



Read Exodus 19-20; 31:18 from your Bible or from below.

God brought the Israelites out of Egypt where they had been slaves. They traveled through the desert, away from Egypt and slavery.

One day, Moses went up Mount Sinai, a very large mountain. God told Moses a message for the people: "You have seen how great I am. If you obey Me, I will make you My own people." When Moses told the people God's message, they answered, "We will do everything God said."

God told Moses how the people should get ready to hear His commands. They washed their clothes and prepared to hear from God. They were to come to the mountain but not to go up it. On the third day, thunder rumbled! Lightning flashed! A thick cloud covered the mountain. A loud trumpet sounded! The people shook with fear! Moses went up the mountain when God told him to come.

God told Moses the Ten Commandments. Worship only God. Do not worship idols (objects that people worshiped). Do not misuse God's name. Remember the Sabbath is God's special day. Honor your parents. Do not murder. Keep your marriage promises. Do not steal. Do not lie. Do not want what others have.

The people were afraid when they heard the thunder and saw smoke, but Moses comforted them. He explained that God wants people to respect Him and to avoid doing wrong. The people stood watching as Moses went further toward where God was. When God finished speaking with Moses, He gave Moses the two tablets of stone where God Himself had written the laws.

Exodus 19-20; 31:18 (CSB)



Say: What are some rules your family has at your house? How do you know what these rules are? You most likely know the rules at your house because your parents repeatedly tell you what they are. When you are at places like school, playgrounds, swimming pools, or libraries, rules may be posted on signs or doors.

Many years ago, God gave His people, the Israelites, a set of rules to follow. At that time, they did not have a written Bible that helped them know how God wanted them to live. God took Moses to a mountain. There He gave Moses a list of ten different commandments for them to follow.

The first four commandments told the people how they should act towards God. Worship Him only. Do not worship idols. Do not misuse God's name. Remember to keep the Sabbath as God's special day. The next six commandments told the people how they should act towards other people. Honor your parents. Do not murder. Keep your marriage promises. Do not steal. Do not lie. Do not want what others have.

God inscribed these laws onto two tablets of stone and gave them to the people.

Today, we have access to the Bible. The Bible is God's message to the world. The words of the Bible are true. As we read and study God's Word, we learn what God wants us to know and do. We learn more about Him and His plan of salvation. While the Bible does let us know how we should live and what we need to do to obey God, it is so much more! The Bible is an important book, written by God to reveal Himself to us.

The Bible is a special gift to us. Within its pages, we learn who God is and all He has done for us. It also helps us know how we are to live as believers in Him.

Preschool Life Point: The words of the Bible are true.

Kids Life Point: In the Bible, God tells us what He wants us to know and do.

Preschool Review Questions:

- 1. What happened to cause the people to be afraid when Moses was on Mount Sinai?
- 2. What did God give Moses on Mount Sinai?
- 3. What are a few of the commandments God gave to His people?

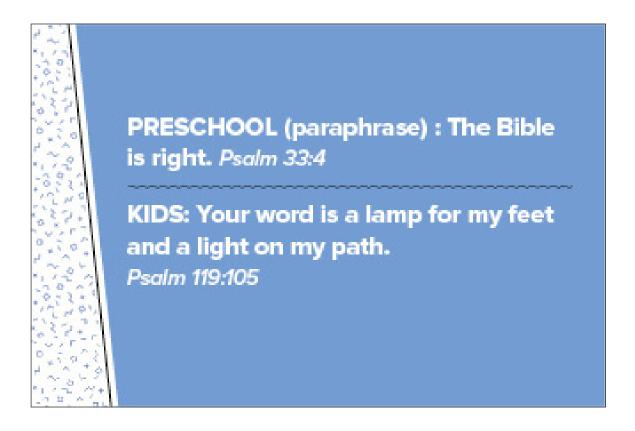
Elementary Review Questions:

- 1. Describe what happened on Mount Sinai when Moses was there.
- 2. What are some of the commandments God gave His people on Mount Sinai?
- 3. How do we know what God's commands are?

Pray: God, thank You for the Bible. Thank You that in it we can learn about who You are and what You have done for us. Thank You that the words in the Bible are true. Help us obey Your words. Amen.



The weekly Bible verse below is focused on at church. Consider talking about what this passage means and memorizing it as well.





Sing a Bible Studies for Life song or one of your family's favorite worship songs.