Ten Commandments

Exodus 19:1-20; 20:1-17 - *selections*

Level A

Ages 3-6

Series Theme: The Lord leads and provides for us, and we can choose to follow Him.

Lesson Focus: The Lord teaches me what I should do.

Reading Summary: The children of Israel went into the Wilderness of Sinai. The Lord called to Moses from the mountain and said, "If you obey My voice and keep My covenant you shall be a special treasure to Me." The people answered, "All that the Lord has spoken we will do." Moses sanctified the people and told them not to come near the mountain. On the third day there were thunderings and lightnings and a loud trumpet. The people stood at the foot of the mountain. Mount Sinai was covered in thick smoke, and the whole mountain quaked. The Lord came down on the top of the mountain, and Moses went up. The Lord said: "I am the Lord your God, you shall have no other gods before Me. You shall not take the Lord's name in vain. Remember the Sabbath day. Honor your father and mother. Do not commit murder. Do not commit adultery. You shall not steal. You shall not bear false witness. You shall not covet your neighbor's house. You shall not covet your neighbor's wife nor anything that is your neighbor's."

Lesson 5		Materials Supplied	Materials Needed
1. Welcome Warm-up Activity (2-3 minutes)	**Circle Activity**	**Special Treasure** directions p. 2	copy of the Word hidden in a box or bag
2. Focus on the Word Use all activities (5-7 minutes)	**Read the Word and Talk About It**	see *Reading Summary* above; *The Ten Commandments Readings* p. 5 discussion guide p. 2	
3. Learn by Doing Choose 1-2 activities (15-20 minutes)	**Embellished Picture** children use finger paints and glue-on pieces to make a special picture of Mt. Sinai	**The People at Mount Sinai** directions p. 3 *Mount Sinai Background* p. 8 *Ten Commandments* p. 9	crayons, finger paints, finger paint trays, newspaper or disposable tablecloth, wet paper towels or wet wipes, glue, cotton balls, glitter, scissors *optional*: art smocks to protect children's clothing
	Song and Activity learn the Ten Commandments by singing a song; act out the children of Israel receiving them at Sinai	**Commandments on Sinai** directions pp. 3-4 song video *The Ten Commandments* https://www.newchurchvineyard.org/resource/video-the-ten-commandments-song/ *The Ten Commandments* sheet music p. 10	blanket or sheet to cover a small stack of chairs, table or cushions to create "Mount Sinai"; copy of the Word
	Coloring Picture	**Going Up Mount Sinai** p. 11	crayons, markers or colored pencils
4. Wrap It Up (2-3 minutes)	**Memory Verse** introduce the memory verse for the week	**Memory Verse** *Parent Notes* p. 12	

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1. Welcome Warm-up Activity

Special Treasure

Supplies needed: bag or box with a copy of the Word hidden inside to disguise its shape.

Seat the children in a circle and show them the bag or box with a copy of the Word hidden inside. Tell the children there is treasure hidden inside. Ask, "What do you think it could be? What kind of treasure would you like to find inside?" Go around the circle and encourage each child to name a treasure they would like. If children name things they want, such as toys and games, tell them that the Lord gives us many kinds of treasure. When everyone has had an opportunity to share, invite the children to help you open the box or bag and bring out the Word. The Word is full of spiritual treasure from the Lord. It is the most precious thing in the world because it gives us rules that tell us how to live so we can be truly happy.

2. Focus on the Word

Read: Selections from Exodus 19:1-20; 20:1-17 on p. 5. See teaching pictures on p. 6-7.

What kinds of rules do you have in your house?

Who makes the rules?

What happens if the rules are broken?

Rules are very important. What would happen if we did not have rules?

If we did not have rules, people would not know what was right and what was wrong. People would not know how to share. People would not know how to get to heaven. Rules help us in so many ways.

The Lord gave the children of Israel new rules right after they left Egypt. These rules are the Ten Commandments. Let's say that together, "The Ten Commandments."

The Lord led people to a great mountain, Mount Sinai. What happened on the mountain? There were thunderings and lightenings, and a loud trumpet. **Let's see if we can make loud thunder. Sit so your feet touch the floor. When I count to three, let's see if we can all tap our feet and make thunder.**

Now let's put our hands together like a trumpet and make a loud trumpet sound.

What happened next? The Lord came down on the mountain, and Moses went up on the mountain, and the Lord gave Moses the Ten Commandments.

The Commandments are rules that the children of Israel were to obey. They are rules for us as well and they tell us what we should do and what we should not do.

The Ten Commandments were carved on two tablets of stone. They were the most precious thing that the children of Israel had. (Show teaching picture on p. 6.)

Can you remember any of the commandments that were written on the tables of stone? Encourage children to remember a few of the commandments. (See p. 5 for a list.) Don't worry about remembering them all.

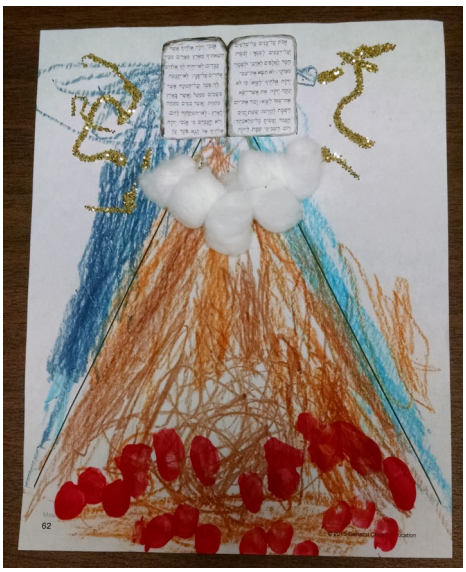
It's wonderful that the Lord tells each of us what we should do to be truly happy in heaven. We can learn the commandments and keep them in our hearts so that we can always remember what the Lord wants us to do.

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3. Learn by Doing

Choose one or two activities

Choice The People at Mount Sinai



The children of Israel agreed to obey the Lord at Mount Sinai. They stood at the bottom of the mountain while Moses went up and received the Ten Commandments from the Lord. Students will create a picture showing the Ten Commandments on Mount Sinai.

1. Give each child a *Mount Sinai Background* (p. 8) and have them color the mountain and the sky.
2. Have children dip their fingers in a tray of finger paint and press them down along the bottom of the page as shown in the picture. These are the people around the mountain. Wipe off the children's hands.
3. Give each child a copy of the Ten Commandments from p. 9. Tell them the commandments are written on the table in Hebrew, just as they were with the real tables of stone. These were very special because they were written by the finger of God. Help them glue the Ten Commandments at the top of the mountain.
4. Add pieces of cotton balls or cotton wool on the mountain under the Ten Commandments to represent the clouds that covered the top of Sinai.
5. Add glitter around the Ten Commandments.

Materials Needed

crayons, finger paints, finger paint trays, newspaper or disposable tablecloth, wet paper towels or wet wipes, glue, cotton balls, glitter, scissors, one copy of *Mount Sinai Background* p. 8 for each child, and 1-2 copies of the *Ten Commandments* p. 9 to share; *optional*: art smocks to protect children's clothing

Prepare in Advance

Print *The Ten Commandments* (p. 9) and cut apart the 8 sets of tables. Each student needs one set. Print a copy of *Mount Sinai Background* (p. 8) for each student. Cover the table and prepare paint trays and hand wipes.

New Church Concept
Ten Commandments

Such great holiness and power were in [the Ten Commandments], because they were the summary of the whole of religion. *True Christian Religion* 286

Choice Commandments on Sinai



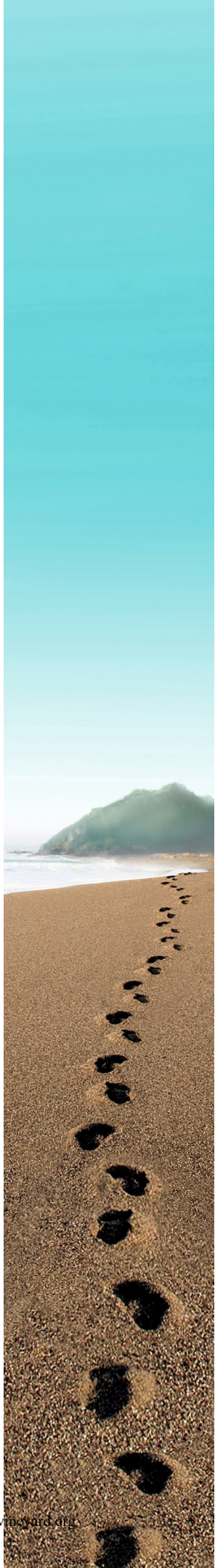
Take the Ten Commandments to heart by learning a shortened version of the commandments in song. Then reenact the Lord giving the commandments on Mount Sinai. Set up a "mountain" in the room. Use a sheet or blanket to cover furniture stacked to form a "mountain" e.g. chairs, tables or cushions. Place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

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 p. 10.)



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Commandments on Sinai *continued*

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!

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

Choice Coloring Picture: Going up Mount Sinai

Hand out copies of *Going Up Mount Sinai* (p. 11) for children to color.

Materials Needed
copies of *Going Up Mount Sinai,* p. 11; crayons, markers, or colored pencils

4. Wrap It Up

Memory Verse

Take the story of the Lord giving the Ten Commandments on Mount Sinai to heart by learning the following Memory Verse. Say the phrases once or twice and then invite the children to say it with you. Then let them try to say it by themselves.

He who has My commandments and keeps them, it is he who loves Me.
John 14:21

Closing

The Lord gave the Ten Commandments because He loves us and wants us to know what we should do to go to heaven. We can show our love for the Lord by doing what they teach.

Give a *Parent Note* (p. 12) to children as they leave.

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The Ten Commandments Readings

Exodus 19:1-3,5,7-8,14-20; 20:1-17 - *selections*

To shorten readings, read only the bold text.

In the third month after the children of Israel had gone out of the land of Egypt they came to the Wilderness of Sinai. So Israel camped there before the mountain.

And Moses went up to God, and the Lord called to him from the mountain, saying..., "If you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me." So Moses called for the elders of the people, and laid before them all these words which the Lord commanded him. Then all the people answered together, "All that the Lord has spoken we will do."

So Moses went down from the mountain to the people and sanctified the people, and they washed their clothes. And he said to the people, "Be ready for the third day."

Then it came to pass on the third day, in the morning, that there were thunderings and lightnings, and a thick cloud on the mountain; and the sound of the trumpet was very loud, so that all the people who were in the camp trembled. And Moses brought the people out of the camp to meet with God, and they stood at the foot of the mountain.

Now Mount Sinai was completely in smoke, because the Lord descended upon it in fire. And the whole mountain quaked greatly. And when the blast of the trumpet sounded long and became louder and louder, Moses spoke, and God answered him by voice.

Then the Lord came down upon Mount Sinai, on the top of the mountain. And the Lord called Moses to the top of the mountain, and Moses went up.

And God spoke all these words, saying:

I am the Lord your God.

(1) You shall have no other gods before My face.

(2) You shall not take the name of the Lord your God in vain.

(3) Remember the Sabbath day to keep it holy.

(4) Honor your father and your mother.

(5) You shall not murder.

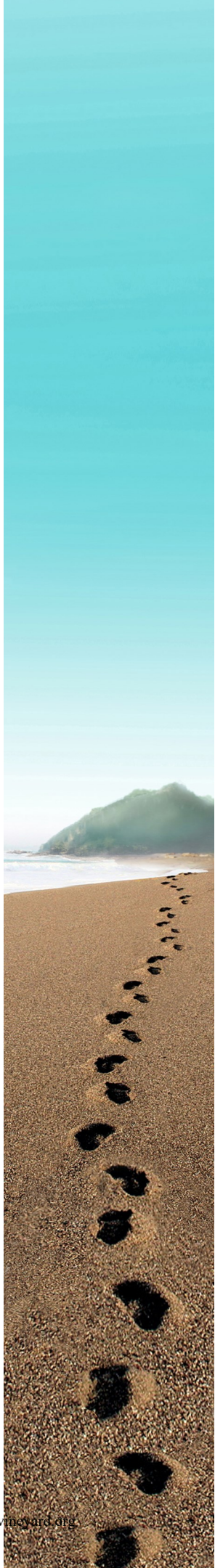
(6) You shall not commit adultery.

(7) You shall not steal.

(8) You shall not bear false witness against your neighbor.

(9) You shall not covet your neighbor's house.

(10) 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.

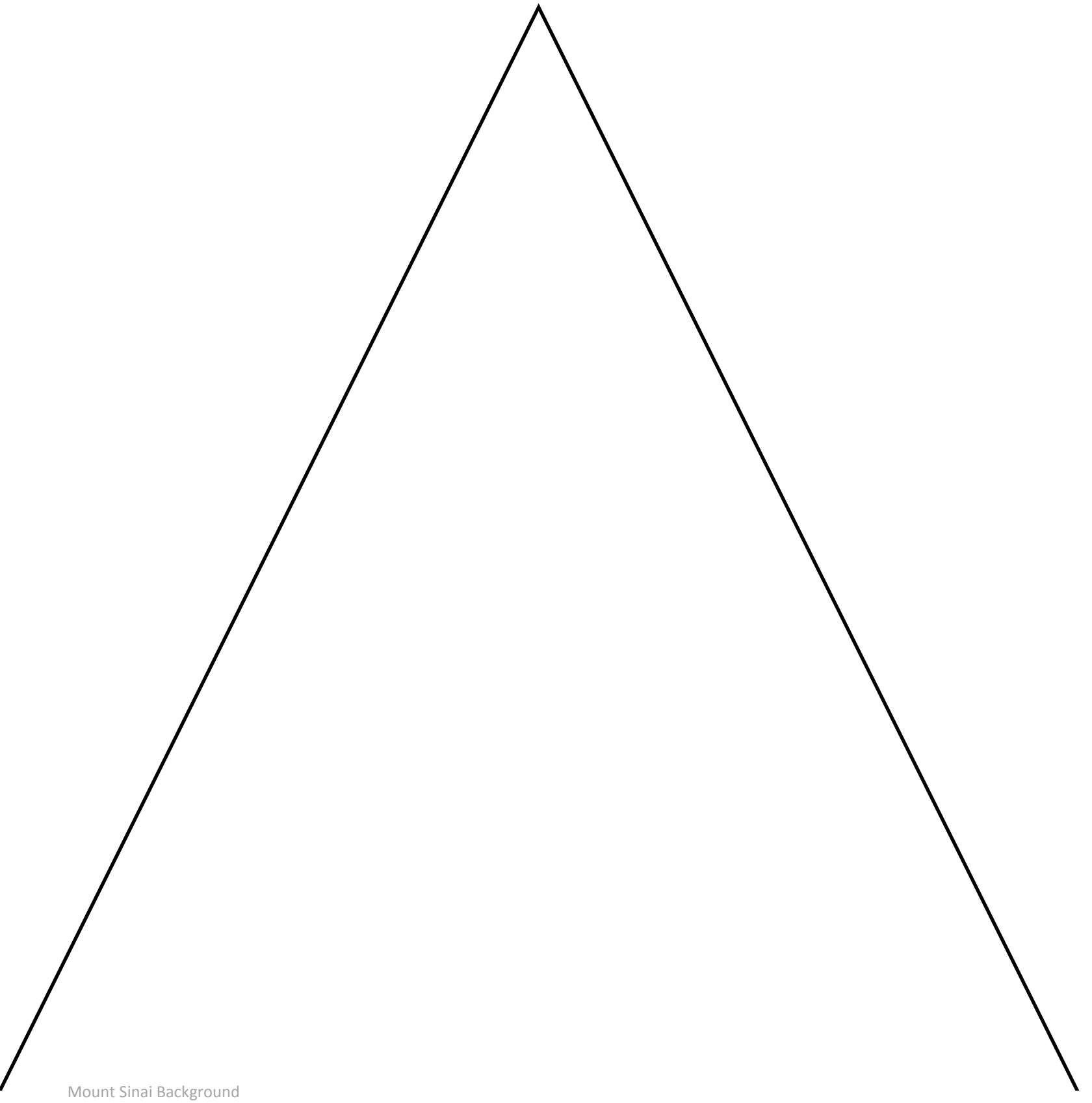


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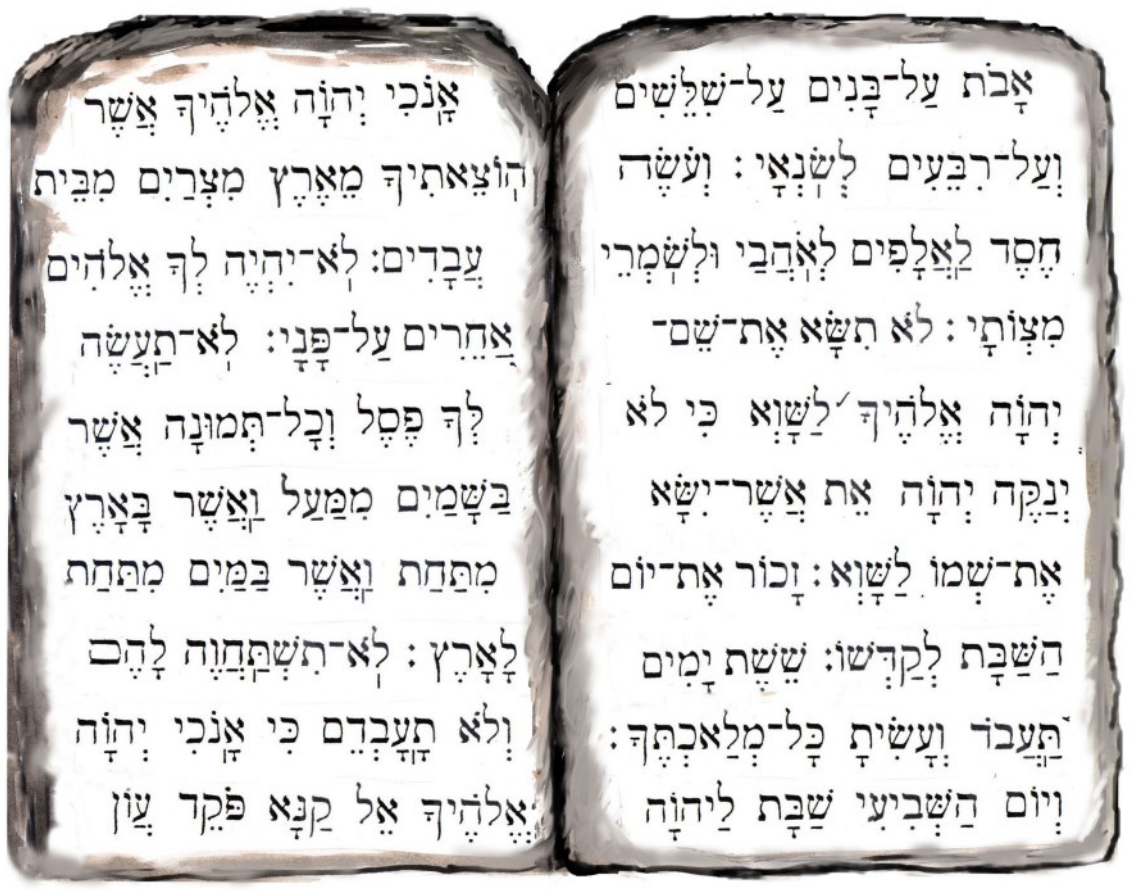


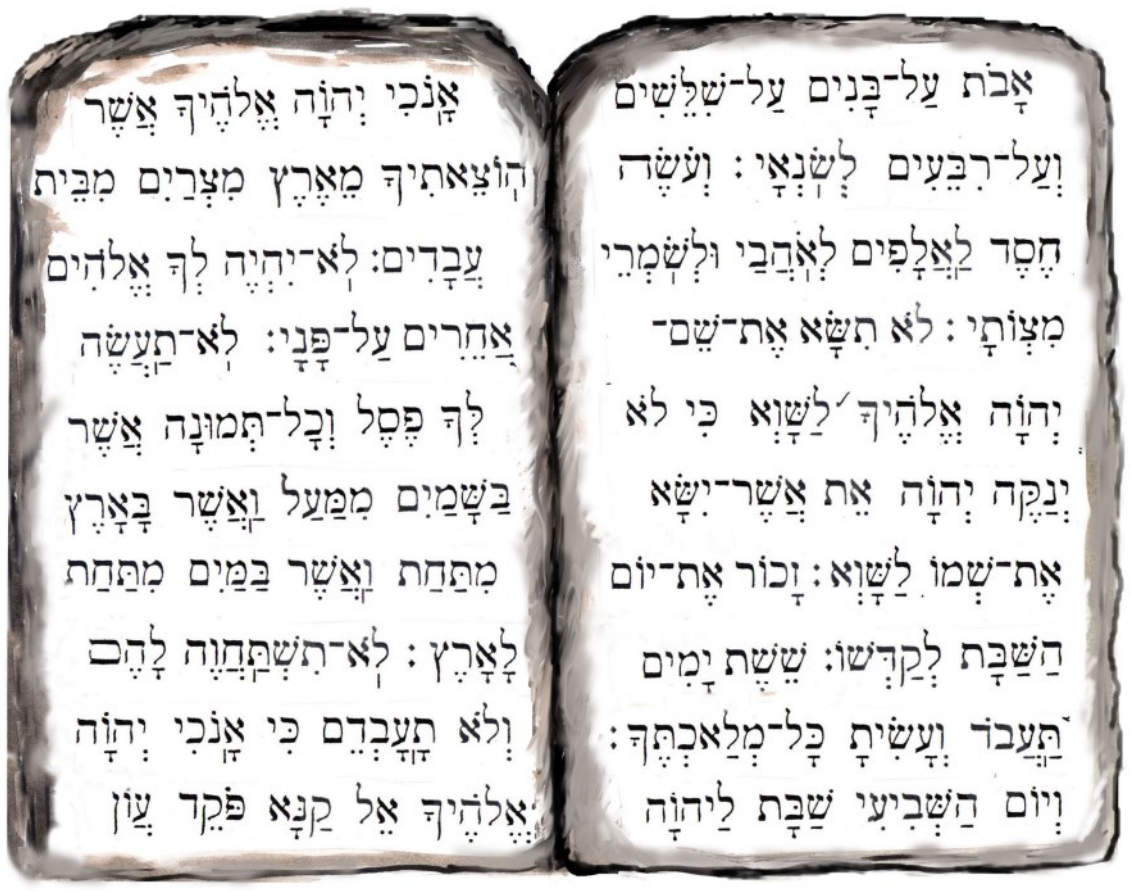
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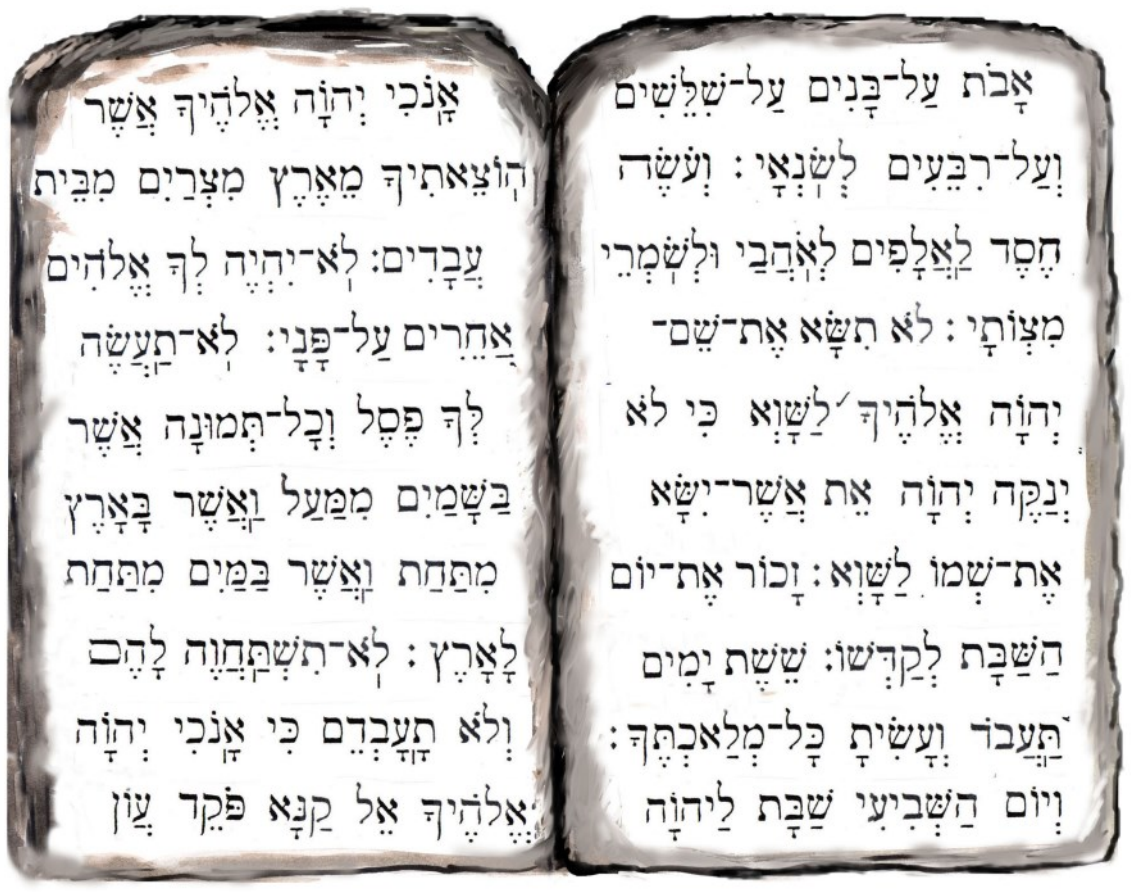
וְהָיָה הַמַּיִם הַחַיִּים יֵצְאוּ מִירוּשָׁלַ֫יִם חֲצִי־
הַיָּם הַקַּדְמוֹנִי וְחֲצִי יָמָּה הָאַחֲרוֹן וְהָיָה
בַּקַּיִץ וּבֶחֹרֶף יִהְיֶה׃ וְהָיָה יְהוָה לְמֶלֶךְ עַל־
כָּל־הָאָרֶץ בַּיּוֹם הַהוּא יִהְיֶה יְהוָה אֶחָד
וּשְׁמוֹ אֶחָד׃ יִסֹּב כָּל־הָאָרֶץ כָּעֲרָבָה מִגֶּבַע
רִמּוֹן נֶגֶב יְרוּשָׁלָ֫יִם וְרָמָתָה וְרָמָה תַּחְתֶּיהָ
וְנִשְׂגְּבָה וְיָשְׁבָה תַּחְתֶּיהָ וְהָיָה מִשְׁעַר בִּנְיָמִן
עַד מְקוֹם שַׁעַר הָרִאשׁוֹן עַד שַׁעַר הַפִּנּוֹת וּמִמִּגְדַּל
חֲנַנְאֵל עַד יִקְבֵי הַמֶּלֶךְ׃ וְיָשְׁבוּ בָּהּ וְחֵרֶם לֹא
יִהְיֶה עוֹד וְיָשְׁבָה יְרוּשָׁלַ֫יִם לָבֶטַח׃ וְזֹאת
הַמַּגֵּפָה אֲשֶׁר יִגֹּף יְהוָה אֶת־כָּל־הָעַמִּים
הַצֹּבְאִים עַל־יְרוּשָׁלָ֫יִם וְנָמַק בְּשָׂרוֹ עוֹדֶנּוּ עֹמֵד
עַל־רַגְלָיו וְעֵינָיו תִּמַּקְנָה בְּחֹרֵיהֶן וְלְשׁוֹנוֹ תִּמַּק
בְּפִיהֶם׃ וְהָיָה בַּיּוֹם הַהוּא מְהוּמַת יְהוָה גְּדוֹלָה
מֵאִתָּם וְהֶחֱזִיקוּ אִישׁ בְּיַד רֵעֵהוּ וְעָלְתָה יָדוֹ עַל
יַד רֵעֵהוּ׃ וְגַם יְהוּדָה תִּלָּחֵם בִּירוּשָׁלָ֫יִם וְאָסַף
חֵיל כָּל־הַגּוֹיִם סָבִיב זָהָב וְכֶסֶף וּבְגָדִים לְמַד
מְאֹד׃ וְכֵן תִּהְיֶה מַגֵּפַת הַסּוּס הַפֶּרֶד הַגָּמָל
וְהַחֲמוֹר וְכָל־הַבְּהֵמָה אֲשֶׁר תִּהְיֶה בַּמַּחֲנוֹת
הָהֵמָּה כַּמַּגֵּפָה הַזֹּאת׃ וְהָיָה כָּל־הַנּוֹתָר מִכָּל־
הַגּוֹיִם הַבָּאִים עַל־יְרוּשָׁלַ֫יִם וְעָלוּ מִדֵּי שָׁנָה
בְשָׁנָה לְהִשְׁתַּחֲוֹת לְמֶלֶךְ יְהוָה צְבָאוֹת וְלָחֹג
אֶת־חַג הַסֻּכּוֹת׃ וְהָיָה אֲשֶׁר לֹא־יַעֲלֶה מִמִּשְׁפְּחוֹת
הָאָרֶץ אֶל־יְרוּשָׁלַ֫יִם לְהִשְׁתַּחֲוֹת לְמֶלֶךְ יְהוָה
צְבָאוֹת וְלֹא עֲלֵיהֶם הַגָּשֶׁם׃ וְאִם־מִשְׁפַּחַת
מִצְרַיִם לֹא תַעֲלֶה וְלֹא בָאָה וְלֹא עֲלֵיהֶם תִּהְיֶה
הַמַּגֵּפָה אֲשֶׁר יִגֹּף יְהוָה אֶת־הַגּוֹיִם אֲשֶׁר לֹא־
יַעֲלוּ לָחֹג אֶת־חַג הַסֻּכּוֹת׃ זֹאת תִּהְיֶה חַטַּאת
מִצְרַיִם וְחַטַּאת כָּל־הַגּוֹיִם אֲשֶׁר לֹא יַעֲלוּ לָחֹג
אֶת־חַג הַסֻּכּוֹת׃ בַּיּוֹם הַהוּא יִהְיֶה עַל־מְצִלּוֹת
הַסּוּס קֹדֶשׁ לַיהוָה וְהָיוּ הַדְּרָת בֵּית־יְהוָה כַּמִּזְרָקוֹת
לִפְנֵי הַמִּזְבֵּחַ׃ וְהָיָה כָל־סִיר בִּירוּשָׁלַ֫יִם וּבִיהוּדָה
קֹדֶשׁ לַיהוָה צְבָאוֹת וּבָאוּ כָּל־הַזֹּבְחִים וְלָקְחוּ
מִנָּהֶם וּבִשְּׁלוּ בָהֶם וְלֹא־יִהְיֶה כְנַעֲנִי עוֹד בְּבֵית
יְהוָה צְבָאוֹת בַּיּוֹם הַהוּא׃

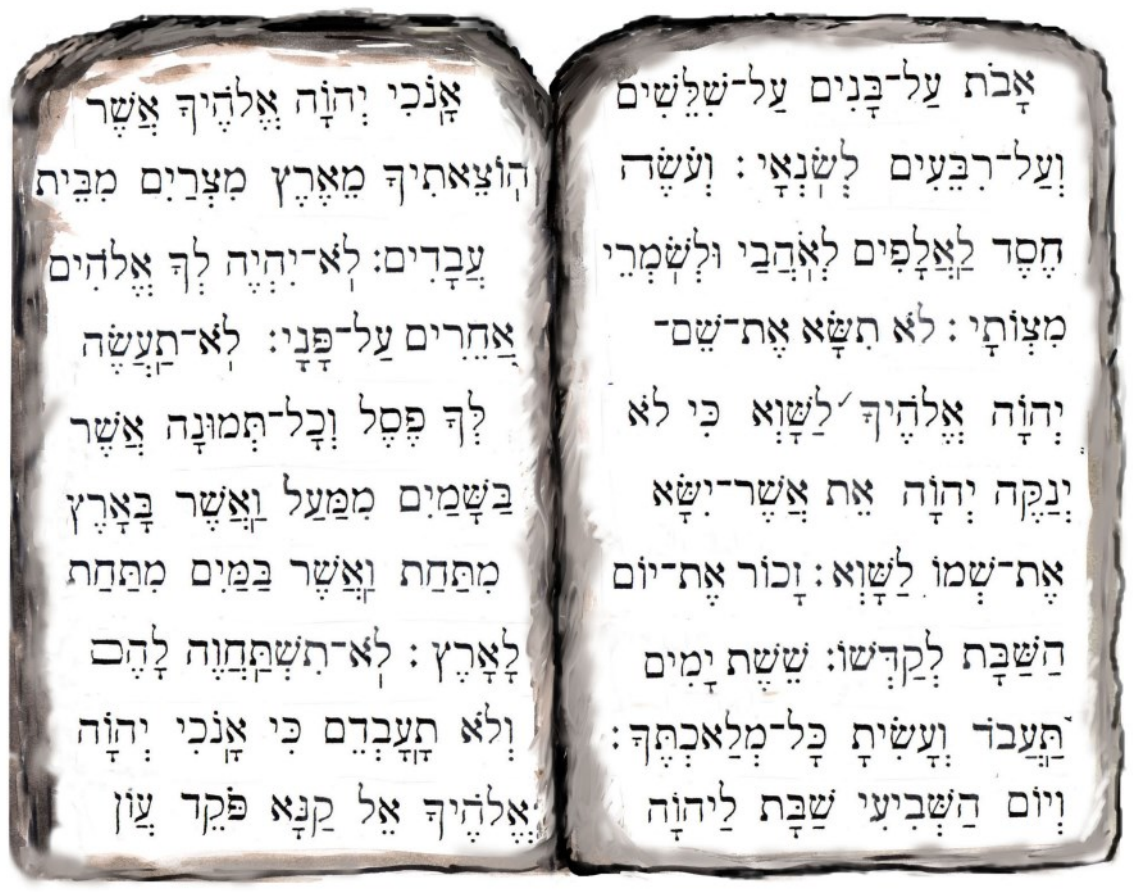


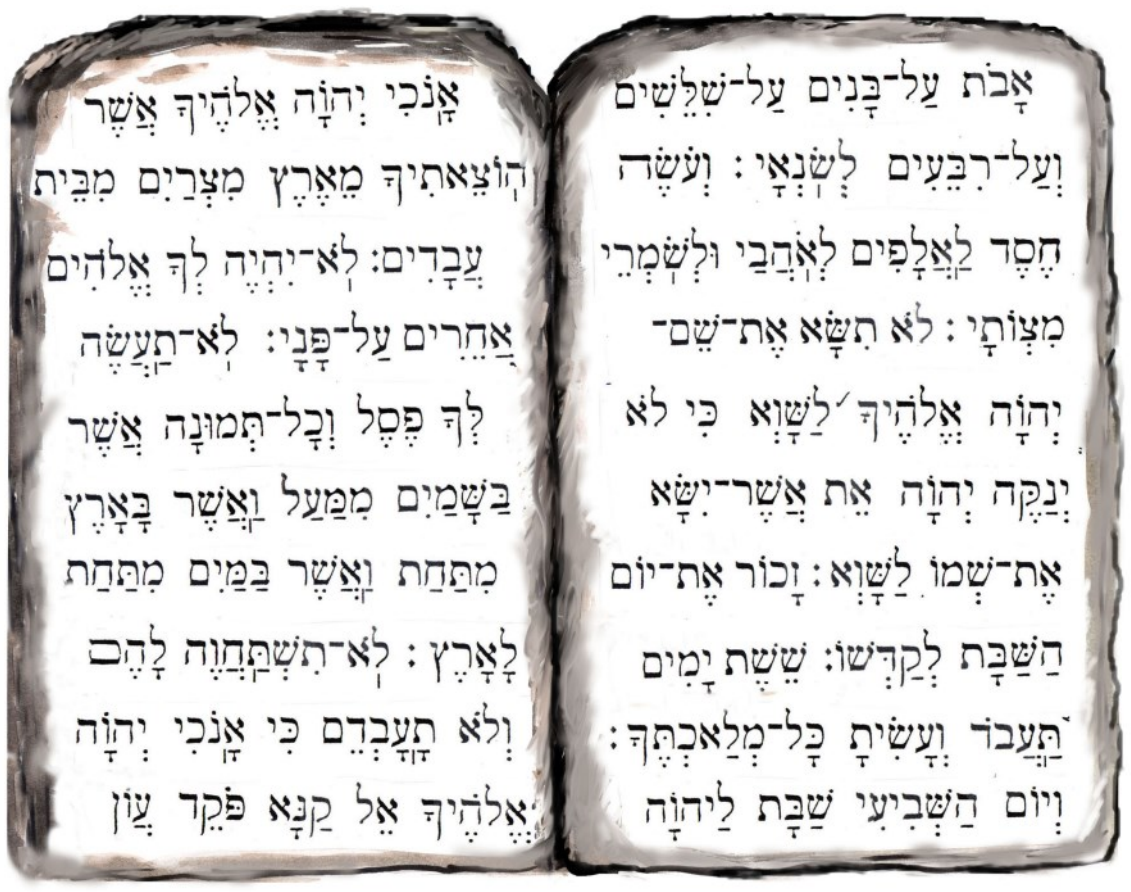
Mount Sinai Background

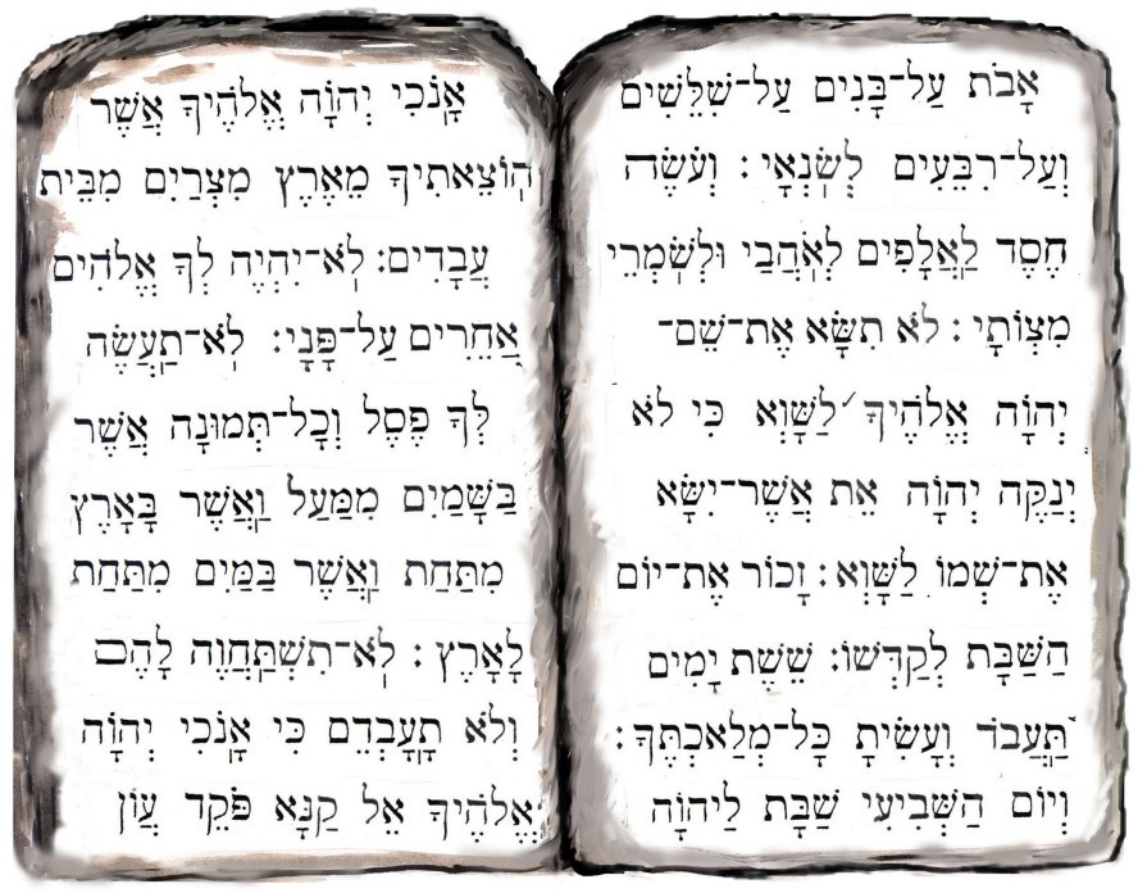


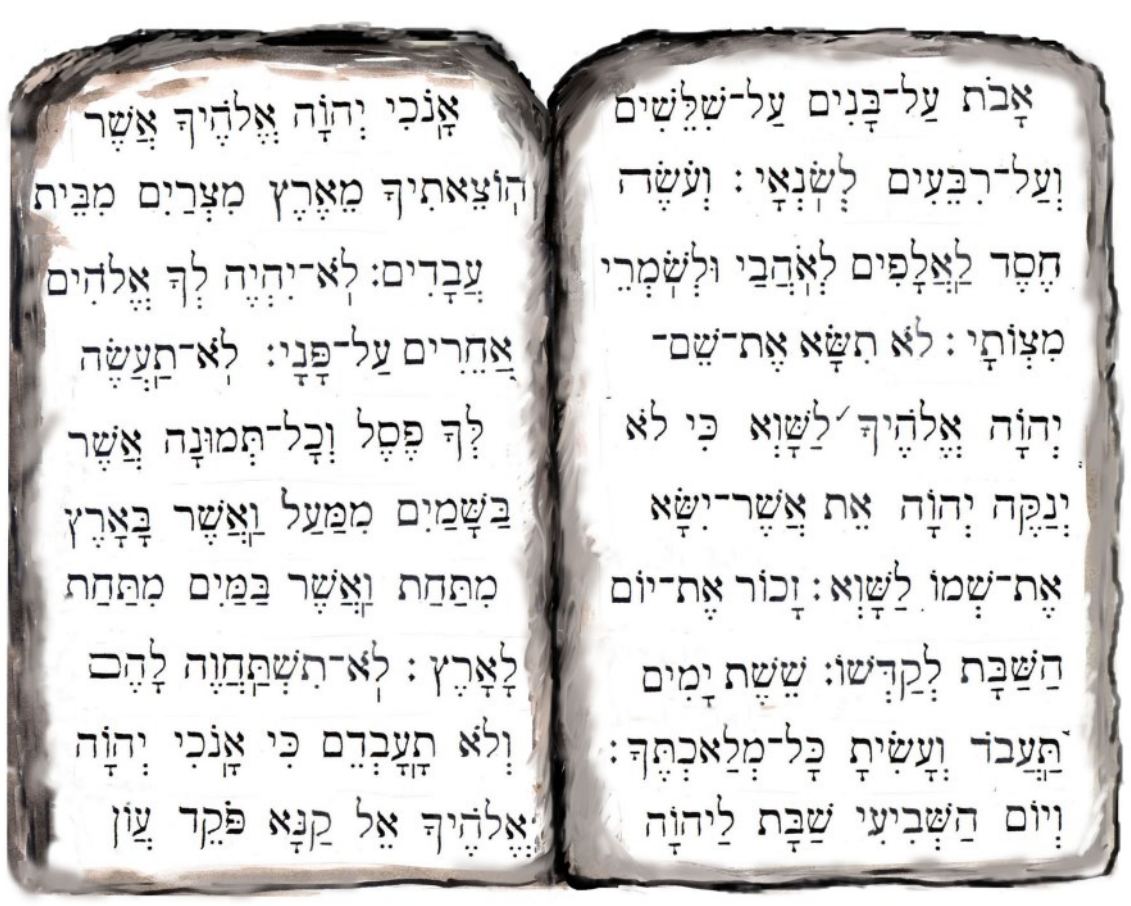


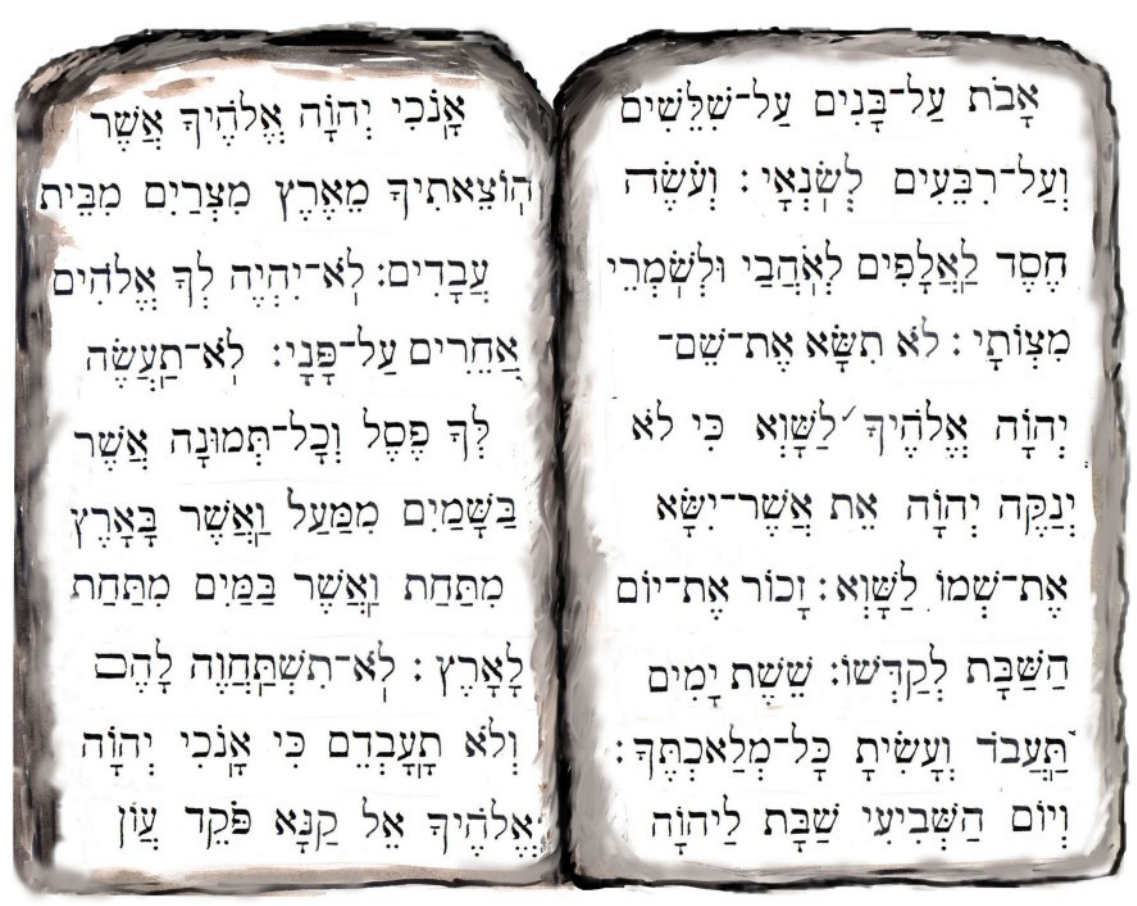












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The Ten Commandments



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

Lori & John Odhner

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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.



Going Up Mount Sinai

Parent Notes

Make a copy for each child. Hand out as children leave.

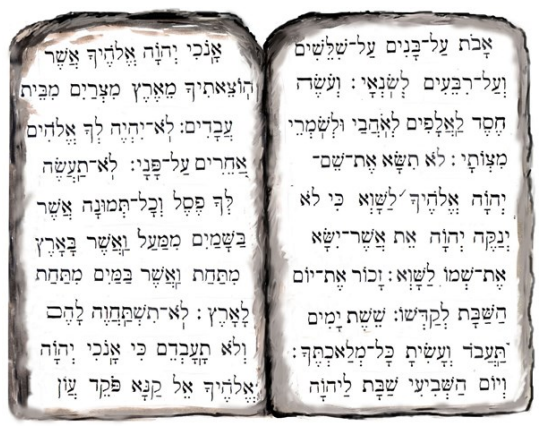
PARENT NOTE

Dear Parents,
Today we talked about the Lord giving Moses the Ten Commandments on Mount Sinai. Did you know there were loud trumpets and thunder? Here are two songs your child can listen to: *The Ten Commandments*, https://www.newchurchvineyard.org/resource/song-the-ten-commandments/and *Moses Went to Sinai's Peak*, https://www.newchurchvineyard.org/resource/song-moses-went-to-sinais-peak/.

We encourage you to help your child learn the verse below by repeating it once or twice in the morning or before bed.

Memory Verse

He who has My commandments and keeps them, it is he who loves Me. (John 14:21)



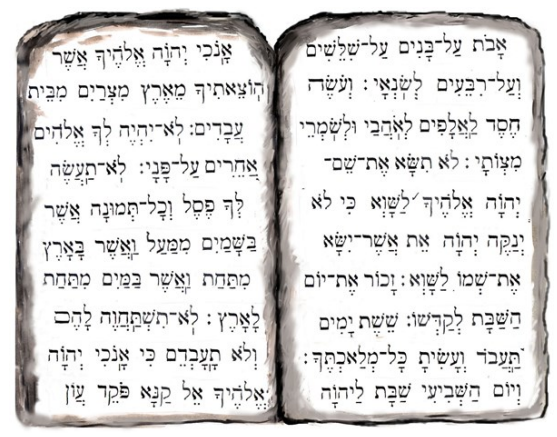
PARENT NOTE

Dear Parents,
Today we talked about the Lord giving Moses the Ten Commandments on Mount Sinai. Did you know there were loud trumpets and thunder? Here are two songs your child can listen to: *The Ten Commandments*, https://www.newchurchvineyard.org/resource/song-the-ten-commandments/and *Moses Went to Sinai's Peak*, https://www.newchurchvineyard.org/resource/song-moses-went-to-sinais-peak/.

We encourage you to help your child learn the verse below by repeating it once or twice in the morning or before bed.

Memory Verse

He who has My commandments and keeps them, it is he who loves Me. (John 14:21)



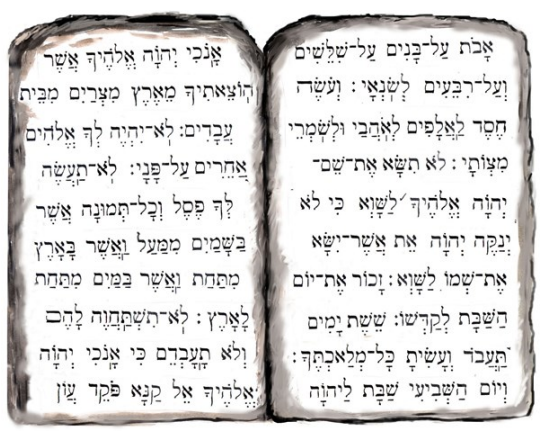
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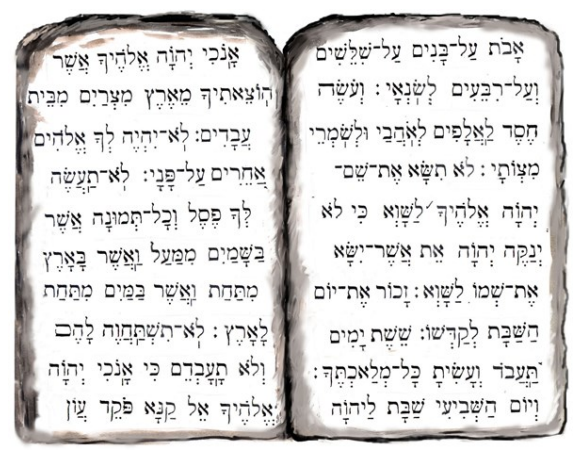
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