

Explore It

FOR LEADERS



THE TEN COMMANDMENTS

📖 Exodus 19:16-20; Exodus 20:1-17,21-23; Exodus 24:15-18; Exodus 32:19-20 The Ten Commandments

🎯 **Aim:** To know the story of the Ten Commandments

In today's session we will learn more about the Ten Commandments. God put these special laws in place to teach his people how to love him and love others. We will also think about the way we can cause hurt to other people when we let them down, and the way God forgives us when we make mistakes.

Each child will need:

- A range of art and craft materials – see Action It
- Pens/pencils and paper
- Explore It Ideas handout

You will need:

- A timer

Start It

Play a game of categories. For this challenge the children can either take individual turns or work in teams. Each team will be given a category (examples below) and will need to say ten things that fit that category. You will need to time the children, as the quickest time wins the game.

Examples of categories

- Disney films
- Boys' names
- Girls' names
- Sports
- Chocolate bars

Sing It

🗣️ **Say:** In today's session we will learn all about the Ten Commandments God gave to his people. Let's sing a song that reminds us about the important rules God gave the Israelites.

'The Ten Commandments song' (with lyrics) video by Dita Anggraini
www.youtube.com/watch?v=vsUW8kOyG6I

Tell It

🗣️ **Say:** The next part of our exciting story finds the Israelites camped near Mount Sinai.

Read:

'It was the morning of the third day. There was thunder and lightning with a thick cloud on the mountain. And there was a very loud blast from a trumpet. All the people in the camp were frightened. Then Moses led the people out of the camp to meet God. They stood at the foot of the mountain. Mount Sinai was covered with smoke. This happened because the Lord came down on it in fire. The smoke rose from the mountain like smoke from a furnace. And the whole mountain shook wildly. The sound from the trumpet became louder. Then Moses spoke, and the voice of God answered him.

'So the Lord came down on the top of Mount Sinai. Then he called Moses to come up to the top of the mountain. So Moses went up.'

— (Exodus 19:16-20 ICB)

Ask:

- Imagine you were Moses being called up the mountain by God. How would you be feeling?
- What do you think God wanted to say to Moses?

Say: Let's watch the clip to find out what happens next.

Video

God gave the Ten Commandments by The Gospel Project uploaded by Jesus City (2:53)
www.youtube.com/watch?v=LKzWZxkdV_A

Ask: How long had the Israelites been away from Egypt when they arrived at Mount Sinai?

Say: God wanted a special relationship with the Israelites, so he made an important agreement with them.

Ask: What agreement did God make with the people?

Say: The people agreed to do what God had said, but they didn't have a very good track record at following his rules.

Ask: Think back to last week's story. What rules did the people break regarding food, water and rest?

Say: God reminded the people of all the ways he had been there for them and how he had rescued them from Egypt. God wanted the best for them and gave them a set of commandments to follow.

Ask:

- What did the first four commandments teach the Israelites?
- What did the last six commandments teach the Israelites?

Read:

'Then God spoke all these words:

“I am the Lord your God. I brought you out of the land of Egypt where you were slaves.

“You must not have any other gods except me.

“You must not make for yourselves any idols. Don't make something that looks like anything in the sky above or on the earth below or in the water below the land. You must not worship or serve any idol. This is because I, the Lord your God, am a jealous God. A person may sin against me and hate me. I will punish his children, even his grandchildren and great-grandchildren. But I will be very kind to thousands who love me and obey my commands.

“You must not use the name of the Lord your God thoughtlessly. The Lord will punish anyone who is guilty and misuses his name.

“Remember to keep the Sabbath as a holy day. You may work and get everything done during six days each week. But the seventh day is a day of rest to honour the Lord your God. On that day no one may do any work: not you, your son or daughter, or your men or women slaves. Neither your animals nor the foreigners living in your cities may work. The reason is that in six days the Lord made everything. He made the sky, earth, sea and everything in them. And on the seventh day, he rested. So the Lord blessed the Sabbath day and made it holy.

“Honour your father and your mother. Then you will live a long time in the land. The Lord your God is going to give you this land.

“You must not murder anyone.

“You must not be guilty of adultery.

“You must not steal.

“You must not tell lies about your neighbour in court.

“You must not want to take your neighbour’s house. You must not want his wife or his men or women slaves. You must not want his ox or his donkey. You must not want to take anything that belongs to your neighbour.”

— (Exodus 20:1-17 ICB)

Ask:

- Do these commandments seem fair to you? Explain why.
- In what ways are they similar to the laws we have today?

Say: Moses went to meet with God on Mount Sinai and stayed there for a long time. The people were left at the base of the mountain.

Ask:

- Do you think the Israelites followed God’s laws? Explain why.
- What do you think happened while Moses was at the top of Mount Sinai?

Read:

‘The people saw that a long time had passed. And Moses had not come down from the mountain. So they gathered around Aaron. They said to him, “Moses led us out of Egypt. But we don’t know what has happened to him. So make us gods who will lead us.”

‘Aaron said to the people, “Take off the gold earrings that your wives, sons and daughters are wearing. Bring them to me.” So all the people took their gold earrings and brought them to Aaron. Aaron took the gold from the people. Then he melted it and made a statue of a calf. He finished it with a tool. Then the people said, “Israel! These are your gods who brought you out of the land of Egypt!”

‘Aaron saw all this, and he built an altar before the calf. Then he made an announcement. He said, “Tomorrow there will be a special feast to honour the Lord.” The people got up early the next morning. They offered whole burnt offerings and fellowship offerings. First the people sat down to eat and drink. Then they got up and had wild parties.’

— (Exodus 32:1-6 ICB)

‘When Moses came close to the camp, he saw the gold calf and the dancing. He became very angry. He threw down the stone tablets which he was carrying. He broke them at the bottom of the mountain. Then he took the calf that the people had made. He melted it in the fire. And he ground the gold until it became powder. He threw the powder into the water. And he forced the Israelites to drink that water.’

— (Exodus 32:19-20 ICB)

Say: Moses was only gone from the camp a couple of months and yet the people couldn’t even keep their side of the agreement for that long. This pattern of disobeying God continued for a long time.

Action It

Ask the children to create their own depiction of the Ten Commandments. They may want to cut out two ‘stone tablets’ and use the original text from Exodus 20:1-17 to create their own version. Alternatively, they could use the simplified version of the Ten Commandments from the song in the Sing It section. If you have time, then you could sing the song through again.

1. God first.
2. No idols.
3. Don't misuse God's name.
4. Worship and rest.
5. Honour your parents.
6. No murder.
7. No adultery.
8. Don't steal.
9. Don't lie.
10. Don't covet.

They could create a poster, cartoon version, or let their imagination go wild. This activity should provide you with an opportunity to discuss each commandment and how it is relevant today. There will obviously need to be sensitive, age-appropriate discussions regarding some of the commandments.

Pray It

Ask:

- Which commandments focus on the way we should treat others?
- Why do you think God thought these were important?

Say: When we make mistakes and break these commandments, we can cause a lot of hurt to people. We may also experience the same hurt when someone else's mistake impacts us. In these moments it is important to ask God for forgiveness and try to make things right with the person we have hurt.

Say: We can sometimes feel embarrassed when our actions cause hurt to someone else, but it is important to bring these things to God in prayer and ask for forgiveness.

Say: Think about a time over the past week when you may have made a mistake that caused hurt to someone else. As the music plays, write a prayer asking God for forgiveness and for a way to make things right with the person you have hurt.

A video clip is provided, but the children only need to listen to the song.

Listen

'You forgive me' Maker Fun Factory Music Video by Lifetree Kids (2:47)
www.youtube.com/watch?v=LO-2fm7IKcU

To bring the session to a close, share this month's memory verse together as a group.

Memory verse

'You will only need to remain calm. The Lord will fight for you.'

— (Exodus 14:14 ICB)

Explore It

Remember to send home the *Explore It Ideas* for children and families.

Explore It

IDEAS

Here are some ideas for you to explore at home.

AUGUST
SESSION 03

THE TEN COMMANDMENTS

📖 Exodus 19:16-20; Exodus 20:1-17,21-23; Exodus 24:15-18; Exodus 32:19-20 The Ten Commandments

🎯 Aim: To know the story of the Ten Commandments

FOR ME



Pray

During this week's session you took the time to think about the people you may have hurt through the mistakes you made. Spend time reading through your prayer and your solution to make things right. Pray for the person who was impacted by your choices and ask God to make the relationship right again.

TOGETHER



Share

Watch the clip with the people at home and talk about why forgiveness is so important to God.

Out on a limb (Forgive) by Saddleback Kids
www.youtube.com/watch?v=cN1xDhrqZRI



Song for the week

'The Ten Commandments song' (with lyrics) video by Dita Anggraini

www.youtube.com/watch?v=vsUW8kOyG6I



Memory verse

**'You will only need to remain calm.
The Lord will fight for you.'**

— (Exodus 14:14 ICB)

KIDS ALIVE! ONLINE

www.salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

