Preschool–Grade 6

The Ten Commandments

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: God's rules are good. God loves me.
Bible passage: Exodus 19–20. Read Exodus 19:1–20:21 and Exodus 31:18 yourself before class.
Memory verse: "Thou shalt have no other gods before me." *Exodus 20:3 (KJV).* It means: love God most.
You need: a Bible, masking tape, crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at Exodus 19. Make a tape line on the floor near one wall. The wall is the "mountain."

1. Opening game: Get Ready! (5 minutes)

Kids pretend to get ready for something special: wash their clothes (scrub, scrub), shake them out and put them on. Then everyone lines up behind the tape line. Say: "Do not cross the line!" Then make a storm together: pat your knees fast for thunder, clap for lightning, and toot like a big trumpet. Say: "Today's true story is about the day God came down on a mountain and spoke to His people."

2. Bible story (5 minutes)

Hold up your Bible open to Exodus 19. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

God brought His people out of Egypt (Exodus 20:2). *(Walk in place.)*
They camped by a big mountain (19:2). *(Make a mountain with your arms over your head.)*
God said to get ready. They washed their clothes (19:10, 19:14). *(Scrub, scrub.)*
On the third day, thunder boomed and lightning flashed (19:16). *(Pat your knees, then clap.)*
A thick cloud covered the mountain (19:16). *(Wave your hands over your head.)*
A trumpet blew, very loud (19:16). *(Toot like a trumpet.)*
The mountain shook (19:18). *(Shake all over.)*
Then God spoke to His people (20:1). *(Hand behind your ear.)*
God gave ten rules (Exodus 34:28). *(Hold up ten fingers.)*
Say it with me: "God's rules are good!"
Love God most (20:3). *(Point up.)*
Honor your mom and dad (20:12). *(Hug yourself.)*
Do not steal (20:15). *(Hands behind your back.)*
Do not lie (20:16). *(Hand on your heart.)*
God wrote His rules on two stones (31:18). *(Hold up two flat hands.)*
Say it with me: "God loves me!"

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3. Questions to ask (3 minutes)

1. What did the people hear on the mountain? *(Thunder and a very loud trumpet, Exodus 19:16)*
2. Who spoke the rules? *(God did, 20:1)*
3. What did God write His rules on? *(Two stones, 31:18)*

4. Memory verse (3 minutes)

Say: "God said, 'Thou shalt have no other gods before me.' That means: love God most!" Teach the motion: point up on "Thou shalt have," shake your head on "no other gods," and point up again on "before me." Say the verse with the motion three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Exodus 20:3" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Two Stones (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw two stones with round tops, side by side. They color the stones gray and draw a happy face or a heart under them. While they color, ask: "Who gave us good rules? Who do we love most?" Kids who finish early can play Get Ready! again.

7. Prayer

Say each line, and the kids say it after you:
"Thank You, God, for good rules.
Help me love You most. In Jesus' name, amen."

Tips for little ones: keep the story moving and let every child do the motions. If they get wiggly, make the storm again: pat, clap and toot. This lesson names four of the ten rules that little ones can live out this week; the older lessons cover all ten. Send the take-home sheet home so parents can tell the story again this week.

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