Preschool–Grade 6

The Ten Commandments

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: God's rules are good. God gave His commandments because He loves us, and they show us how to love God and love other people.
Bible passage: Exodus 19:1–20:21 and Exodus 31:18. Read them before class.
Memory verse: "Thou shalt have no other gods before me." *Exodus 20:3 (KJV)*
You need: a Bible, 4 stone shapes cut from gray paper, a marker, tape, crayons, and one take-home sheet for each child.
Before class: write the memory verse on the 4 paper stones (see part 4). Put a bookmark in your Bible at Exodus 19 and another at Exodus 20.

1. Opening game: Stop and Go (5 minutes)

Kids stand in a line on one side of the room. Call out "Go!" (walk slowly), "Stop!" (freeze), "Tiptoe!" and "Hop!" Anyone who moves on "Stop!" goes back to the start. Play a few rounds. Then ask: *What would happen if this game had no rules, and nobody ever had to stop?* Say: "Good rules help us play together and keep us safe. Today we will hear about ten rules God gave His people, because He loved them."

2. Bible story: God Gives the Ten Commandments (10 minutes)

Hold up your Bible open to Exodus 19, so the kids can see the story comes from God's Word. Tell it in your own words:

God's people, the **children of Israel**, had been slaves in Egypt. But God brought them out (Exodus 20:2)! In the third month after they left Egypt, they came to the desert of **Sinai**. They set up their tents in front of a big mountain, **Mount Sinai** (19:1–2).

Moses went up to talk with God. God told him to say to the people: "Ye have seen what I did unto the Egyptians, and how I bare you on eagles' wings, and brought you unto myself" (19:4). That means God carried them like an eagle carries its young. If they would obey Him, they would be His own special treasure (19:5). All the people answered together, "All that the LORD hath spoken we will do" (19:8).

God told Moses to get the people ready. They washed their clothes, because on the third day God would come down on the mountain where everyone could see (19:10–11, 19:14). Moses put a border all around the mountain, so nobody would go up or touch it (19:12).

On the third day, in the morning, there was **thunder** and **lightning**, a thick **cloud** on the mountain, and the sound of a **trumpet**, very, very loud. All the people in the camp trembled (19:16). The whole mountain was covered with smoke, because the LORD came down on it in fire, and the whole mountain shook (19:18). The trumpet got louder and louder (19:19).

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The story continues: Then God spoke all these words (20:1). He said, "I am the LORD thy God, which have brought thee out of the land of Egypt" (20:2). Then God gave ten commandments. A **commandment** is a rule God gives that we must obey. Count them on your fingers with the kids:

1. Have no other gods but God (20:3). **Read Exodus 20:3 from your Bible:** "Thou shalt have no other gods before me."
2. Do not make idols, statues to bow down to and worship (20:4–5).
3. Use God's name with respect, never in an empty or careless way (20:7).
4. Keep the Sabbath day holy. God made everything in six days and rested on the seventh day (20:8–11).
5. Honor your father and your mother (20:12). **Honor** means respect them and obey them.
6. Do not kill (20:13).
7. Keep your promises in marriage (20:14).
8. Do not steal (20:15).
9. Do not lie about other people (20:16).
10. Do not **covet**, which means wanting what belongs to someone else (20:17).

The people saw the lightning and the smoke and heard the trumpet, and they were afraid. They stood far away (20:18). Moses told them, "Fear not" (20:20). God wanted them to love Him and not sin. Later, God gave Moses two **tables** of stone, flat stone tablets, "written with the finger of God" (31:18).

3. Questions to ask (5 minutes)

1. Where were God's people camped? *(In front of Mount Sinai, Exodus 19:2)*
2. What did the people see and hear on the third day? *(Thunder, lightning, a thick cloud and a very loud trumpet, 19:16)*
3. Who spoke the ten commandments? *(God did, 20:1)*
4. What is the first commandment? *("Thou shalt have no other gods before me," 20:3)*
5. What did God write the commandments on? *(Two tables of stone, 31:18)*

4. Memory verse: Stone Verse game (5 minutes)

Tape the 4 paper stones up in order: *Thou shalt have / no other gods / before me. / Exodus 20:3.* Explain the old words: **thou shalt** means you must, **gods** means anything people worship instead of the real God, and **before me** means in God's place. So the verse means: love God most, and let nothing take His place. Read the verse together. Then take one stone away and read it again. Keep taking stones away, one each time, until the kids can say the whole verse by themselves.

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5. What this means for us (5 minutes)

Say: "God's rules are good, and He gave them because He loves us. But has anyone kept every one of God's rules, every day? No. Everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! The Bible tells us how to obey the gospel, the good news about Jesus: 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like the believers did in the Bible (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.
This week: love God most. Pray to Him every day, and honor your mom and dad by obeying the first time.

6. Activity (10–15 minutes)

Choose one: the **Ten Commandments word search** (vbshq.com/puzzles/ten-commandments-word-search), crossword (vbshq.com/puzzles/ten-commandments-crossword), maze (vbshq.com/puzzles/ten-commandments-maze), the coloring page or craft (vbshq.com/bible-stories/ten-commandments), or **Ten Finger Review:** kids hold up both hands. Say a commandment in plain words and its number, and they fold down one finger each time: 1 point up (love God most), 2 shake your head (no idols), 3 finger on lips (God's name with respect), 4 hands under your cheek (rest on the Sabbath), 5 hug yourself (honor your parents), 6 hands open and gentle (do not kill), 7 hold your two hands together (keep your promises in marriage), 8 hands behind your back (do not steal), 9 hand on your heart (tell the truth), 10 arms folded, happy face (do not covet). Do it again faster.

7. Prayer

"Dear God, thank You for loving us and giving us good rules. Help us love You most and love other people too. Thank You for coming to save us in Jesus. In Jesus' name, amen."

If a child asks what number 7 means: say, "God wants a husband and wife to keep their promise to love each other all their lives." That is all a young child needs.

If a child asks why the people were afraid: God is holy and very great, and the thunder and smoke showed it (Exodus 19:16–18). Moses told them, "Fear not" (20:20). God came close to teach them, because He loved them.

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