

The Ten Commandments

Teacher Pep Talk: God had miraculously led His people (the Israelites) out of Egypt and safely through the Red Sea. Now at long last the Israelites had arrived at the mountain of God. They were glad to be there, but when they actually heard God speak to them, they were afraid. So the people sent Moses to speak with God and to come back and tell them what He said. Moses went up on the mountain to speak to God. When he returned he had with him the 10 Commandments on 2 stone tablets, written by the very finger of God!

You will need: Bible
Aluminum Pie Pan or metal cooking pan, wooden spoon
Kazoo(s) OR empty paper towel rolls OR other noise maker(s)
Other items depending on the activities chosen

Major Points: The Israelites Arrived at the Mountain of God
God Wanted to Speak to His People
God Told His People The Law (10 Commandments)
Moses went up on the Mountain of God
God gave Moses the Ten Commandments

Scripture Ref: Exodus 19-20, and 31.

Memory Verse: [The LORD gave Moses the two tablets of the covenant law...]
Exodus 31:18 *“the tablets of stone inscribed by the finger of God.”*

Lesson: **The Israelites Arrived at the Mountain of God**

- *[Be sure to start with your Bible sitting on your lap.]*
- *[Review the Timeline in the classroom, if available.]*
- God’s people (the children of Israel) had left Egypt!
- They had been in slavery for 400 years and now they were free!
- God had brought them out of Egypt with a mighty hand!
- They traveled until they came to the mountain of God, where Moses had originally seen the Burning Bush
- There they planned to worship God, just as God had told Moses

God Wanted to Speak to His People

- The Israelites were God’s people
- God wanted to set them apart from everyone else
- God wanted to give His people His Law
- God’s Law would help people to know right from wrong
- So, God came down to the mountain in a dense cloud
- God wanted the people to hear Him speaking
- Wow! God was going to speak directly to His people.

- What do you think God would sound like? (*Wait for answers.*)
- What do you think God might say? (*Wait for answers.*)
- Let's see what the Bible says happened.

God Told His People The Law (10 Commandments)

- [*Prepare to use noisemakers, etc during this portion of the lesson. Children may help make the trumpet noise with kazoos, or by making trumpet noises with the empty paper towel rolls.*]
- First, God had the people wash themselves and to stay back away from the mountain. (They weren't even to touch it!)
- Then, God descended on the mountain in a thick cloud
- There was thunder (*Stomp feet to make sound of thunder.*)
- There was lightning (*Use pie pan for crashing sound.*)
- And a LOUD trumpet blast (*Make loud trumpet sounds.*)
- And God came down to the top of the mountain in FIRE
 - And smoke billowed up from the mountain
- Guess how the people felt right then! (*Wait for answers.*) How would you feel if you saw all that?
 - That's right! They felt SCARED!
 - Have you ever felt scared? (*Listen to a story or two.*)
 - Well, these Israelites were very scared!
- And THEN God spoke out loud to the people
- God told them His Law; We call them the Ten Commandments.
 - [*Count to 10 together. Hold up your fingers and count.*]

Moses went up on the Mountain of God

- But the people were still very scared!
- They told Moses, "YOU go to talk to God! (We'll wait here!) Then you can come back and tell us everything that God said."
- So, Moses went up on the mountain of God to talk to Him
- Moses stayed there for 40 days and nights
- And God gave Moses His law

God gave Moses the Ten Commandments

- God told Moses all of the Law
- God even wrote it down for Moses on two stone tablets
- Moses brought the two tablets down the mountain to share them with the people
- The stone tablets contained God's Law
- The Bible says that the two stone tablets had been written by the finger of God!

Let's thank God that He appeared to His people and gave them His Law!

Prayer: Dear God,
Thank you that you appeared to your people.
Thank you that you gave them your law.
Your law helps us know right from wrong.
Thank you for loving us.
We love you back.
Amen.

Suggested Activities: *(Choose 1-2 that you think will work well with your group.)*

Count to Ten – *The children will practice counting to 10.*

Before Class: There are many ways to do this activity. Consider bringing to class some fun things to use to count to 10. (EX: Cotton balls, golf balls, seashells, leaves, sticks, blocks, big things, little things...) You might want to place them in different containers (bowls, sacks, etc.) Consider making stations with them around the room. NOTE: *An egg carton (with 2 of its holes cut off) makes a lovely holder of 10.* Older children may want to learn that 5 and 5 make 10, or that 2 “fives” make 10, or that 5 “twos” make 10.

During Class: Explain that you are going to count to 10 together. Practice with the children saying the numbers out loud. Hold up your fingers to count. Consider counting your toes. Count some different things together. Allow the children to count to 10 by using the different items that you brought to class. (EX: place one cotton ball in each part of an egg carton with 10 spaces, as you count to ten.)

Stone Tablets – *Create a picture of the 10 Commandments on the two stone tablets.*

Before Class: Decide which version of this activity will work best with your students. Make a copy of the appropriate activity sheet(s) for each child in class. Provide pencils, crayons or markers. You may also need scissors and glue. Practice writing 1-10 in Roman Numerals, so that you can show the older children how to do it. The Roman Numerals (1-10) are: **I, II, III, IV, V, VI, VII, VIII, IX, X**

During Class: Pass out the activity sheet(s) to the children. Explain that you will make a replica of the stone tablets, which Moses brought down from the mountain of God! Allow younger children to write 1-10 on the tablets representing the 10 Commandments. Older children may write 1-10 in Roman Numerals. This can be the end of the activity.

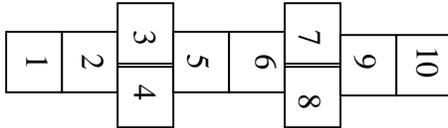
If you would like to have the children paste the commandments on the tablets, allow them to cut the activity sheet with the Ten Commandments and paste them on their stone tablets. Read the Ten Commandments out loud with the children.

NOTE: *You may want to send home a copy of the activity sheet (with the 10 Commandments on it) with the children; instead of actually having them cut out and glue the commandments on the stone tablets.*

Jumping Jacks, Hopscotch, Etc. – Energetic ways to learn to count to 10.

Before Class: If you want to play Hopscotch, bring masking tape or chalk to class to mark out squares on the floor.

During Class: Use energetic ways to learn to count to 10. These include Jumping Jacks, and Hopscotch. For hopscotch, lay out a grid on the classroom floor as in the diagram. Have the children count from 1 to 10 as they jump forward. Can they count from 10 to 1 as they go back? Have fun!



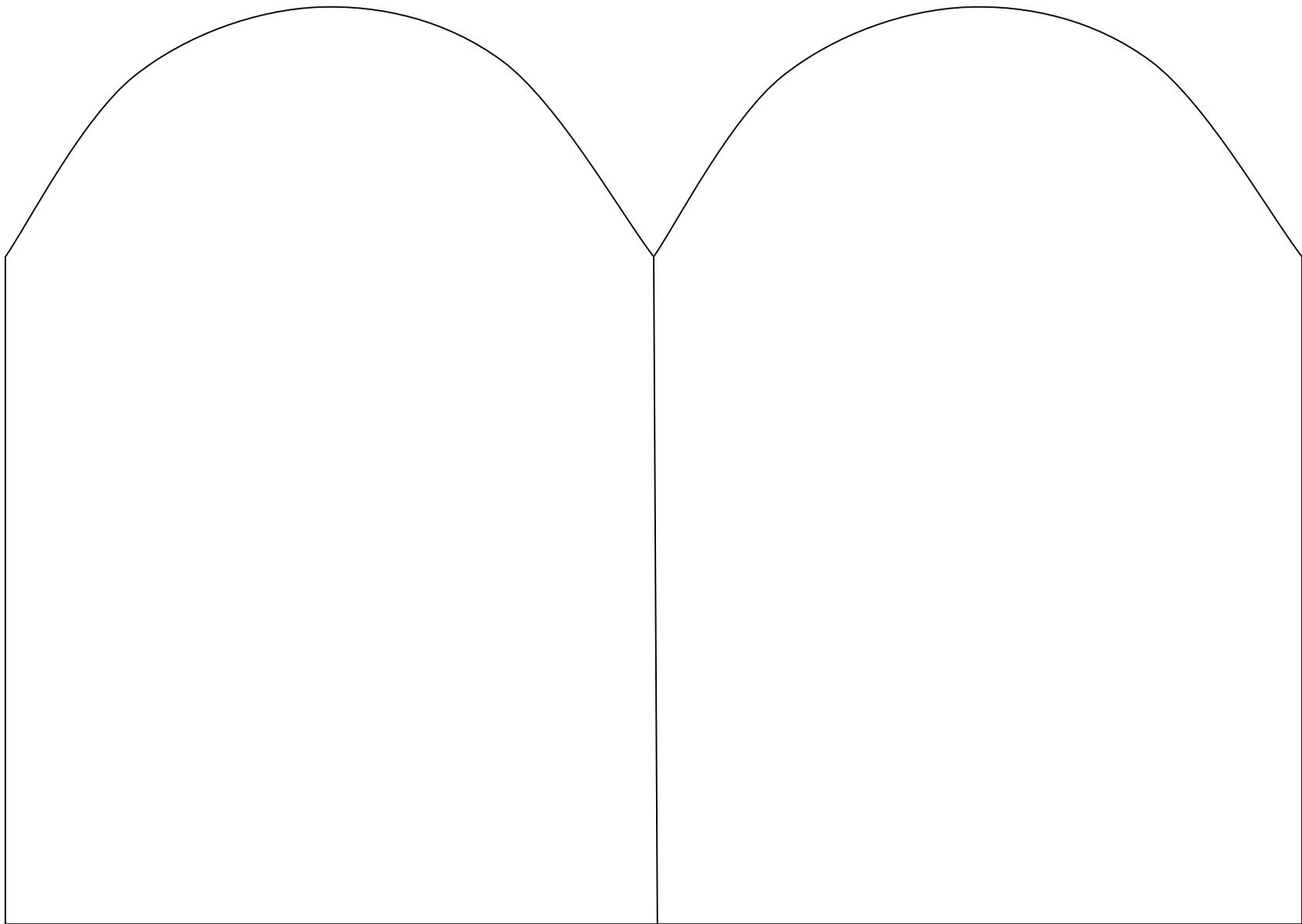
Thunder and Lightning Noises – The children will recreate the sounds heard by the Israelites at the Mountain of God. *NOTE: May be done during the lesson or afterwards.*

Before Class: Bring to class noisemakers that would be good for making the sounds of thunder, lightning, and a loud trumpet blast: (the 3 sounds described in the Bible as having taken place before God spoke to the Israelites at the Mountain of God.)

Noisemakers for thunder/ lightning may include: pots and pans, wooden spoons, aluminum pie pans, etc. For trumpet sounds, consider kazoo(s) or paper towel rolls that the children may pretend are trumpets. (Empty toilet paper rolls will work too.)

During Class: Either during the lesson, or afterwards during Activity Time, allow the children to practice making thunder and lightning sounds as well as trumpet sounds. As a group, recreate some of the sounds that the Israelites might have heard on that day.

Remember that this might get noisy! ☺



<p>1 I am the LORD your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me.</p>	<p>6 You shall not murder.</p>
<p>2 You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them</p>	<p>7 You shall not commit adultery.</p>
<p>3 You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.</p>	<p>8 You shall not steal.</p>
<p>4 Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God.</p>	<p>9 You shall not give false testimony against your neighbor.</p>
<p>5 Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.</p>	<p>10 You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.</p>