



Ten Commandments

Level B

Ages 7-10

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

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

Lesson Focus: The Lord teaches us what we 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) | Song | Ten Commandments Song directions p. 2 video of Ten Commandments song | internet access, equipment to show video at https://www.newchurchvineyard.org/resource/video-the-ten-commandments-song/ |
| 2. Focus on the Word Use all activities (5-7 minutes) | Read the Word and Talk About It | <i>see Reading Summary above; The Ten Commandments Readings p. 5 discussion guide p. 2</i> | |
| 3. Learn by Doing Choose 1-2 activities (15-20 minutes) | Make make a mobile showing how the Ten Commandments connect us to the Lord and heaven | 10 Commandments Mobile directions p. 3 <i>Heaven—Commandments Mobile</i> p. 9 <i>Earth—Commandments Mobile</i> pp. 10-11 | scissors; tape; ribbon, string or yarn |
| | Explore discover how the Ten Commandments were written in Hebrew on the tables of stone | Hebrew Commandments directions pp. 3-4 <i>Hebrew Ten Commandments</i> p.12 video of Commandments spoken in Hebrew https://www.newchurchvineyard.org/resource/video-the-ten-commandments-in-hebrew/ | markers or pencils, internet access and equipment to show video |
| | Coloring Picture | Going Up Mount Sinai p. 13 | crayons, markers or colored pencils |
| 4. Wrap It Up (2-3 minutes) | Memory Verse introduce the memory verse for the week | Memory Verse <i>Parent Notes</i> p. 14 | |

1. Welcome Warm-up Activity

Ten Commandments Song

Supplies needed: internet access, equipment to show video of song

Seat children on the floor. Today we will be learning a song about the Ten Commandments. Play song at <https://www.newchurchvineyard.org/resource/video-the-ten-commandments-song/>. After listening several times, invite the children to sing along. As they gain confidence, encourage everyone to sing without the help of the video. Sheet music with the words is on p. 8.

Challenge: Divide the class into two groups. See if the children can alternate singing the commandments. Group one sings: You shall have no other gods before Me. Group two sings: You shall not take the Lord's name in vain, etc.

2. Focus on the Word

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

What kinds of rules do you have in your house? Who chooses the rules? What happens if rules are broken?

Rules are important. What would happen if there were no rules? People would not know what was right and what was wrong. **People would probably do what they wanted, or what felt good to them, but they would not know how to get to heaven. Rules help us in so many ways.**

When the children of Israel left Egypt they also left behind the rules of Egypt. They needed new rules because they were becoming a new nation. The Lord brought the children of Israel through the wilderness to Mount Sinai where He gave them new rules. What were the rules called? The Ten Commandments

What happened on the mountain as the Lord prepared to give the children of Israel the Ten Commandments? There were thunders and lightnings, and the sound of a loud trumpet. These sights and sounds showed that something very important was happening.

What happened next? The Lord came down on the mountain, and Moses went up. 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. When we go to the Word to find out how we are to act, it is like going "up on the mountain". The Lord's power in our lives is like the loud thunder and brilliant light of truth in our minds.

The Ten Commandments were carved on two tablets of stone. They were the most precious thing that the children of Israel had. (Show teaching pictures on pp. 6-7.) They were kept in the Ark of the Covenant.

Which of the commandments can you remember? Encourage children to say any commandments they can remember. (See list on p. 5). Don't worry about remembering all ten.

What did the people say as they were getting ready to receive the commandments? All that the Lord has spoken we will do.

The Lord also wants us to do what the Ten Commandments tell us to. The Lord made a covenant or agreement with the children of Israel. If they obeyed the commandments, they would be His people. He offers us the same covenant. If we do what He teaches, He will lead us to heaven.

3. Learn by Doing

Choose one or two activities

Choice

10 Commandments Mobile

The Writings for the New Church tell us that in heaven the Lord appears to people in the sun, which represents His great love for all people. In this project, children create a mobile showing the Lord in the spiritual sun and themselves on earth, connected by the Ten Commandments in a paper chain.

1. Did you know that obeying the commandments connects us with the Lord? They form a kind of link between earth and heaven. They teach us how to live, so learning them and trying to follow them is one of the most important things we can do.
2. Hand a copy of *Heaven—Commandments Mobile* (p. 9) to each student. Cut out the circle around the Lord, not quite cutting the two circles apart if possible.
3. Carefully cut apart the strips with the commandments written on them. Tape the first commandment into a tear drop shape. Then tape the two ends near the bottom of the back of one of the circles with the Lord. Fold the circles back to back and tape together.
4. Tape two ends of a piece of ribbon, yarn or string to the back of the top of one of the circles with the Lord. Fold the two circles over back to back and tape them together.
5. Put the second commandment strip through the first and tape it together into a circle. Do this process with commandments 3-8, making them into a chain. Do the same with the 9-10 commandment strip, only make that one into a tear drop shape like the first one.
6. Put out copies of *Earth—Commandments Mobile* (pp. 10-11). Children will each choose a figure to use to represent themselves on earth. Cut out the circles, not quite cutting them apart if possible. Tape the end of the 10th commandment to the back of one of the circles. Fold the circles back to back and tape them together to complete the mobile.



Materials Needed for Each Child

copy of *Heaven-Commandments Mobile* p. 9 and *Earth-Commandments Mobile* pp. 10-11; scissors; tape; 6"-8" (15cm-20cm) of string, yarn or ribbon

Prepare in Advance

Print *Heaven-Commandments Mobile* (p. 9) for each child and enough copies of the *Earth-Commandments Mobile* pp. 10-11 for all children to have a choice of figures.

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

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

Choice

Hebrew Commandments

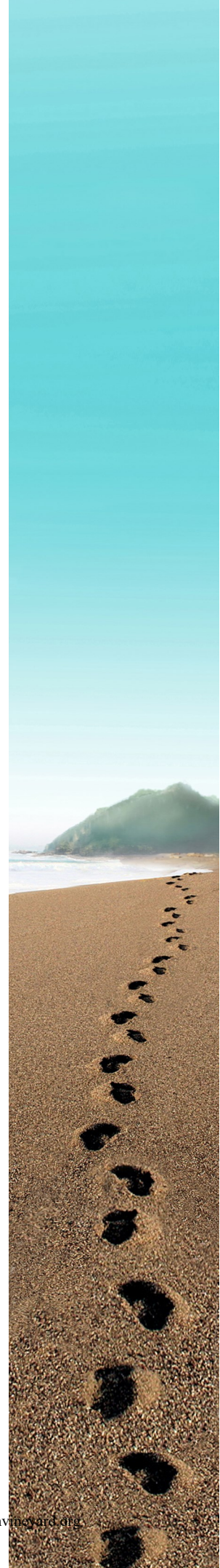
The Ten Commandments are in the Old Testament, which is written in Hebrew. The Writings tell us that the Hebrew language is similar to the language of the ancients. It also resembles the way the Word is written in heaven (*De Verbo* 4). Each letter has a special meaning so that angels reading the Word get meaning from each letter. Hebrew is also like the language angels speak (*Heaven and Hell* 237). This activity introduces part of each of the Ten Commandments in Hebrew. A video is provided so ~

Materials Needed

copy of *Hebrew Commandments* p. 12 for each child, markers or pencils, internet access and equipment to hear the Ten Commandments in Hebrew

Prepare in Advance

Print *Hebrew Commandments* p. 12. Prepare video if you wish to use it.



Hebrew Commandments *continued*

children can listen to the Ten Commandments being read in Hebrew.

1. People all over the world speak in different languages. How many languages can you name?
2. In what languages is the Word written? (Old Testament: Hebrew; New Testament: Greek; Writings for the New Church: Latin)
3. The Ten Commandments are in the Old Testament. In what language were they written? (Hebrew)
4. Hand out *Ten Commandments in Hebrew*, p. 12. Languages can be written in different directions. English is written from left to right; Hebrew is written from the right to left.
5. We will trace over or color in the Hebrew letters of the Ten Commandments to find out what it is like to write in Hebrew. Start on the right hand side of the First Table. Start at the top of the page on the right, go across the page to the left and then down each page.
6. While we are working we will listen to the Ten Commandments being read in Hebrew.



New Church Concept Hebrew

Angels of the third heaven have the Word written in letters like Hebrew, and they read it according to the letters. The curves in the letters take their origin from the flow of heaven, and the angels of the third heaven are in this flow. *De Verbo* 4

Ten Commandments in Hebrew Video

Hear the Ten Commandments spoken in Hebrew online at <https://www.newchurchvineyard.org/resource/video-the-ten-commandments-in-hebrew/>

Materials Needed

copies of *Going Up Mount Sinai* p. 13; crayons, markers, or colored pencils

Choice

Coloring Picture: Going up Mount Sinai

Hand out copies of *Going Up Mount Sinai* (p. 13) for children to color.

4. Wrap It Up

Memory Verse

When the Lord came into the world, He renewed His covenant by giving the Two Great Commandments. He told us that in keeping the Ten Commandments, we are also loving Him. Read the following verse aloud one phrase at a time. Have the children repeat it after you. Then, when you have said it together several times, challenge the children to say it on their own.

**He who has My commandments and keeps them,
it is he who loves Me.**

John 14:21

Closing

The Lord invites each of us to enter into a covenant with Him. We do this by learning the Ten Commandments and doing them each day.

Give a *Parent Note* (p. 14) to children as they leave.

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.

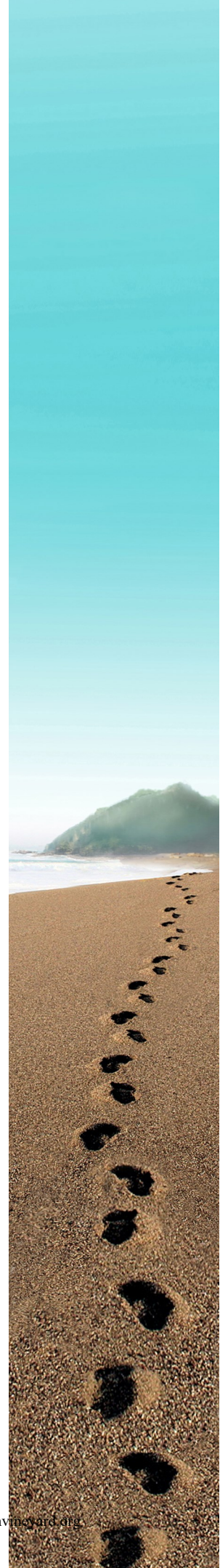
Now Mount Sinai was completely in smoke, because the Lord descended upon it in fire. And the whole mountain quaked greatly. And when the blast of the trumpet sounded long and became louder and louder, Moses spoke, and God answered him by voice.

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.**





בְּיָמֵינוּ מִשְׁכַּן עֲלֵינוּ
וְנִשְׁמָע מִלְּפָנֶיךָ יְיָ
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וְנִשְׁמָע מִלְּפָנֶיךָ יְיָ
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וְנִשְׁמָע מִלְּפָנֶיךָ יְיָ

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

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.



| | |
|---|------------------------------------|
| You shall have no other gods before Me. | 1 st |
| You shall not take the name of the Lord your God in vain. | 2 nd |
| Remember the Sabbath day to keep it holy. | 3 rd |
| Honor your father and your mother. | 4 th |
| You shall not murder | 5 th |
| You shall not commit adultery. | 6 th |
| You shall not steal. | 7 th |
| You shall not bear false witness. | 8 th |
| You shall not covet | 9 th & 10 th |



Earth -
Commandments Mobile



Earth -
Commandments Mobile

Hebrew Ten Commandments Table 2

לֹא תרצה

לֹא תבאק

לֹא תגנב

לֹא תעבד

לֹא תהמ

לֹא תהמ אשת

Hebrew Ten Commandments Table 1

יהרה אכ

לא לשור

זכור השבת

כבד את-אב



Going Up Mount Sinai

Parent Notes

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

PARENT NOTE

Dear Parents, Today we learned about the Lord giving the children of Israel Ten Commandments on Mount Sinai. The Lord also made a covenant. He agreed that if the children of Israel obeyed the commandments, they would be His people. He offers us a covenant as well. If we do what He teaches, He will lead us to heaven. Your family might enjoy learning the Ten Commandments Song https://www.newchurchvineyard.org/resource/song-the-ten-commandments/, or hearing them in Hebrew https://www.newchurchvineyard.org/resource/video-the-ten-commandments-in-hebrew/. Please help your child learn the following Memory Verse this week.

Memory Verse

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



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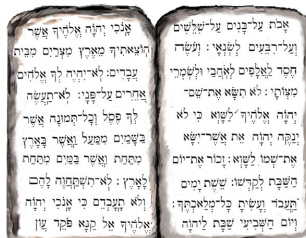


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