



LESSON 10: GOD GIVES MOSESTHE TEN COMMANDMENTS

CORE BIBLE LESSON

SUPPLIES

- Bible
- Large sheet of paper or poster board
- Clear packing tape
- Permanent markers
- Washable markers
- Paper towel
- Pencils
- Large paper clip – 1 per person

INSTRUCTIONS

1. Take the packing tape and cover one side of the sheet of paper or poster board with long pieces of tape.
2. Once the top side has been laminated, turn it around and cover the other side. Cut the excess tape.
3. Use a permanent marker to write “Perfect” on the laminated paper.

Today we’re learning that God doesn’t want us to get hurt. Let’s think about some things that keep us safe. What would you do if you saw someone you love about to step into the street, but a car was coming? If you saw someone you love in danger, you’d try to keep the person safe. God gave us something to keep us safe. Actually, he gave us 10 things! He gave us the Ten Commandments.

Sometimes people think of the Ten Commandments as just a bunch of rules, but they’re rules God gave so we won’t get hurt, because he knows what’s best for us. Let’s explore how God doesn’t want us to get hurt.

The first two commandments kind of go along with each other.

Exodus 20:3-4

3 You must not have any other god but me. 4 You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea.

Use your washable markers to write things that are true about God—for example, he’s perfect.

Next, think about things people sometimes put before God, and write it on your laminated sheet with washable markers.

When we put other things before God, we’ll be disappointed. Those things don’t last forever. But God does! Those things aren’t perfect. But God is! So we worship only him.

Now let’s hear the third commandment.

Exodus 20:7

7 You must not misuse the name of the Lord your God.

Imagine if people used your name like that all the time—maybe even like a swear word. That would hurt your feelings, and it would hurt your relationship with those people. In the same way, it hurts our relationship with God when we use his name the wrong way. God doesn’t want us to get hurt or hurt our relationship with him. Explain whether you think saying “OMG” is taking God’s name in vain.

Here’s the fourth commandment.

Exodus 20:8.

8 Remember to observe the Sabbath day by keeping it holy.

The Sabbath day is a day to rest and spend time with God. Let’s try that right now. Sit silently and just rest, listening for God.

The fifth commandment might be the hardest one for kids.

Exodus 20:12

12 Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.

If your favorite singer or athlete came to your house, how would you treat that person? How is that different from how you sometimes treat your parents? Just like we’d respect famous people we look up to, our parents deserve our respect. They might have a lot of rules for us, but our parents’ rules are usually meant for our protection, too. Your mom might tell you to look both ways before crossing the street. If you disobey, you might get hit by a car. God gives us our parents to help us stay safe because God doesn’t want us to get hurt.

God's sixth commandment says not to murder. God is talking about people, but let's use a plant as an example. What things would you need to do to keep this plant alive? What could you do that would make this plant die? This commandment is about more than just not killing. It's about respecting life. Just as this plant needs care to stay alive, other people need our care. And if we don't respect each other and value each other, everyone will be hurt. God doesn't want us to get hurt; he wants us to value life. Since you've probably never murdered anyone, let's think about something a lot of kids do and think about whether it's in line with this commandment. Explain whether you think playing violent video games breaks this commandment.

Here are two more commandments that go together.

Exodus 20:14-15

14 You must not commit adultery.

15 You must not steal.

Adultery is kind of like stealing; it's taking someone else's husband or wife. Both adultery and stealing are taking something that's not yours. When has someone taken something from you? Stealing can cause major problems when people steal. God doesn't want us to get hurt, so he doesn't want us to steal.

Let's hear another commandment.

Exodus 20:16

16 You must not testify falsely against your neighbor.

Lying might include saying something that's not true, not admitting something that is true, or twisting the truth to make things look better. Lying can quickly get out of hand. God doesn't want us to get hurt by lying to each other.

Let's read the next commandment.

Exodus 20:17

17 You must not covet your neighbor's house.

Covet is just a fancy word for "want." How could it hurt you to covet? It hurts us to focus on all the things we want, because we lose sight of what God has already given us. A thankful attitude is much better for us than a jealous one. God gave us all of the Ten Commandments because God doesn't want us to get hurt. When we disobey them, we hurt ourselves, we hurt our relationships with each other, and we hurt our relationship with God.