



Use Week of:

Unit 5 • Session 3

The Ten Commandments

BIBLE PASSAGE:

Exodus 19–20

STORY POINT:

God gave rules to show how to love Him and others.

KEY PASSAGE:

Matthew 22:37-39

BIG PICTURE QUESTION:

What is God like?
God is holy, good, and loving.

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(10–15 MINUTES)
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Additional resources are available at gospelproject.com. For free training and session-by-session help, visit www.ministrygrid.com/web/thegospelproject.

LEADER Bible Study

As the rescued people of Israel traveled toward the promised land, God gave them laws to guide them in how to live and to help them understand God's perfect holiness. God's laws covered every part of their lives and were summed up in the Ten Commandments.

The Ten Commandments can be grouped into two categories: The first four laws deal with a person's relationship with God and the last six laws deal with a person's relationship with others. God did not give laws for the sake of giving laws; the laws had a purpose. Not only did they show what righteous living looks like, they were part of the covenant God made with Israel, known as the Mosaic covenant. (See Ex. 19:3-8.)

God had promised Abraham that all the peoples on earth would be blessed through him. (See Gen. 12:3.) "Abraham believed God, and it was credited to him for righteousness" (Rom. 4:3). God's promise to Abraham would be fulfilled in Jesus. But God gave the law to guide people until Jesus came.

As you teach, avoid presenting the Ten Commandments as a burden—a list of laws they must try to keep to earn God's favor. God's rules are good and are meant to help us, but the Bible is clear that we are all sinful and fall short of God's standard for holiness. Our obedience can't save us.

Point kids to Jesus and help them understand that God is pleased with us because He looks at Jesus, who never sinned. Because of Christ, we have a right relationship with God. He gives us power through the Holy Spirit to "love the Lord your God with all your heart, with all your soul, and with all your mind" and to "love your neighbor as yourself" (Matt. 22:37-39).

3

The BIBLE Story

The Ten Commandments

Exodus 19–20

Three months after **the Israelites** left Egypt, they **came into the Wilderness of Sinai** (SIGH nigh). **They camped in front of the mountain.** God had a plan to make the Israelites His special people.

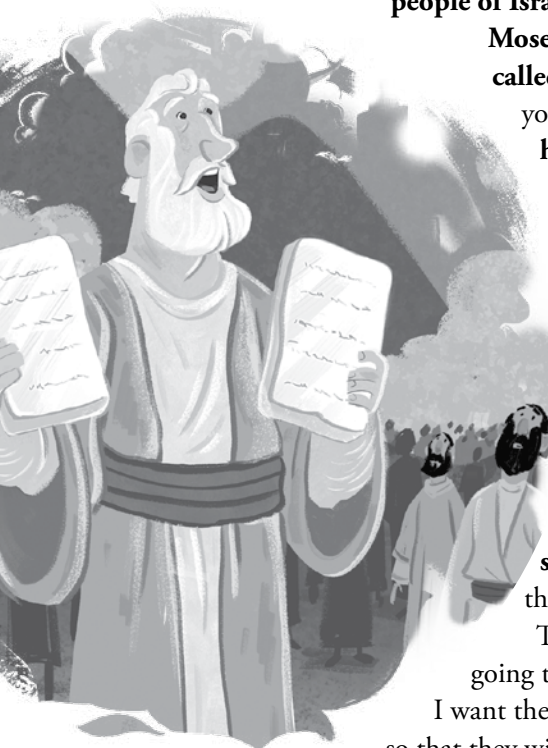
God wanted to make a covenant, or agreement, with the people of Israel.

Moses went up the mountain. God called to him, saying, “This is what you should tell the Israelites: ‘You have seen what I did to the Egyptians and how I rescued you and brought you to Me. If you listen carefully to Me and you keep My covenant, you will be My people.’”

Moses went back to the people and told them what God had said. All the people responded together, “We will do all that the Lord has spoken.” So Moses went back to the Lord.

The Lord said to Moses, “I am going to come to you in a thick cloud. I want the people to hear Me speak to you so that they will believe you.”

Moses told the people what God said, and he got the people ready for the Lord to come down on the mountain. On the morning of the third day, Moses brought the people out of the camp to meet God, and they stood at the foot of the mountain.



God came down on Mount Sinai in a fire, and smoke covered the mountain. The mountain shook, and the sound of the trumpet got louder and louder. God said, “I am the Lord your God, who brought you out of the land of Egypt. I freed you from slavery.”

Then God gave Moses the Ten Commandments.

The first four commandments told the Israelites what it looks like to have a right relationship with God: “Do not have other gods besides Me. Do not make an idol for yourself. Do not misuse the name of the Lord your God. Remember the Sabbath day, to keep it holy.”

The last six commandments told the Israelites what it looks like to have a right relationship with each other: “You must honor your father and your mother. You must not murder. You must keep your marriage promises. You must not steal. You must not lie. You must not want what belongs to someone else.”

Moses was on the mountain for 40 days. God gave Moses many more laws. **When God was finished speaking to Moses on Mount Sinai, He gave Moses two stone tablets that He had written on with His own finger.**

Christ Connection: God is holy and separate from sin. His law shows us what He requires—perfect righteousness. Our sin separates us from God, but Jesus came to bring us back to God. Jesus is perfectly righteous. When we trust in Jesus, He takes away our sin and welcomes us into God’s family.

Bible Storytelling Tips

- **Use visual cues:** Write the numbers 1–10 on a dry erase board or large sheet of paper. Point to each number as you describe each of the commandments.
- **Display art:** Show the Bible story picture and point to elements of the scene at appropriate points in the story.

INTRODUCE the Story



SESSION TITLE: The Ten Commandments

BIBLE PASSAGE: Exodus 19–20

STORY POINT: God gave rules to show how to love Him and others.

KEY PASSAGE: Matthew 22:37-39

BIG PICTURE QUESTION: What is God like? God is holy, good, and loving.

Welcome time

Greet each kid as he or she arrives. Use this time to collect the offering, fill out attendance sheets, and help new kids connect to your group. Prompt kids to talk about rules they have at home or in the classroom. Why do people have rules? What would life be like without rules?

Activity page (5 minutes)

- “Coordinate Questions” activity page, 1 per kid
- pencils or markers

Invite kids to complete “Coordinate Questions” on the activity page. Guide kids to use the coordinate key to answer the questions.

SAY • Did any of these answers surprise you? What do you think perfect righteousness is? In the Bible story we will hear today, God gave His people ten commandments to show them what it looks like to be perfectly righteous.

Session starter (10 minutes)

- masking tape or painter’s tape
- beanbags

OPTION 1: Target practice

Before the session, create a target (graduated circles) on the floor with masking tape. Challenge kids to stand at a distance and toss beanbags at the target.

SAY • Did anyone hit the bull's-eye every time? No. No one is perfect, right? In today's Bible story, God gave His people rules to show that He is *holy*. That means He is perfect and we are not.

OPTION 2: True or false commandments

Ask if anyone thinks they know all of the Ten

Commandments. Instruct the kids to give a thumbs-up

(true) or thumbs-down (false) to indicate which rules are

part of the Ten Commandments:

1. Do not have other gods besides Me. (*true, Ex. 20:3*)
2. You must pray every day. (*false*)
3. You must go to church every week. (*false*)
4. Do not make an idol for yourself. (*true, Ex. 20:4-5*)
5. Do not steal. (*true, Ex. 20:15*)
6. You must give God ten percent of your money. (*false*)
7. Do not misuse the name of the Lord. (*true, Ex. 20:7*)
8. You must read the Bible every day. (*false*)
9. Remember the Sabbath day, to keep it holy. (*true, Ex. 20:8*)

SAY • In our Bible story today, we'll hear what the Ten Commandments were and why God gave them to His people.

**LOW
PREP**

Note: Point out that although the false answers are not part of the Ten Commandments, they are not necessarily wrong things to do.

Transition to teach the story

TEACH the Story



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Countdown

• countdown video

Show the countdown video as you transition to teach the story. Set it to end as the session begins.

Introduce the session (3 minutes)

• leader attire
• cell phone
• Bible

[Leader enters wearing a solid colored shirt with a vest or jacket, a hat, and sunglasses. He or she carries a cell phone. A Bible is positioned nearby.]

LEADER • *[Look at phone, and then smile and wave at kids.]*

Hey, everyone! Great to see you! In case you forgot, I'm [*your name*]. I'm actually scheduled to pick up a passenger here. Is there a ... [*look at phone*] ... Mrs. Turnipseed here? No? Well, she will probably be here later. [*Pick up Bible.*] Did any of you bring a Bible today? I want to share another story with you.

Tip: If you prefer not to use themed content or characters, adapt or omit this introduction.

Big picture question (1 minute)

• Big Picture Question Poster

LEADER • Before we get started, does anyone remember our big picture question? Let's say the question and answer together: ***What is God like? God is holy, good, and loving.*** Very good. Think about this as you hear our Bible story today.

Giant timeline (1 minute)

Show the giant timeline. Point to individual Bible stories as you review. · Giant Timeline

LEADER • The last couple of weeks, we've heard about some of the challenges the Israelites faced in the wilderness after they escaped from Egypt. When there was nothing to eat or drink, **God provided for the physical needs of His people.** Arguments arose among the people, and **Moses needed help to lead God's people.** So Moses chose trustworthy leaders to help him make decisions.

In today's Bible story, we will hear about the Israelites' arrival at Mount Sinai and the important message God gave to His people through Moses. Listen closely to today's Bible story, "The Ten Commandments."

Tell the Bible story (10 minutes)

Open your Bible to Exodus 19–20. Use the Bible storytelling tips on the Bible story page to help you tell the story, or show the Bible story video "The Ten Commandments."

LEADER • God's plan was to rescue His people from captivity. And He did! Three months after God rescued the Israelites from physical captivity in Egypt, He led them into the desert to Mount Sinai (SIGH nigh). God told Moses to tell the Israelites, "If you will listen to Me and carefully keep My covenant, you will be My own possession." **God gave rules to show how to love Him and others.**

The Ten Commandments and the rest of the laws God gave Israel showed the people who God

- Bibles
- "The Ten Commandments" video
- Big Picture Question Poster
- Bible Story Picture Poster
- Story Point Poster

is and what He is like. ***What is God like? God is holy, good, and loving.*** God loved the Israelites and wanted them to be His people. God gave the laws to be a type of boundary to guide His people to always follow and obey Him. God wants His people to be holy like Him. We were made to bring glory to God by reflecting Him.

When the Israelites heard God’s message, they said, “We will do all that the Lord has spoken.” Can people be completely holy like God is? [*Allow kids to respond.*] No. Who is the only human to ever be completely holy? [*Allow kids to respond.*] That’s right, Jesus. Only Jesus was completely holy like God is completely holy.

Because of our sin, we aren’t completely holy. The Bible tells us in Romans 3 that the law God gave the Israelites helps us understand that we sin and need a Savior. Everyone except Jesus has broken God’s rules.

Tip: Use Scripture and the guide provided on page 163 to explain how to become a Christian. Make sure kids know when and where they can ask questions.

Christ connection

LEADER • God is holy and separate from sin. His law shows us what He requires—perfect righteousness. Our sin separates us from God, but Jesus came to bring us back to God. Jesus is perfectly righteous. When we trust in Jesus, He takes away our sin and welcomes us into God’s family.

Questions from kids video (3 minutes)

Show the “Unit 5, Session 3” questions from kids video. Prompt kids to think about why God gave us rules if He knew we would break them. Guide them to discuss why it is hard to follow rules.

• “Unit 5, Session 3” questions from kids video



Missions moment (3 minutes)

LEADER • When Demaj (dih MAH jay) went to a church in his neighborhood for help with his school work, he also learned about God. **God gave rules to show how to love Him and others.** Now, Demaj loves Jesus. Watch this video to see how he is loving his neighbors.

Show the “My Neighborhood” missions video by inviting them to church.

• “My Neighborhood”
missions video

Key passage (5 minutes)

Show the key passage poster. Lead the boys and girls to read together Matthew 22:37-39.

LEADER • Jesus spoke these words to some religious leaders who asked Him, “Which command in the law is the greatest?”

As we saw in our story today, all of the laws God gave depend on these two commands—love the Lord your God with all your heart, with all your soul, and with all your mind; and love your neighbor as yourself.

If you steal from your neighbor, you are not loving him as yourself. If you make an idol for yourself or misuse the name of the Lord, you are not loving God most. It would be very hard to memorize all of the rules God told Moses, but we can remember these two. God gave rules to show how to love Him and others. Let’s sing.

Lead boys and girls in singing “Love the Lord Your God.”

• Key Passage Poster
• “Love the Lord Your
God” song

Sing (4 minutes)

Open your Bible and read aloud Psalm 96:9.

• “This Is My God” song

LEADER • *What is God like? God is holy, good, and loving.* Let's praise God by singing a song together. Sing together "This Is My God."

Pray (2 minutes)

Invite kids to pray before dismissing to apply the story.

LEADER • Dear God, thank You for sending Jesus to obey all Your commands and to die in our place. We confess that we try to do things to please You, but You are pleased when we trust in Jesus by faith. Change our hearts so we us trust in Jesus for our salvation and obey You because we love You. Amen.

Dismiss to apply the story

The Gospel: God's Plan for Me

Ask kids if they have ever heard the word *gospel*. Clarify that the word *gospel* means “good news.” It is the message about Christ, the kingdom of God, and salvation. Use the following guide to share the gospel with kids.



God rules. Explain to kids that the Bible tells us God created everything, and He is in charge of everything. Invite a volunteer to read Genesis 1:1 from the Bible. Read Revelation 4:11 or Colossians 1:16-17 aloud and explain what these verses mean.



We sinned. Tell kids that since the time of Adam and Eve, everyone has chosen to disobey God. (Romans 3:23) The Bible calls this sin. Because God is holy, God cannot be around sin. Sin separates us from God and deserves God's punishment of death. (Romans 6:23)



God provided. Choose a child to read John 3:16 aloud. Say that God sent His Son, Jesus, the perfect solution to our sin problem, to rescue us from the punishment we deserve. It's something we, as sinners, could never earn on our own. Jesus alone saves us. Read and explain Ephesians 2:8-9.



Jesus gives. Share with kids that Jesus lived a perfect life, died on the cross for our sins, and rose again. Because Jesus gave up His life for us, we can be welcomed into God's family for eternity. This is the best gift ever! Read Romans 5:8; 2 Corinthians 5:21; or 1 Peter 3:18.



We respond. Tell kids that they can respond to Jesus. Read Romans 10:9-10,13. Review these aspects of our response: Believe in your heart that Jesus alone saves you through what He's already done on the cross. Repent, turning from self and sin to Jesus. Tell God and others that your faith is in Jesus.

Offer to talk with any child who is interested in responding to Jesus. Provide *I'm a Christian Now!* for new Christians to take home and complete with their families.

APPLY the Story



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Key passage activity (5 minutes)

- Key Passage Poster
- craft sticks, 8 per kid
- markers
- chalkboard or dry erase board
- chalk or marker
- rubber bands

Before the session, write out the key passage on a chalkboard or dry erase board in eight separate phrases. Display the key passage phrases where kids can see them. Give each kid a marker and eight craft sticks. Instruct kids to copy the key passage from the board, writing each phrase on a separate stick.

Then instruct kids to mix up their sticks and then quickly rearrange the phrases in the correct order. Kids may work individually or in pairs. Provide rubber bands for kids to bundle their sticks and keep them as a method of practicing the key passage during the week.

SAY • Great work, everyone. We saw in our Bible story today that **God gave rules to show how to love Him and others.** Our key passage tells us what Jesus said about the commands God gave in the Old Testament. All of the commands show people what it looks like to love God and love others. If you haven't yet memorized our key passage, keep these sticks with you this week and practice putting them in order while you are in the car, waiting for dinner, or passing time before school. Memorizing Scripture

keeps God's words in our hearts so we can remember what is true.

Discussion & Bible skills (10 minutes)

Distribute Bibles. Guide boys and girls to open their Bibles to Exodus 19. Point to the location of Mount Sinai (19) on the Old Testament Mediterranean Map. Choose a kid to read aloud Exodus 19:5-6.

• Bibles, 1 per kid
• Story Point Poster
• Small Group Timeline and Map Set
(005802879)

SAY • When God gave His people the Ten Commandments through Moses, He was making a covenant with them. God said that they would be His people and He would be their God. The people said, “We will do everything that the LORD has commanded” (Ex. 24:3). Is that what happened? (*no*)

Ask the following questions. Lead the group to discuss:

1. How does sin impact our relationship with God and others? *Allow kids to share their thoughts and experiences. Remind them that **God gave rules to show how to love Him and others.***
(Option: Choose a volunteer to read Rom. 6:23.)
2. What rules do your parents give you? Why? *Invite kids to share. Guide them to conclude that rules help us know what is best. Point out that God's rules show us His standard for living a holy life.*
(Option: Choose a volunteer to read Eph. 6:1-4.)
3. What should we do if we disobey God? *Lead kids to recognize the need for repentance—turning away from sin and turning toward God. Emphasize that Jesus was our substitute, obeying perfectly yet taking the punishment we deserve, so that we can have forgiveness and eternal life.*
(Option: Choose a volunteer to read Deut. 6:5.)

Option: Retell or review the Bible story using the bolded text of the Bible story script.

LOW PREP

• Gospel Plan Poster
(optional)

Tip: Use this activity option to reinforce the missions moment from Teach the Story.

- mixing bowl
- 4 cups flour
- 1 cup salt
- 1½ cups cold water
- ziplock bags

Activity choice (10 minutes)



OPTION 1: Church partners

In advance, identify a local ministry in your community that your church partners with or supports. (Examples: a nursing home, homeless shelter, or refugee center) Invite a volunteer from the ministry to share more about their work, or be prepared to share more about the ministry yourself.

Remind kids that Demaj (dih MAH jay) first learned about Jesus because Reborn Community Church offered a study program. Church volunteers help him with school work and also met his greatest need: to know about Jesus.

If possible, coordinate a ministry project that specifically helps the ministry kids just learned about, or invite them to make cards for the people whom the ministry serves.

Review the gospel plan with kids and invite them to make cards that show God's love for the people who will receive the cards. End in prayer for the ministry.

SAY • Meeting physical needs through this ministry is important, but what people need most is to hear the gospel.

OPTION 2: Make stone tablets

Use the following steps to make salt dough tablets:

1. In a bowl, mix together the flour and salt.
2. Slowly mix in 1½ cup of cold water.
3. Place the dough on a flat surface to knead. Add drops of water as needed.

Give each child a chunk of dough. Invite the kids to form two thin stone tablets with their dough. Consider providing toothpicks for etching *Love God* or *Love Others* to represent the Ten Commandments.

Send the tablets home with kids in ziplock bags to air dry. You may also print instructions for parents to bake at 375 degrees Fahrenheit until dry (about 30 minutes).

SAY • God gave us rules to show how to love Him and others. God is holy and deserves to be worshiped through our obedience.

As you think about the Ten Commandments this week, remember that God loves you so much, He sent His Son, Jesus. When we fail to obey God perfectly, we have hope because salvation comes through faith in Jesus. Jesus obeyed God's law perfectly and died the death we deserve for our sin.

Journal and prayer (5 minutes)

Distribute journal pages and pencils. Guide kids to think about and answer the questions listed on the page:

- What does this story teach me about God or the gospel?
- What does the story teach me about myself?
- Are there any commands in this story to obey? How are they for God's glory and my good?
- Are there any promises in this story to remember? How do they help me trust and love God?
- How does this story help me to live on mission better?

As kids journal, invite them to share their ideas. Then pray, thanking God for sending His perfect Son to die for us.

As time allows, lead kids to complete "Commandment Categories" on the activity page. Kids should read each commandment and mark whether it describes what it looks like to have a right relationship with God or a right relationship with others.

Option: Review the gospel with boys and girls. Explain that kids are welcome to speak with you or another teacher if they have questions.

- pencils
- Journal Page
- "Commandment Categories" activity page, 1 per kid

Tip: Give parents this week's *Big Picture Cards for Families* to allow families to interact with the biblical content at home.