



The Ten Commandments
God's Instructions to Live and Love
Exodus 20:1-4, 7-9, 12-20
October 4, 2020

Opening Prayer: Gracious and Loving God, we gather today to learn more about you and how we are to become people of God. Be with us as we hear your word, open our hearts and minds that we may discover more about you. Amen

The Story: Tell the story from reading it from your bible (be sure it is age appropriate) OR

- Watch this [Video](#)
- Tell the children-

A commandment is a divine rule, or one that comes from God. It is a rule that is to be observed strictly. They are kind of like the road signs or rules we follow at home or school because they help us to know what is right and wrong. They let us know how to behave. This story of God giving Moses the Ten Commandments and Moses bringing them to the Israelites is a story about God giving us rules to live by and trying to teach us how to be the people of God. The Ten Commandments are split into two kinds of rules: Rules about how we treat God and rules about how we treat one another. I'm going to read each of them and I want you to tell me if you think this is a rule about how we treat God or how we treat one another.

Exodus 20:1-4, 7-9, 12-20

Then God spoke all these words: I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name. Remember the Sabbath day, and keep it holy. Six days you shall labor and do all your work. Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you. 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, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor. When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance, and said to Moses, "You speak to us, and we will listen; but do not let God speak to us, or we will die." Moses said to the people, "Do not be afraid; for God has come only to test you and to put the fear of him upon you so that you do not sin."

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Reflections

- I wonder what it was like to hear these commandments?
- I wonder how they felt as they heard all these rules for them to live by?
- I wonder what it was like to witness the thunder and lightning, the trumpet and the mountain smoking?
- What would this be like if it happened to us today?

Activity: As a family give examples of how we can follow the 10 Commandments. Have children draw pictures of the commandments on their own cut out paper tablets.



Closing Prayer: Loving God, we thank you for our time together as we discovered more about the rules that you gave us so we can live better with one another and with you. Amen.