. The whole mountain trembled violently, and the sound of the trumpet grew louder and louder. Moses reminded the people to not be afraid. Moses spoke to God and God told him to come to the top of the mountain. With his own finger, God wrote the Ten Commandments on two stone tablets and he gave them to Moses.*

Show the children the cards you prepared. Explain that ten are commandments and ten are what they mean. Read the ten commands and have the children say them with you. Do this for the definitions too.

On the floor or table, line up the ten commands face up on the left side in order. Mix up the ten definitions and place them face up on the right side. Have the children take turns matching the commands with their definitions.

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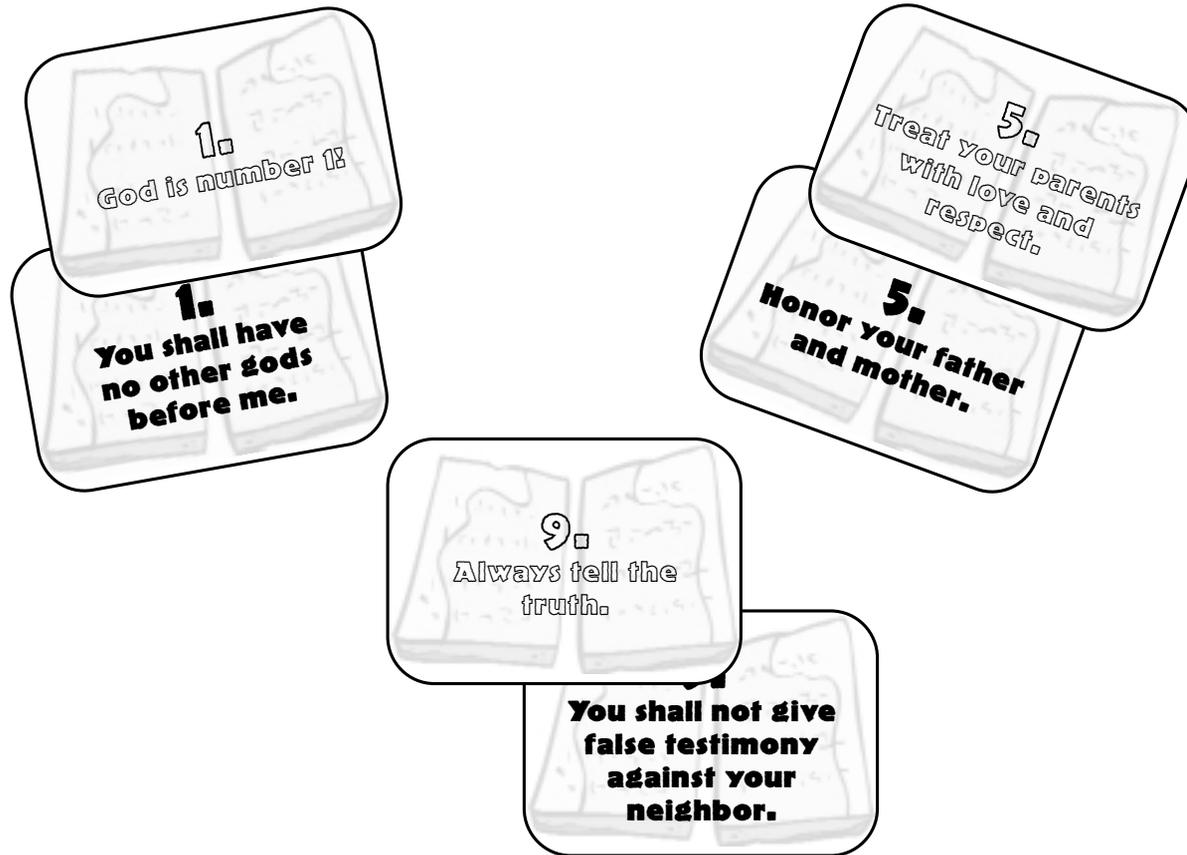
# Ten Commandments

## Share and Tell

Tell the children that God gave us the Ten Commandments because he wants us to have great friendships with each other and with him. Each of these ten statements can help us be better friends to each other and to God. Ask the children if they can think of someone that they want to share this week's story with. Close with a prayer for the children to share their story with someone special.

## Teacher Tips

- Encourage the children to color in their pages after class or at home.
- Create other games with these cards for review in future Preclass Activities.



C



R



A



F



T



# Ten Commandments

## Keys to God's Heart

The children will make a craft to help them consider the importance of obeying God's commands.

### Materials

For each child:

- glue stick
- crayons or markers
- 1 pipe cleaner

For the teacher:

- scissors
- hole punch
- hole reinforcements (optional)

Reproducible Pages:

- Pages B, 1 copy for each child

NOTE: Reproduce Page B on heavyweight paper or card stock, if available.

### Preparation

1. Cut out the keys from the children's copies of Reproducible Page B.
2. Make a sample craft for the children.

### Instructions

1. Introduce today's activity: *In your Bible Story this week, you are learning about the amazing way that God came down on the mountain called Mount Sinai to meet with Moses and give him the Ten Commandments. When God came down on the mountain, he spoke to Moses and told him the most important things about having a relationship with him and with others.* Tell the children that they are going to make a craft that reminds them of what God told Moses.
2. Show the children the sample you made. Read what is written on both keys. Explain that what God wants more than anything is for us to love him with all our hearts and to love others. These keys will help them have great friendships with God and other people.

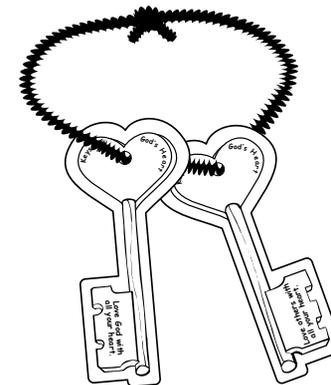
3. Distribute the keys that you prepared and crayons. Tell the children to color and write their names on their keys.
4. Circulate among the children to punch holes in each of the keys on the "x" mark. Distribute the hole reinforcements (if available) to the children to reinforce the holes you punched.
5. When the children have finished coloring, distribute the pipe cleaners. Help the children place the pipe cleaner through the holes and secure the ends, as shown in Figure A.

### Conclusion

Explain that the key to a person's heart is something they love very much. Share the key to your heart in terms that the children can relate to, such as: *The key to my heart is when someone gives me a beautiful flower.* Ask the children to share what they think the key to God's heart is. Tell them that the key to God's heart is obeying his commands. Close by praying for the children to love God with all their hearts.

### Teacher Tips

- Have stickers or glitter crayons available to enhance the decorations.



# Ten Commandments

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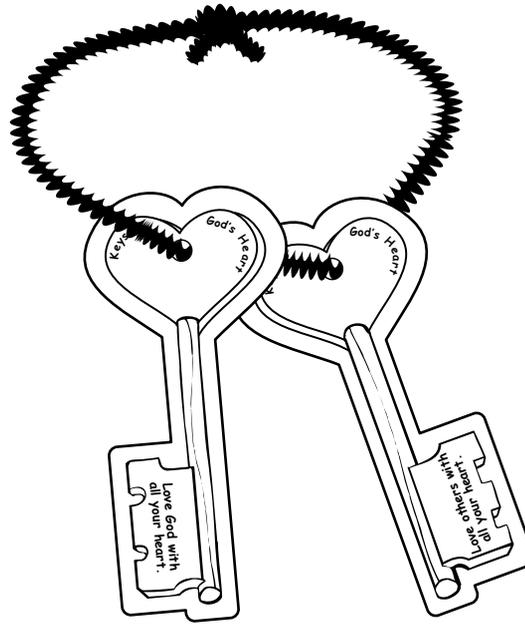


Figure A

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# Ten Commandments

## Don't Be Silly!

The children will learn and memorize this week's Scripture Memory Verse through a fun recognition activity.

### Scripture Memory Verse

The fear of God will be with you to keep you from sinning.  
*Exodus 20:20*

### Materials

No additional materials needed.

### Preparation

1. Learn the Scripture Memory Verse by heart.
2. Practice leading this activity with emphasis and enthusiasm.

### Instructions

1. Introduce today's activity: *In your Bible Story today you are learning about the Ten Commandments God gave to Moses on the mountain. God came down in dark, stormy clouds to meet Moses on the mountain. The people were so afraid that they stayed away from the mountain. Moses told them that God had come to give them a test. How do you feel when you have a test? Do you feel afraid? Sometimes fear can help us work hard and do our best. God told the people that the fear of God would help them to not sin.*
2. Give the children an example: *Let's pretend your parents say: "I want you to clean your room and I will be back in a few minutes to see how you are doing." Don't you feel just a little afraid of what will happen if you don't clean your room? That fear can make you clean your room so well that your parents will be really happy. Today's Scripture Memory Verse helps us to remember that we should have a deep respect or fear of God which will help us to do what is right and to not sin or disobey.*
3. Show the children the Scripture Memory Verse on the back of this Lesson Card. Read it to the children as they follow along silently. Point to each word as you say it. Do this three times. Ask the children to read it together with you three more times. Continue pointing to the words as you read them.
4. Ask each child to stand and say the verse together with you.

5. Tell the children that you are going to play a game to see how well they remember the verse. Tell them that you are going to say the verse in a silly way, using words that don't belong and they will have to say it back correctly. Do the first one together as a group, saying the following verse, putting extra emphasis on the incorrect word, "swimming." *The fear of God will be with you to keep you from SWIMMING. Exodus 20:20 (sinning)*  
Ask the children: What is wrong with this verse? (Let the children respond.) Finish by having them say the verse correctly all together. Repeat this activity with each of the following silly verses:
  - The fear of God will be with you to STEEP you from sinning. Exodus 20:20 (keep)
  - The SPEAR of God will be with you to keep you from sinning. Exodus 20:20 (fear)
  - The fear of God will be with you to keep you from WINNING. Exodus 20:20 (sinning)
  - The fear of God will be with CUE to keep you from sinning. Exodus 20:20 (you)
  - The fear of God will be with you to DEEP you from sinning. Exodus 20:20 (keep)
  - The fear of God will be with you to keep you from sinning. EXIT DOORS 20:20 (Exodus)

### Conclusion

Encourage the children for their participation. Tell them that it can be lots of fun to learn the Bible. Explain that although they were silly today, God is very serious about obedience. He wants each of us to know his rules and obey them completely. Close with a prayer for each child to love God's rules and to want to obey them with all their hearts.

### Teacher Tips

- You may think of additional ways to use the silly verses from this activity. Write each one on an index card and let the children pull them out of a hat. Read it to the child and let him tell you the correct verse.
- Make sure that the children end each verse saying the reference, Exodus 20:20.



# Ten Commandments

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The fear of God will be  
with you to keep  
you from sinning.

Exodus 20:20



## Lesson Objectives

- The children will tell the story of God giving the Ten Commandments to Moses.
- The children will identify the Ten Commandments.
- The children will give one reason why they should pay attention to God's law.

## Lesson Text

Exodus 19-20

## Scripture Memory Verse

The fear of God will be with you to keep you from sinning.  
*Exodus 20:20*

## Lesson Plan

Greeting and Registration

Preclass Activity: Connect and Match

Welcome and Singing

Centers:

Life Application: Attention, Please!

Game: Hands Down

Bible Skills: Defining Moments

NOTE: Allow time for a snack.



## Connect and Match

The children will review this week's lesson as they complete a connecting and matching activity.

### Materials

For each child:

- pencil
- crayons or markers

For the teacher:

- large writing surface

Reproducible Pages:

- Page C, 1 copy for each child
- Page E, 1 copy for the teacher

### Preparation

1. On the large writing surface, write the Ten Commandments as they appear on your copy of Reproducible Page E.
2. Complete the activity on your copy of Reproducible Page C.

### Instructions

1. Greet the children as they arrive. Tell them that in their Preclass Activity they will be reviewing important ideas from this week's Bible Story about Moses and the Ten Commandments.
2. Have the children work with partners. Distribute the copies of Reproducible Page C and the pencils. Tell the children to fill in the missing words from the commandments with the words from the box. When they have finished, they can connect the dots to make a picture.
3. Circulate among the children to offer help. Talk with the children about things they remember from the Bible Story and the Ten Commandments.
4. Make sure the children write their names on their pages.

### Teacher Tips

- Encourage the children to reach out to new or visiting children.
- If they have time, distribute crayons for the children to color their pages.

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N**Attention, Please!**

The children will review this week's lesson as they consider reasons why they should pay attention to God's laws.

**Materials**

*For each child:*

- 1 small piece of paper
- pencil

*For the teacher:*

- a hat or small container
- large writing surface

**Preparation**

1. On the large writing surface, write the words: friend; neighbor; son; daughter; student; disciple.
2. Practice leading this activity at home.

**Reviewing the Bible Story**

Open your Bible to Exodus 19-20. *During this week's Bible Story, we learned about how God called Moses to Mount Sinai. God wanted to give the people special rules to follow. They are called the Ten Commandments. God gave these laws to his people so that they could have a relationship with him and so that they could have great families and friendships.*

Ask the children to say as many of the Ten Commandments as they can remember. Ask them which commandments they tried to obey this week and how it went.

**Life Application**

Ask the children what people in their lives they should pay attention to. (Answers should include: parents; grandparents; teachers at school and Bible class; the minister at church; the principal; police officers; etc.) Read the list of words on the large writing surface together with the children. Explain that the Ten Commandments were a gift from God to help people have great relationships like the ones described in the list, but we must pay attention to them.

Distribute the small pieces of paper and pencils. Have the children each write their names on their papers and place them in the hat. Collect all the papers and mix them up inside the hat. Tell the

children that you will pull out one name at a time. Explain that this activity is called, "Attention Please" because they are going to give their attention to each other and God.

Do the first one for the children as an example. Facing the children, say: *I will pay attention to God's laws because I want to be a good friend.* Tell the children that they will each stand up and say, "I will pay attention to God's laws because I want to be a good \_\_\_\_\_" and fill in the last word from the list on the large writing surface. Find out if they were paying attention by choosing one child to repeat what you said. Continue asking several children to repeat what you said. Explain that you will do this for each child to see if they are paying attention.

Pull one name out of the hat and proceed. After the child has finished, choose a child who is seated to repeat what was said. Do this to several children. Encourage those who were paying attention. Continue pulling names out of the hat until all the children have gone.

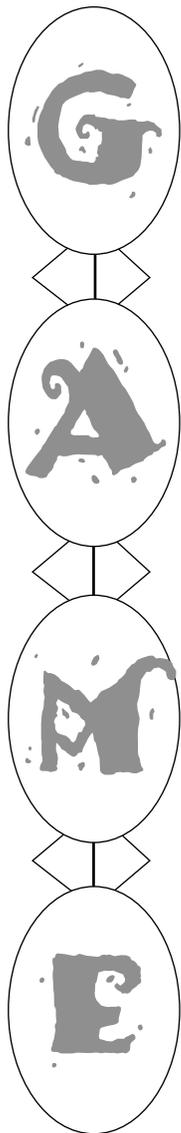
**Conclusion**

Ask the children how it felt when they were caught not paying attention. Ask them how it made them feel to know others were (or were not) paying attention to them. Ask the children how it makes them feel to know that God is always paying attention to them—even when they are not paying attention to God! Close with a prayer for the children to pay attention to God this week.

**Teacher Tips**

- Let the children see your genuine desire to give God your full attention.





## Hands Down

The children will identify the Ten Commandments and consider ways to obey them in this fast response game.

### Materials

For the teacher:

- table
- 1 playing card
- paper
- pen

### Preparation

Practice playing this game at home.

### Instructions

1. Introduce today's activity: *In your Bible Story this week, you learned that God gave Moses the Ten Commandments on the mountain. God spoke to Moses and wrote the commandments on stone tablets that Moses brought back to the people. God has given us the Bible so that we can know his laws, rules and teachings. We need to be very serious about knowing and obeying God's words.*
2. Divide the children into two teams. Make sure to balance the number of children who did not hear the Bible Story with those who did. Have each team line up in front of the table. Place the playing card on the table. Have the first children in both lines step up to the table and stand within arm's reach of the playing card.

3. Tell the children that you are going to read a statement from the back of this Lesson Card. They have to decide if it is one of the Ten Commandments or not.

NOTE: It may be the actual commandment itself or its definition. For example, either of the following would be identified as one of the Ten Commandments: You shall not give false testimony against your neighbor. Always tell the truth. In either case, the correct response for the children would be "Yes." Tell the children that all they need to do is say "yes" or "no" in response to your statement. "Yes" means that they think it is one of the Ten Commandments and "no" means that they think it is not.

4. When they think they know the correct response, they need to put one hand down on the playing card on the table. The first child to put his hand down on the playing card may answer first. If the child answers correctly, his team receives ten points. If he does not, no points are given. If the child correctly identifies one of the Ten Commandments, he may earn an extra five points by telling one way to obey the commandment this week. You or an assistant should keep score.
5. After each round, have the children go to the back of the lines. Continue playing until all the statements have been read.
6. If time permits, play again with new teams.

### Conclusion

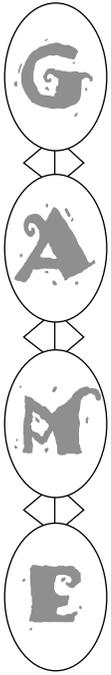
Ask the children what commandment they think is the most important one and why. Close with a prayer for the children to think about God's commandments this week.

### Teacher Tips

- This game can be adapted to other games. Think of additional ways for the children to have "relays" using the statements provided.



# Ten Commandments Hands Down



- You shall have no other gods before me. (Yes)
- You shall not read books. (No)
- Don't take something that does not belong to you. (Yes)
- You shall not make for yourself a doll. (No)
- Honor your father and mother. (Yes)
- You shall not murder. (Yes)
- You shall not steal. (Yes)
- You shall not play games. (No)
- You shall not give false testimony against your neighbor. (Yes)
- Always tell the truth. (Yes)
- You shall not cover your neighbor. (No)
- God is number 1! (Yes)
- Use respect when you talk about God. (Yes)
- Every time I go to church is special to God. (Yes)
- Treat your parents with love and respect. (Yes)
- I only do what I want to do. (No)
- You shall not misuse the name of the Lord. (Yes)
- Do not kill—or even think about—killing someone. (Yes)
- Husbands and wives should be faithful to each other. (Yes)
- Be happy with what you have. (Yes)





## Defining Moments

The children will review the Ten Commandments as they think about what they mean for their lives.

### Materials

*For the teacher:*

- scissors
- 20 index cards, 3" x 5"
- glue stick

*Reproducible Pages:*

- Page D, 1 copy for the teacher
- Page E, 1 copy for the teacher

### Preparation

1. Cut out the cards from your copies of Reproducible Pages D and E.
2. Glue each card to an index card. You should have twenty cards.
3. Practice leading this activity at home.

### Instructions

1. Introduce today's activity: *In your Bible Story this week, you learned about the awesome way that God met with Moses on the mountain and gave him the Ten Commandments. God came over the mountain in thick clouds and smoke, with lightning and thunder. The people were afraid, but Moses told them that God was there to give them a test. Moses told the people that the fear of God would help to keep them from sinning. Ask the children if they remember their Scripture Memory Verse from this week.*
2. Show the children the cards you prepared. Explain that ten of the cards have the Ten Commandments from the Bible written on them, and the other ten have an explanation of what they mean. Shuffle the cards and distribute them among the children. Ask the children who has card #1. Let the two children with the cards marked #1 hold them up. Help the children read their cards. Ask the children: *How can you show God that he is number one in your life?* (Take responses.)

3. Continue doing this with each of the Ten Commandments.
4. Collect the cards and shuffle them again. Place them down on the floor or table in four rows of five. Divide the children into two teams and play a matching game. Have the children take turns turning over two cards at a time, trying to find matches.

### Conclusion

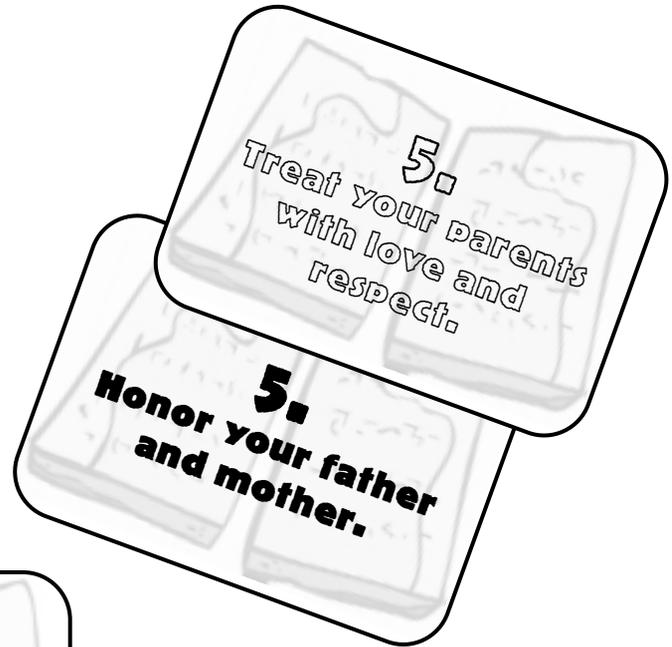
Encourage the children for their participation. Ask the children to say what command they think is the easiest to obey and which one is the hardest. Close with a prayer thanking God for the Bible and for the children to have hearts to obey it.

### Teacher Tips

- Be prepared to help the children think of ways to obey the commands, especially children who are new or visiting.
- If possible, obtain the cards used by the Bible Story teacher. Otherwise, make your own set for this activity.



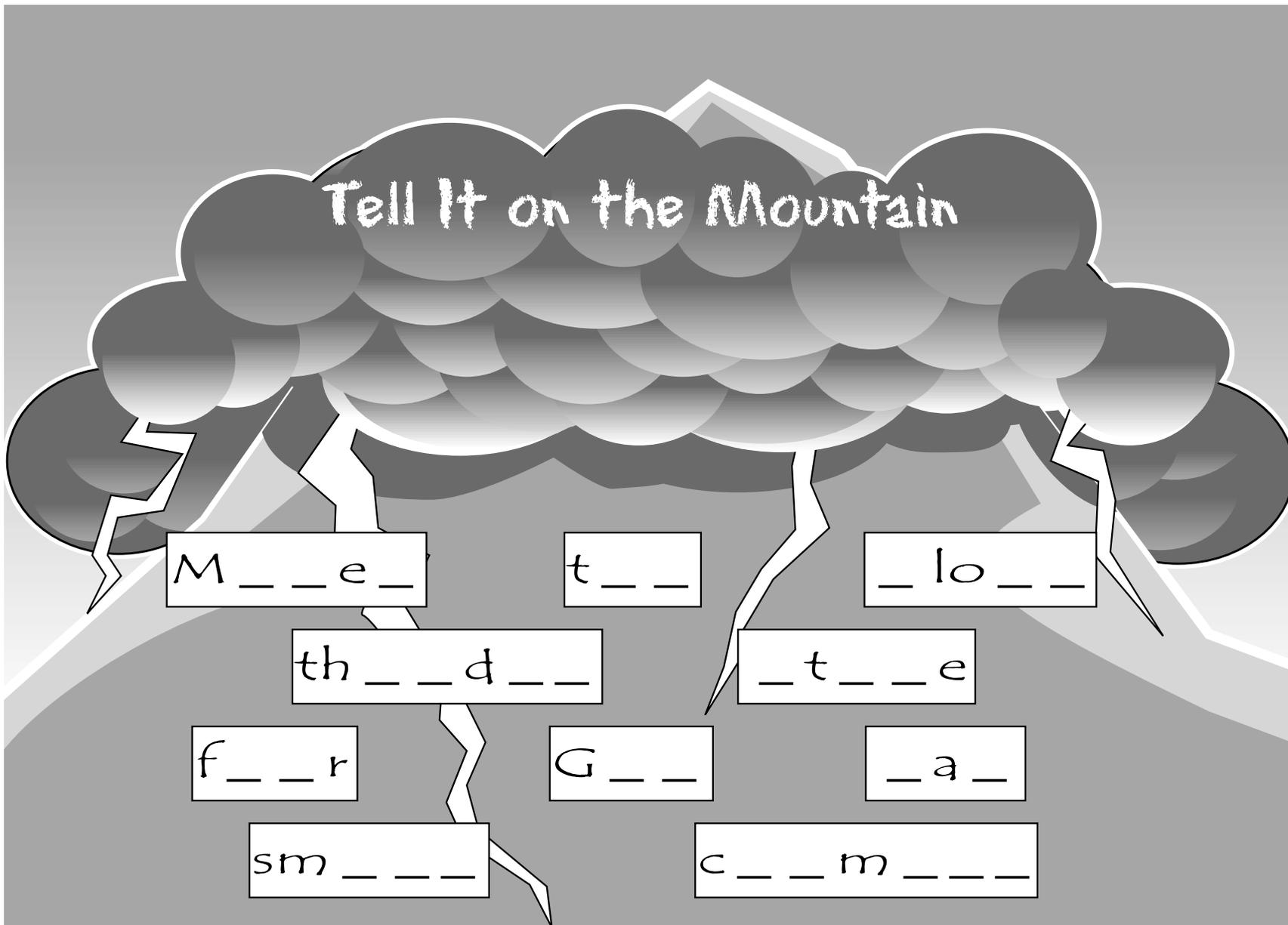
# Ten Commandments



Core/Preclass  
1 copy for each child

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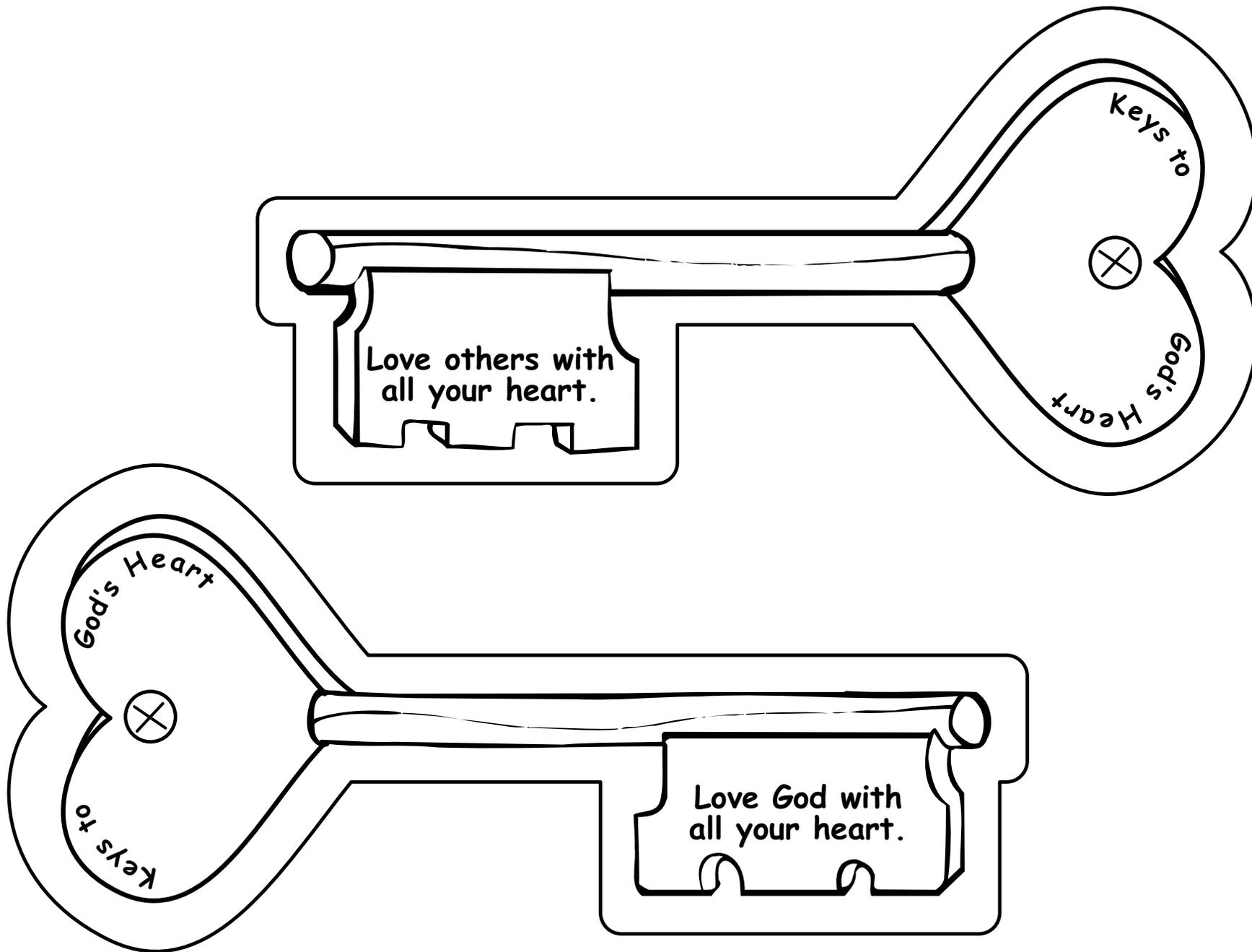
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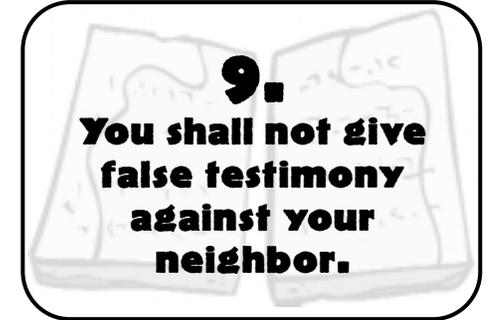
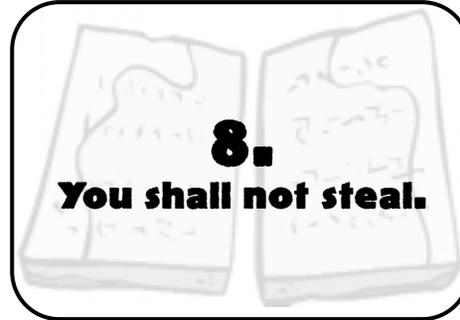
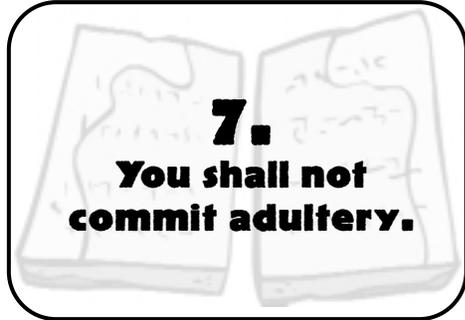
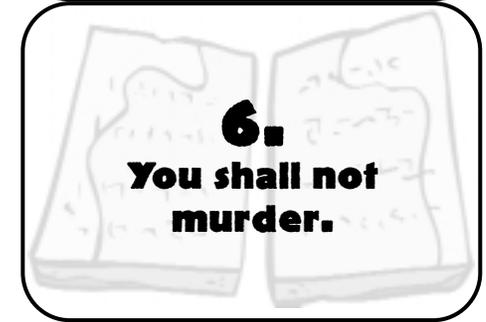
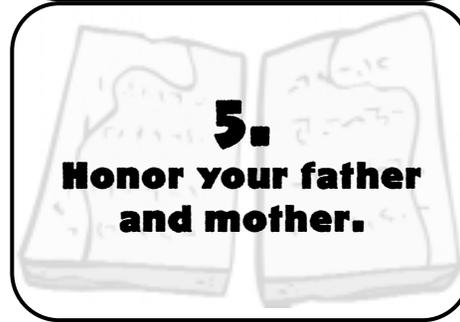
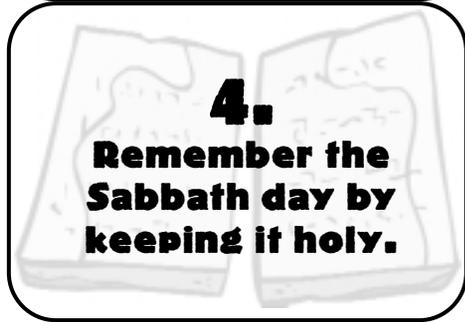
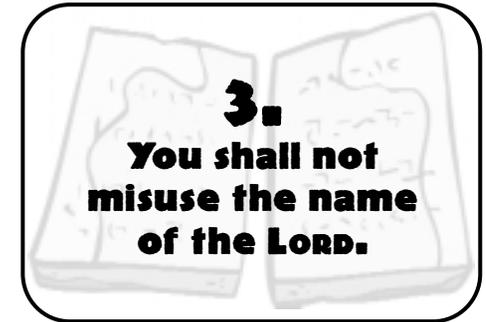
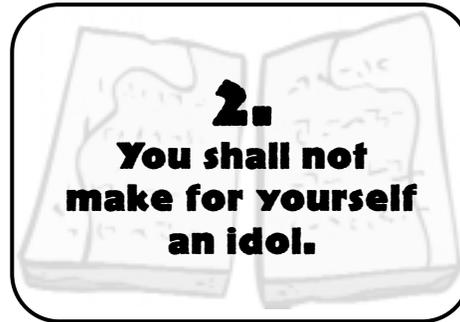
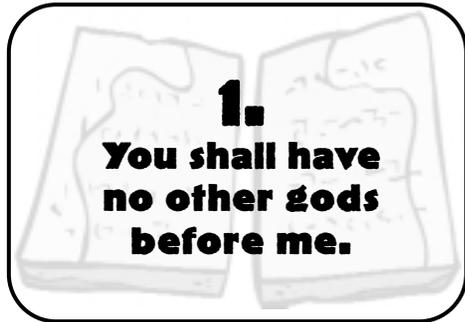
Core/Craft

1 copy for each child (Optional - heavy paper)





Core/Bible Story/ 1 copy for the teacher  
 Supplement/Bible Skills/ 1 copy for the teacher



Core/Bible Story/ 1 copy for the teacher  
Supplement/Preclass/ 1 copy for the teacher  
Supplement/Bible Skills/ 1 copy for the teacher

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