

Learn by Doing

Choice Commandments on Sinai

Take the Ten Commandments to heart by learning a shortened version of the commandments in song. Then reenact the Lord giving the commandments on Mount Sinai. Set up a “mountain” in the room. Use a sheet or blanket to cover furniture stacked to form a “mountain” e.g. chairs, tables or cushions. Place a copy of the Word on top of the mountain to symbolize the Ten Commandments.



1. Start by teaching *The Ten Commandments* song. Watch and then sing along with the video at <https://www.newchurchvineyard.org/resource/video-the-ten-commandments-song/> .
2. Once the children are comfortable singing the song, practice without the video until the children are comfortable singing with you.
3. Where were the children of Israel when the Lord gave them the ten commandments? (Mount Sinai)
4. Who went up on the mountain? (Moses and Aaron)
5. The children of Israel were told to stay at the bottom of the mountain. They were not allowed to go up on the mountain.
6. Let’s go to our mountain. We are going to make a circle around the mountain just as the children of Israel stood around Mount Sinai. Hold hands with the people on either side of you and we will sing the Ten Commandments song.
7. Stand as you sing, or walk slowly in a circle around the mountain in time to the music. When the song finishes, turn and walk in the other direction and sing it again.
8. When the Lord gave the Ten Commandments, the children of Israel promised to obey them. They said, “All that the Lord has spoken, we will do and hear.” Let’s say that together. I’ll say, “All that the Lord has spoken,” and you will say, “We will do and hear.” Let’s try it!

Materials Needed

listening device to play *The Ten Commandments* song, online at <https://www.newchurchvineyard.org/resource/video-the-ten-commandments-song/>; copy of the Word; furniture or pillows to make a mountain; a plain brown or gray sheet to cover the “mountain”

Prepare in Advance

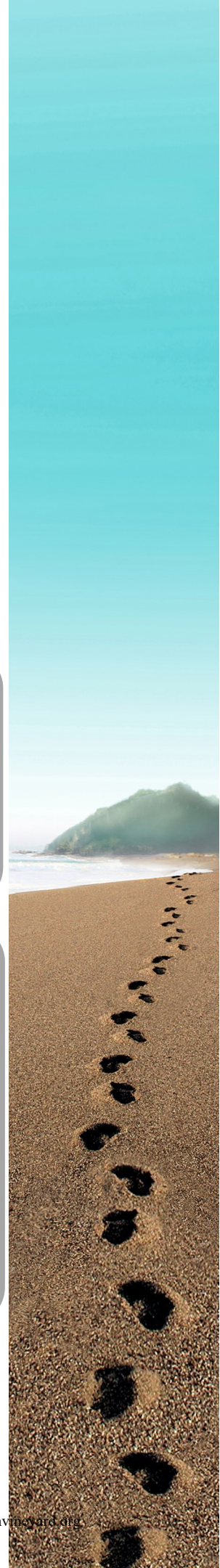
Set up a “mountain”, download the song or connect a listening device to the internet. Learn the song yourself so it is easier to teach. (Sheet music is provided on

New Church Concept Conjunction

People who live according to the commandments are conjoined with the Lord. For the commandments teach life and also give life. *Arcana Coelestia* 8767

New Church Concept Hearing

In the Word 'hearing' means more than hearing with the ear. It means receiving things in the memory and learning them, also receiving them in the understanding and believing them, and in addition receiving them in obedience and doing them. *Arcana Coelestia* 9311



THE TEN COMMANDMENTS

Unison
♩ = 100 G

D C D G D

You shall have no oth-er gods be-fore Me. You shall not take the

C D G D C D

Lord's name in vain. Re-mem-ber the Sab-bath day to keep it ho-ly.

G D D7 G G D

Ho - nor your fa - ther and mo - ther. You shall not kill.

C D G D C D

You shall not hurt mar-riage. You shall not steal. You shall not tell a lie.

G D C D G D D7 G

You shall not covet your neighbor's house, Or anything that is your neighbor's.

—Based on Exodus 20: 1–17; Deut 5: 6–21

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This song is taken from *Songs from the Word* by John and Lori Odhner. Order the complete book online at <http://tinyurl.com/johnandlori>. Used by permission.