

Growing Together

God's People in the Wilderness 7:
God makes rules to help and protect us.

Bible Story
God gives Moses the Ten Commandments (Exodus 20:1-17).

Bible Verse
"You must commit yourselves wholeheartedly to these commands that I am giving you today" (Deuteronomy 6:6).

In Touch

Today your child learned that God makes rules to help and protect us. The children heard the Ten Commandments and Jesus' admonition to love God first. Use these ideas to encourage your child in a life of loving obedience to God.

Faith Walk



Obeying rules may not always feel good, but kids can understand that rules protect and help them. Celebrate God's care by taking a walk under an umbrella on a rainy or a sunny day.

Talk about how umbrellas shield us from cold rain or hot sunshine. Then talk about how God's rules protect us from harming ourselves and others.

Parent Talk

Proverbs 25:12 reminds us that "valid criticism is like a gold earring or other gold jewelry." Go over safety rules with your child. Talk about a family escape plan if your house catches on fire. Discuss what to do if strangers offer rides or candy. Also talk about pedestrian and bicycle safety and which neighbors your child should go to for help on the way home from school or if you're not available. Make sure your child knows what phone number to dial in an emergency.

Family Game Night

Play your family's favorite indoor and outdoor games. During each game, choose one family member to be the rule breaker. For example, if your family plays Candy Land, the rule breaker could decide to move his or her game piece twice as far as the card indicates. Talk about how breaking rules affects the outcome of the game. Is it fair for some people to break rules? What happens when people break house rules such as not eating sweets before dinner or not staying up past their bedtime?

Growing Up



Blow up several balloons. Draw faces on them, and give them names. With your child, come up with rules that will protect the balloon family from being popped or destroyed. Then talk about how God's rules and your

family's rules protect your family from harm. Also talk about what happens when we break good rules.