

God's commandments

Exodus 20:1-17 (NRSV)

Theme: Godly Lifestyle

The Ten Commandments



Then God spoke all these words:

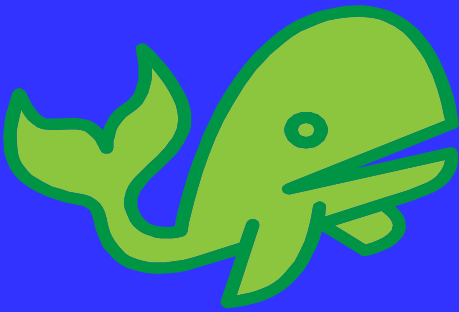
- ² I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery;
³ you shall have no other gods before^[a] me.
⁴ You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. ⁵ You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, ⁶ but showing steadfast love to the thousandth generation^[b] of those who love me and keep my commandments.
⁷ You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.
⁸ Remember the sabbath day, and keep it holy. ⁹ Six days you shall labor and do all your work.
¹⁰ But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.
¹² Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.
¹³ You shall not murder.^[c]
¹⁴ You shall not commit adultery.
¹⁵ You shall not steal.
¹⁶ You shall not bear false witness against your neighbor.
¹⁷ You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

AIM



To remind students that commandments are not just rules but something we need to practice daily to be happy and good in God's eyes.

Teacher's Preparation

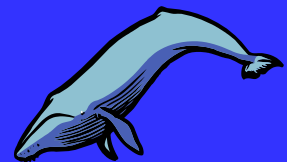


Before students arrive to class, lay out pieces of paper with statements (1 per sheet) that show good vs. bad followers of the commandments. Some examples could include “Sometimes, I tell small lies to my friends so that they don’t make fun of me”; “I pretend to be sick so I don’t have to wake up and come to church on Sunday morning”.

Introduction Activity

Have students read John 14:15 which says, “If you love me, keep my commandments”. Ask students to brainstorm rules they commonly follow in their lives. On separate sheets of paper, title the following, “Playground Rules”, “Class Rules”, “Swimming Pool Rules”, “House Rules”. Pass the sheets around so every child has an opportunity to include what rules they have witnessed in their communities/schools/homes. As a class, discuss why these rules have been made and invite students to share stories of when they have seen these rules been broken.

Main Ideas



God gave the 10 commandments to the Israelites for them to obey them. God promised them that they will be a special people among all the people of the world if they obeyed His commandments (Exodus 19:5). God asked Moses to climb Mount Sinai and He wrote the rules in stone for Moses to give to the people of Israel.

In the New Testament, Jesus says that the two most important commandments are to love God and to love your neighbor (Mark 12: 29-31). The Old Testament commandments are not different from what Jesus tells us. The commandments in the Old Testament tell us **exactly** how to love God and other people.

Rules to love God:

Commandment 1 – Worship only God. Do not worship other Gods.

Commandment 2 – Pray only to God

Commandment 3 – Respect God and don't misuse His name

Commandment 4 – Keep the Sabbath Day Holy

Rules to love people:

Commandment 5 – Respect your father and mother

Commandment 6 – Do not kill any of God's creations

Commandment 7 – Be faithful to your husband/wife

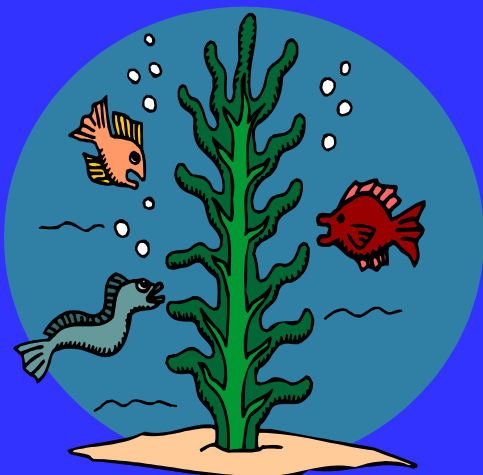
Commandment 8 – Don't steal other people's things

Commandment 9 – Always tell the truth

Commandment 10 – Be happy with what God has given you and don't be greedy.

When we follow these commandments, we show God that we honor him. Just like any other rules, the commandments teach us to be good people. People who follow rules properly get to enjoy certain privileges – if we follow the rules in school, we will not get in trouble and will be able to do well in class. If we follow the rules at home, our parents will be proud of us and will happily look after all our needs. When we follow God's rules, He promises to care for us and look after all our needs.

Activity



Students look at the scenarios laid out on the table. Ask students to decide whether they think that each scenario describes a person following God's rules or breaking them. Students could also take turns acting out the scenarios in small groups rather than just reading and sorting them.

If time permits, ask students to consider what might be some consequences to some of these rules being broken – get in trouble, people won't trust/like you anymore, parents will be disappointed.

Review Time

Find the missing words in the puzzle below and fill it in the correct order.

Love _____

Do not worship _____

Keep God's name _____

Keep the _____

Respect your _____

Do not _____

Do not commit _____

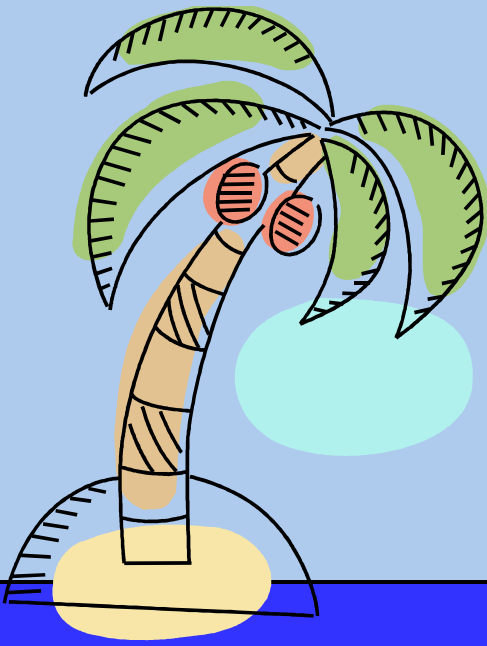
Do not _____

Do not _____

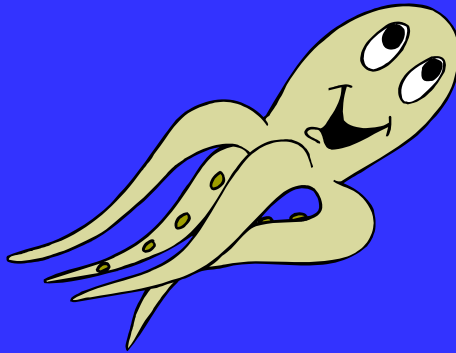
Do not _____

L	W	P	T	O	I	R	Y	Q	L
W	Y	W	A	D	A	R	L	D	K
T	B	W	O	R	E	T	O	B	M
Y	E	L	I	T	E	G	O	Q	U
L	S	V	L	I	E	N	X	V	R
O	E	U	O	L	A	E	T	S	D
H	D	J	D	C	X	U	J	S	E
A	B	W	F	Q	T	J	B	Z	R
S	A	B	B	A	T	H	I	F	A
Y	I	X	G	L	X	I	M	P	U

Values for Life



Sometimes we think that it is ok to tell a small lie or to want something that our friends have, but God says it is not. It takes a lot of work to follow the commandments, but good things will come from doing so. If we are good to God and to other people, then not only will God be proud of us, but other people will be good to us too.



My Decision

**I will try my hardest to remember
and follow God's commandments
so that He can be proud of me.**

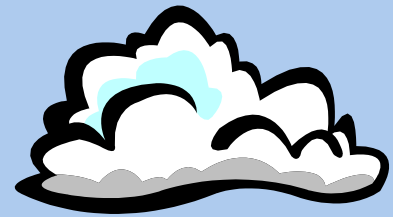


Memory Verse

Matthew 7:12

**New Revised Standard Version
(NRSV)**

**In everything do to other as you would
have them do to you; for this is the law
and the prophets.**



Closing Prayer

Dear God,

Thank you for giving us your commandments that teach us
how to love you and love the people we are surrounded by.

Help us to follow these rules in everything we do. Help us to
never forget that you love us and that your rules help us
become better people in your sight.

Amen.