

General Church Education



The Ten Commandments

Exodus 20:1-21

Lesson 12

Jacob's Ladder Religion Lessons

Introductory Level: The Lord Is Our
Heavenly Father

For ages 5-6 years

THE TEN COMMANDMENTS

Exodus 20:1-21

OVERVIEW OF THE STORY

The Israelites' relief and happiness at crossing the Red Sea and watching the destruction of their enemies was short-lived. They began the wilderness journey and soon became hungry and thirsty. The Lord provided not only for their natural needs but also for their spiritual needs. In a dramatic fashion, He spoke the Ten Commandments to the Israelites.

CONCEPTS FOR PARENTS AND TEACHERS

- ❖ The journey from Egypt to Canaan was long and difficult. It took forty years. The Israelites had to learn to trust and believe in the Lord.
- ❖ About 600,000 men plus women and children left Egypt. They brought their flocks and herds with them.
- ❖ The Israelites camped at Mount Sinai for almost a year. Here, the Lord gave them the Ten Commandments and other laws about how to worship and live together as a nation.
- ❖ The Lord made sure they had natural food on the long journey by sending manna and quails every day. Manna was a white substance the Israelites gathered from the ground each morning. They made it into sweet-tasting cakes.
- ❖ The Lord made sure they had spiritual food by giving them the Ten Commandments. The Ten Commandments are Divine laws or the way of heaven.
- ❖ The journey was difficult because the transition from slavery to freedom does not come without hard work. Forming good habits takes time and attention. The reward is heaven, our true home.

THE TEN COMMANDMENTS

IMPORTANT IDEAS FOR CHILDREN

The Lord gave the Ten Commandments to tell the Israelites what they needed to do to go to heaven.

We have to obey the Ten Commandments so that He can lead us to heaven too.

The Ten Commandments and the Word are very powerful.

LET'S REMEMBER:

- ♦ How many plagues were sent on Egypt? (Ten.)
- ♦ What was the last one that convinced the Pharaoh to let the people go? (Death of the firstborn.)
- ♦ The Children of Israel fled into the wilderness. How did the Lord guide them? (Pillar of cloud and fire.)
- ♦ What happened when the Egyptians came after them? (Red Sea parted to let the Israelites across. Egyptians were destroyed.)



OUR STORY FOR TODAY:

Now the Israelites began the journey back to Canaan without worrying that the Egyptians would come after them. They had a very large group with thousands of people plus all their flocks and herds. They followed the pillar of cloud by day. At night they camped in their tents by the pillar of fire. They were making their way through the wilderness to the Holy Land. The wilderness was a rough area of land where there were mountains and deserts in some parts.

When they became hungry and thirsty they complained or murmured against Moses and Aaron who were their leaders. So the Lord showed Moses where to find water and He sent food into their camp morning and night. In the evening, small birds called quails came into the camp so they had meat to eat. In the morning they found plenty of white, sweet tasting wafers on the ground that was bread for them. They called it manna. The Lord fed them morning and evening the whole time they were walking in the wilderness.



They needed more than food for their bodies. They needed food for their minds or souls. They needed to learn how to live together and be good people. So after traveling about three months, the Israelites came to Mount Sinai and set up camp. Moses went up the mountain and spoke to the Lord. The Lord said that if the Israelites obeyed Him, they would be His chosen or special people. The Israelites answered, "All that the Lord has spoken we will do."

The Lord told Moses He would come back in three days and talk to all the people. During this time they should prepare by washing themselves and their clothes. No one was to come up the mountain but Moses. Boundaries marking a limit were set around the foot of Mount Sinai.

On the third day something very dramatic happened. Thunder, lightning and a thick cloud came to the mountaintop. The whole mountain quaked as the Israelites stood around the bottom of the mountain. There was a sound of a loud trumpet and the people trembled. They were afraid. The Lord had some very important things to tell the people.



Read **Exodus 20:1-17**. (Discuss as you read.)

Do these words sound familiar? They were not only important teachings for the people back then, but for people of all time. That's why the Lord made sure they were written down in His Word.

What do you think it would have been like to stand by the foot of the mountain and hear the Lord speak these words? The Israelites were afraid. They had seen and heard the thunder, lightning, loud trumpet, smoke and voice—and they trembled in fear. They said to Moses, “You speak with God and then with us, but don’t let God speak to us or we will die.” Moses told the people not to be afraid.

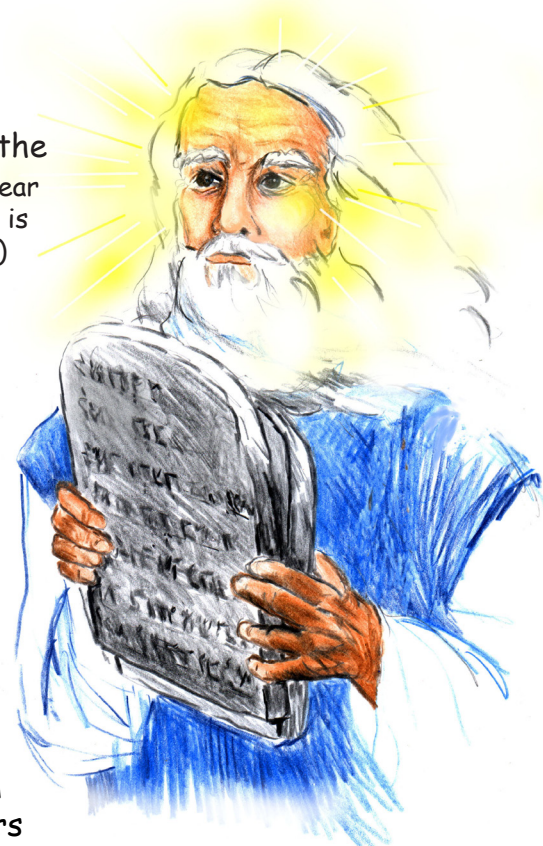


Read **Exodus 20:20-21**.

Why did Moses say the Lord came to the mountain? (To test the people, so they would fear or respect Him, so they would not sin—sinning is disobeying the Lord’s commandments on purpose.)

The people went back to their camp. Moses went up the mountain again. He stayed for a long time. When he came down, he brought two tablets, that is, pieces of flat stone. On these tablets the Lord had written the Ten Commandments with His own finger. If the Lord sent these stone tablets to the people, do you think the Ten Commandments must be pretty important? (Yes.)

If we love the Lord we will want to obey His commandments. By obeying them we can be truly happy and make others happy also. The Lord wants us to be happy now and to live in heaven with Him forever. That is why He gave them. It is a good idea to memorize them.



WHAT DID WE LEARN TODAY?

- ♦ **What food did the Israelites have in the morning?** (Manna or bread.)
- ♦ **What food did they have in the evening?** (Quail.)
- ♦ **Near what mountain did the Israelites camp?** (Sinai.)
- ♦ **Why did Moses go up Mount Sinai?** (To talk to God.)
- ♦ **What rules of life did the Lord give the people?** (The Ten Commandments.)
- ♦ **What did the Lord write them on?** (Two stone tablets.)
- ♦ **Who were the Commandments for?** (The ancient people, and for us.)

THE TEN COMMANDMENTS

ACTIVITIES



Recitation: Learn the recitation by heart and earn an award. Awards are on the last page of this lesson.

And God spoke all these words, saying: "I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage.
You shall have no other gods before me.
You shall not take the name of the Lord your God in vain.
Remember the Sabbath day, to keep it holy.
Honor your father and your mother.
You shall not murder.
You shall not commit adultery.
You shall not steal.
You shall not bear false witness against your neighbor.
You shall not covet your neighbor's house.
You shall not covet your neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his donkey, nor anything that is your neighbor's."



Project choices:

Exodus 20:1-17 (parts)

The Ten Commandments project

Color a picture of Moses and the Ten Commandments



Songs:

Moses in the Bulrushes—Listen or download at [https://](https://www.newchurchvineyard.org/resource/song-moses-in-the-bulrushes/)

www.newchurchvineyard.org/resource/song-moses-in-the-bulrushes/

Crossing the Red Sea—Listen or download at [https://](https://www.newchurchvineyard.org/resource/song-crossing-the-red-sea/)

www.newchurchvineyard.org/resource/song-crossing-the-red-sea/

Moses Went to Sinai's Peak—Listen or download at [https://](https://www.newchurchvineyard.org/resource/song-moses-went-to-sinai-peak/)

www.newchurchvineyard.org/resource/song-moses-went-to-sinai-peak/

Guide Me, O Thou Great Jehovah—Listen or download at [https://](https://www.newchurchvineyard.org/resource/song-guide-me-o-thou-great-jehovah-2/)

www.newchurchvineyard.org/resource/song-guide-me-o-thou-great-jehovah-2/



Additional Activities:

- ❖ Make tablets from clay. With a pointed object, add writing, in Hebrew or English. See the Ten Commandments project for Hebrew writing.
- ❖ We can worship at any time and any place but the Lord asks us to make the Sabbath a day of worship and instruction. Lead children to see the Sabbath as a special day to show respect for the Lord. It could be in the effort to dress nicely for church. When we get out of our every day routine and change our clothes, we also change our attitudes and focus. If we develop a routine of listening to the Lord, it can become a lifelong habit that nourishes our spirit just as eating good natural food nourishes our bodies.

The Ten Commandments

This project illustrates the two tablets of stone on which the commandments were written and shows some Hebrew writing.

Supplies:

1 printed page
1 piece of red construction paper
watercolor paints
brush
scissors
glue

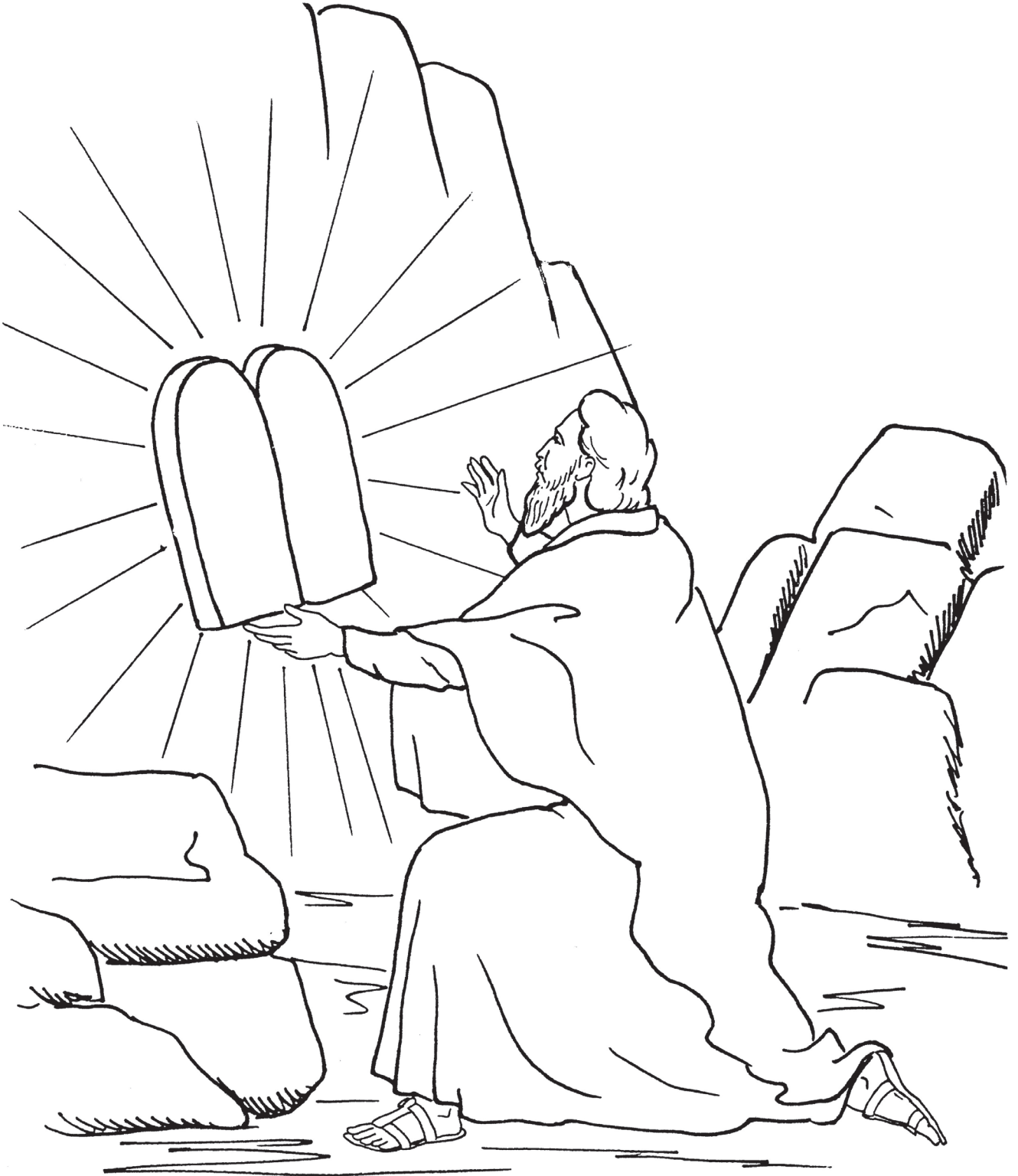
Instructions:

1. Using watercolor paints, paint the printed tables of stone grey (light black).
2. When the paint has dried, cut out around the two tables.
3. Glue the tables to the center of the red construction paper.
3. Now use your finger to trace the Hebrew letters. Hebrew writing goes from the right to the left, the opposite of English writing. These letters spell the Lord's name in Hebrew. Yhowah or Jehovah is how the Lord was known to Moses and the Israelites.



יהוה

YHWH



Recitation Award: The Ten Commandments

Purchase a wide colorful ribbon. Attach each recitation award to the ribbon as it is learned. Multiple copies of the award are provided for classes.

