

A LOVING LAW

Ten
Commandments
Exodus 20:1–21
1446 BC

OVERVIEW

BIBLE TRUTH

God guides and protects us.

BIBLE VERSE

Love the LORD your God, and . . . serve Him with all your heart. Deuteronomy 11:13

LEARNER GOAL

I know God's rules are good.

LAW & GOSPEL

We reject God's Law as we go our own way, failing to love God and to love others before ourselves.

Jesus Christ kept the Law perfectly on our behalf, and He guides us to love Him and our neighbor.

SCRIPTURE SNAPSHOT

Months into their wilderness wanderings, the Israelites arrive in the wilderness of Sinai. God comes to the mountain in clouds and thunder—fire and smoke—as He establishes His covenant with His people through Moses, His chosen intermediary. There on the mountain, God gives Moses His Ten Commandments.

LESSON PREP

BASIC Read Exodus 20:1–21 and notes in *The Lutheran Study Bible*.

MORE TIME Read the leader devotion, found in the digital resource center.

IN DEPTH Find out more about the Ten Commandments using the Questions in *Luther's Small Catechism with Explanation* (2017).

SUPPLY LIST

FOR THIS LESSON

- Red, green & yellow construction paper or play dough
- Play dough, rolling pins, heart-shaped cookie cutter & craft gems
- Mixing bowl, spoon, recipe card & containers of sugar, potting soil, laundry detergent & water
- Flashlight & poster board
- Red & green circles
- Graham crackers, frosting & fruit gummies
- Egg cartons or cups, craft sticks, paint & yarn

FOR EVERY LESSON

- Bible, songbook & classroom supplies
- Copies of *Discover Leaflet*, stickers & music downloads
- Supplies for bonus activities

LAUNCH

BUILDING RELATIONSHIPS

STOPLIGHTS Glue red, green, and yellow circles to paper, or use colored play dough. Talk about what the colors mean on lights. Say, **Stoplight rules are good. They keep us safe. God gives us rules to help us live together in love. God’s rules are good too.**

PLAY DOUGH Set out play dough, rolling pins, heart-shaped cookie cutters, and gems or buttons. Cut out ten hearts and decorate them. Say, **What do hearts make you think of? Love! God wants us to love Him and others. Today we’ll hear about God’s ten ways to show love.**

JESUS TIME

SING “We Are in God’s House Today” (digital resource center) or “Happy Now We Gather” (*Little Ones Sing Praise*, p. 9)

SAY Hi, friends. I’m glad you are here today. God wants us to love Him and others. Today we’ll talk about God’s ten rules for showing love.

PRAY Dear God,* thank You for loving us* so much* that You sent Jesus* to be our Savior.* Help us learn* about Your rules* for loving You* and others.* Amen.*
*At the asterisks, have children echo the phrase to God.

LEARN

INTRODUCE THE BIBLE STORY

Use a mixing bowl, a spoon, a recipe, and containers of sugar, potting soil, laundry detergent, and water. Ask, **Who likes to help bake treats at home? What do you like to make? Let’s make some chocolate cupcakes today.** Show card. **Here’s my recipe. It’s important to do what it says. My recipe says I need some sugar.** Add sugar to bowl. Now it says I need chocolate. Hmm. I didn’t bring that. But I have some dirt. Let’s use it. Add it to bowl. I also need flour. Oh no. I don’t have flour either. But I have this laundry soap. Add it. Finally, the recipe says to add milk. I’ll add water instead. Add water. Stir up the mixture and show the children. **What do you think? Will my cupcakes taste good? No! A recipe gives us the rules for how to make something. But I didn’t follow the recipe rules, and I ended up with a big mess! When we don’t follow God’s rules, we end up with a bigger mess called sin. Today we’re going to talk about God’s rules, the Ten Commandments. God wants us to follow His rules, but we mess up too. Jesus is the only one who can get us out of that mess!**

TELL THE BIBLE STORY

Tell the Bible story, using the *Discover Leaflet* as a guide. Use the leaflet questions to review. *Option:* Lead children around the room, pretending to wander in the desert. Pretend to set up tents by Mount Sinai. Have children sit by their tents. Describe the mountain, the smoke, and flashing lights (use a flashlight). Have children tremble and shake. Tell children to stay sitting as you (Moses) go up the mountain to talk to God. Stand on a chair and hold pretend tablets of the Law (or cut tablets out of poster board). Step off the chair to bring them to the children and tell what they say.

SAY THE BIBLE VERSE

Read Deuteronomy 11:13 from your Bible; have children say and do the actions with you:

**Love the LORD your God,
and . . . serve Him
with all your heart.**

Put hands over heart.
Hold hands out, palms up.
Point to heart.



LEADER NOTE

Get children started in an activity that connects what they know to what they will learn, or start with Jesus Time.



BONUS ACTIVITY

Do the “Counting to Ten” activity.



BONUS ACTIVITY

Use “Buddy Talk” to introduce the story.



LEADER NOTE

Show Bible and remind children that all the stories in God’s Word are true.

LIVE

DISCOVER LESSON TRUTHS

Separate each *Discover Leaflet* into two pages. Send the first page home with the children. Hand out the second page of the leaflets, stickers, and crayons.

SIDE 1 Have children connect the dots around the tablets of stone and color them.

SIDE 2 Talk about the pictures of loving and unkind actions. Give children heart stickers to add to the loving actions and cross stickers to add to the unkind actions. Discuss God's commands to love Him and others and how, sadly, we think and say and do wrong things. Say, **God's rules are good for us. But even though we try, we can't obey God's rules. We mess up because we are sinners. But God loves us so much He sent Jesus to be our Savior. Jesus kept all of God's rules for us. Then He took the punishment for our sins on the cross. Because of Jesus, God forgives our sins. He will help us show love for others.**

Talk about ways God helps us show love for others. Have children suggest a way they can do that this week. Write their suggestion on a heart for them to take home as a reminder.

ENGAGE IN ACTIVE LEARNING

Reinforce the Learner Goal with one or more of these active learning options. Turn to "Active Learning" on the back page for instructions to do the activities below.

□ MOVE

Play Red Light, Green Light to learn the importance of rules for playing a game.

□ SNACK

Make a Ten Commandments snack.

□ CREATE

Use egg cartons or paper cups, craft sticks, and stickers to make a Ten Commandment project.

CHECK FOR UNDERSTANDING

Help children see that God gave us the Ten Commandments because He loves us. They tell us how to love Him and others. Have them suggest ways they can show love for others this week. Check for understanding and say, **God's rules are good. We can't keep them, though, so God sent Jesus to save us. Jesus kept them for us and then died on the cross for us. He loves us so much.**

LEAVE

SING "Father, Hear My Prayer" (digital resource center) or "Two Little Eyes" (*Little Ones Sing Praise*, p. 36)

SAY **God's rules are good. The trouble is, we can't keep God's rules. We sin. So God sent Jesus to obey the commandments for us and take the punishment for the things we do wrong. Let's tell God thank You!**

PRAY **Dear God, thank You for the Ten Commandments that show us how to live in love. We are sorry for messing up so often. Thank You for sending Jesus to keep Your rules in our place and take the punishment we deserve. Amen.**



CHRIST CONNECTION

Jesus Christ kept the Law perfectly on our behalf, and then took the punishment for our sin on the cross. He helps us love Him and our neighbor.



BONUS ACTIVITY

Make a "Walking Stick."

ACTIVE LEARNING

□ MOVE

Play Red Light, Green Light. Have children line up behind a line. When you say, “Green light,” or hold up a green circle, give them a direction for moving toward the goal line (e.g., hop like a toad). When you say, “Red light,” or hold up a red circle, they stop where they are. Vary directions until they reach the goal. Talk about how game rules are good. God’s rules are good too. Talk about why.

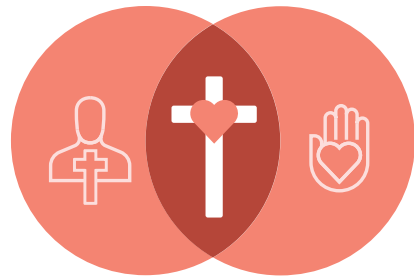
□ SNACK

Give each child two graham crackers with the tops cut to resemble tablets. Set out tubes of frosting to frost them. Give children ten fruit gummies to put on their tablets.

□ CREATE

You’ll need an egg carton per child. Cut two cups off so there are just ten. Turn carton upside down and make a slit in each cup. Paint or color ten craft sticks. Let dry. Add a commandment sticker to the end of each stick, and insert one in each slit of the egg carton. Alternately, put sticks in a paper cup. Say, **God’s rules, the Ten Commandments, are good. But because we sin and can’t keep God’s rules, He sent Jesus to be our Savior.**

Option: Trace around child’s hands onto paper. Or dip hands one at a time in paint, then press each hand on the paper, fingers slightly apart. (Have paint shirts and soap and water for cleanup.) When dry, add a commandment sticker to the tip of each finger. “Frame” picture by gluing it to another piece of paper. Add yarn for hanging.



CONNECTING IDENTITY & CALLING

IDENTITY: WHO AM I?

God has made me His creature, created to love Him and serve my neighbor.

CALLING: WHY AM I HERE?

I have been created to follow God’s will: to love Him and serve my neighbor.

GROWING IN FAITH FOR LIFE

See how this lesson builds on learning for each age.

ADULT

I can paraphrase God’s intent for how His human creatures should love Him and love one another.

YOUTH

I can cite examples of how God guides and protects us.

ELEMENTARY

I understand that God knows all that I need and that He guides and protects me.

EARLY CHILDHOOD

I know God’s rules are good.

★ BONUS ACTIVITIES

COUNTING TO TEN

10 minutes

Give each child a sheet of paper with numbers 1 to 10 written down the side. Set out round stickers, buttons, dry noodles, or O-shaped cereal and glue sticks. Have children glue the correct number of items next to each number. Say, **Today we’ll hear about ten rules God gives us. These rules are called the Ten Commandments.**

BUDDY TALK

10 minutes

Buddy shares that he was playing Candy Land with his cousin and wanted to win, so he didn’t follow the rules. That started a fight. Buddy asks why we need rules. Say, **Rules help us to be safe and get along with others. When we don’t follow the rules, we hurt others** (e.g., failing to stop at a stop sign and hitting someone).

Buddy sees how rules can help us but wonders how he can remember them all. Say, **God has given us ten big rules called the Ten Commandments. God’s rules are good. They tell us how to love Him and others.** Invite him to stay and find out more.

WALKING STICK

15 minutes

Provide strips of mural paper or craft paper, about three feet long by four inches wide; tape; and markers. Have children decorate the papers, roll them, and tape the seams to make walking sticks. *Option:* Use thirty-inch gift wrap tubes.

Say, **Moses used a walking stick. He held it over the waters of the Red Sea and God made the water dry up. He used his stick to walk up the mountain where God gave him the Ten Commandments. You can use your walking stick to pretend you are Moses and tell what you learned.**