

Bible Point ▶

God loves us and gives us rules to keep us safe and happy.

Bible Verse

“I obey your commandments with all my heart” (Psalm 119:69b).

Growing Closer to Jesus

- Children will
- hear how God gave Moses the Ten Commandments,
 - understand that God’s rules keep us safe, and
 - thank God for the Ten Commandments.

Teacher Enrichment

Bible Basis

■ God gives the Ten Commandments.

**Exodus
19:3–20:17**



This passage focuses on the events surrounding the giving of the Ten Commandments. Following the battle with the Amalekites, Moses led his people to Mount Sinai, where he had met God earlier at the burning bush. Here Moses would once again meet God.

God spoke to Moses and promised him that Israel would be his treasured possession, his holy people, if they would obey him. When Moses told the people about God’s request, they responded, “We will do everything the Lord has commanded.”

The law God gave spelled out how the Israelites were to honor him through their obedience. In the thousands of years that have passed since this event, one thing hasn’t changed: We need to love God with all of our heart, soul, mind, and strength.

Prayer

- Read Psalm 119:69b.
- How do you follow God’s commandments?
- Do you encourage the children in your class to follow the commandments?
- Pray: Dear God, thank you for rules that help us honor you. Please help the children to learn that your rules will help to keep them safe and happy. In Jesus’ name, amen.

Before the Lesson

- Collect the necessary items for the activities you plan to use, referring to the Classroom Supplies and Learning Lab Supplies listed on the chart.
- Make photocopies of the “Today I Learned...” handout (at the end of this lesson) to send home with your children.
- Pray for the children in your class and for God’s direction in teaching the lesson.

This Lesson at a Glance

	What Children Will Do	Classroom Supplies	Learning Lab Supplies
Welcome Time	Welcome! —Receive name tags, and be greeted by the teacher.	Basket name tags made in Lesson 1	
Let's Get Started Direct children to one or more of the optional activities until everyone arrives.	Option 1: Climb the Mountain —Act out climbing on mountains.	Blocks	
	Option 2: The Best Rule —Make "stone tablets" and learn that loving God is important.	Foam meat trays, pencils, crayons or washable markers	
	Option 3: Stone Tablets —Draw on bricks with chalk and learn about the stone tablets.	Bricks, colored chalk, newspapers	
	Pick-Up Time —Sing a song as they pick up toys and gather for Bible Story Time.	CD player	
Bible Story Time	Setting the Stage —Act out a lively rhyme about rules, and learn that God makes rules to keep us safe and happy.		
	Bible Song and Prayer Time —Sing a song, bring out the Bible, and pray together.	Bible, CD player	
	Hear and Tell the Bible Story —Hear the story of how God gave us the Ten Commandments.	Bible, CD player	
	Do the Bible Story —Sing a lively song to remember the Ten Commandments.	CD player	
 Closing	Whiskers Breaks a Rule —Help Whiskers understand that God gave us rules to keep us safe.		
	Thanks for the Rules —Sing about the Ten Commandments, and pray together.	CD player, 2 stone tablets from Option 2	

*See the end of this lesson for extra-time ideas and supplies.

Welcome Time

SUPPLIES: basket name tags made in Lesson 1

- Bend down and make eye contact with children as they arrive.
- Greet each child individually with an enthusiastic smile.
- Thank each child for coming to class today.
- As children arrive, ask them about last week's "Today I Learned..." discussion. Use questions such as "Who did you tell about the parting of the Red Sea?" and "How did God help you and your family this week?"
- Say: **Today we're going to learn that ► God loves us and gives us rules to keep us safe and happy.**
- Hand out the basket name tags children made during Lesson 1, and help the children attach the name tags to their clothing. If some of the name tags were damaged or if children weren't in class the first week, have them make new name tags using the photocopyable handout on page 22. You can find the directions for making the name tags on page 13.
- Direct children to the Let's Get Started activities you've set up.



◀ **BIBLE POINT**



It's important to say the Bible Point just as it's written in each activity. Repeating the Bible Point over and over throughout the lesson will help kids remember it and apply it to their lives.

Let's Get Started

Set up one or more of the following activities for children to do as they arrive. After you greet each child, invite him or her to choose an activity.

Circulate between the activities to offer help as needed and direct children's conversation toward the point of today's lesson. Ask questions such as "Who makes the rules in your house?" and "Why do we have rules?"

■ Option 1: Climb the Mountain

SUPPLIES: blocks



Have children work together to build a pretend mountain out of blocks. Then let them take turns helping the *mini-beanbag animal* "climb" to the top of the mountain. Encourage them to give the *mini-beanbag animal* safety tips, such as "Watch your step" and "Take your time." Explain that in today's Bible story, they'll hear how Moses climbed a mountain to talk to God and that God gave him special

rules for all the people. Point out that ► God loves us and gives us rules to keep us safe and happy.



◀ **BIBLE POINT**

■ Option 2: The Best Rule

SUPPLIES: foam meat trays, pencils, crayons or washable markers



Before class, collect light-colored foam meat trays. You'll need one for each child. Use a pencil to carve the words "Love God" down the center of each tray or "stone tablet." Set out crayons, washable markers, the stone tablets, and the *burning*



BIBLE POINT

bush stamp and *ink pad*. Invite children to trace around the letters on the tablets with crayons or washable markers and use the stamp to decorate their tablets. As children work, mention that God gave Moses two stone tablets with special rules on them. Point out that **►God loves us and gives us rules to keep us safe and happy.** Put children's initials on the back of their tablets, and set them aside for the closing activity.

Option 3: Stone Tablets

SUPPLIES: bricks or concrete blocks, colored chalk, newspaper

Set out a few bricks or concrete blocks on a layer of newspaper. Provide colored chalk, and invite children to draw hearts on the “stone tablets” to show how much they love God. Caution the children not to pick up the bricks but to leave them safely on the floor. Mention that this rule will keep everyone safe and happy. Tell children that God gave Moses special rules written on stone tablets and God gave us rules because he loves us.

When everyone has arrived and you're ready to move on to Bible Story Time, encourage the children to finish what they're doing and get ready to clean up.

Pick-Up Time

SUPPLIES: CD player



track 2

Lead children in singing “Come Along With Me” with the CD (track 2) to the tune of “Come and Go With Me.” Encourage children to sing along as they help clean up the room.



SING

**Come along with me and pick up all our things,
Pick up all our things,
Pick up all our things.
Come along with me and pick up all our things
So our room will be clean.**

(Repeat 2x.)

Bible Story Time

Setting the Stage

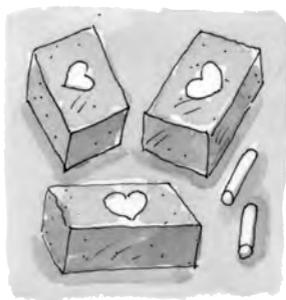
SUPPLIES: none

Tell the children you'll clap three times to get their attention. Explain that when you clap three times, the children are to stop what they're doing and raise their hands. Encourage children to respond quickly so you'll have time for all the fun activities you've planned.

Ask: • **What did you make or do when you came to our class today?**
(Helped a stuffed animal climb a mountain; colored tablets; drew on bricks.)

teacher tips

If you don't choose Option 2, you'll need to make two “stone tablets” for use in the Thanks for the Rules activity.



teacher tips

Do you have a tough time getting your preschoolers to sit in a circle? Provide carpet squares, small pillows, or fabric placemats for the children to sit on. Having their own “defined” spaces will help the children pay closer attention and learn more about believing in Jesus.

Say: **You did lots of interesting things! All those activities remind us that we have special rules to keep us safe and happy. Let's act out some rules we have in our class. Watch me carefully and do what I do.** Read the following action poem and lead children in the accompanying motions.

In our class, we have such fun. (*Clap your hands.*)
We always walk and never run. (*Walk around the room.*)
We help each other all the time (*pat someone's shoulder*),
And we're careful to be kind. (*Smile and wave.*)
We share our toys each time we play (*hand someone a pretend toy*)
And quietly fold our hands to pray. (*Fold your hands.*)
Rules help us know just what to do (*nod your head*)
And keep us safe and happy, too! (*Clap and smile.*)

Good job! It's important to remember that **► God loves us and gives us rules to keep us safe and happy.** Let's get ready to hear about the time God gave 10 special rules to Moses.



■ Bible Song and Prayer Time

SUPPLIES: Bible, CD player



tracks 3 & 4

Say: **Now it's time to choose a Bible person to bring me the Bible marked with today's Bible story. As we sing our Bible song, we'll pass around our special Bible. The person who's holding the Bible when the music stops will be our Bible person today.**

Lead children in singing "I'm So Glad for the Bible" with the CD (track 3) to the tune of "Give Me Oil in My Lamp." As you sing, pass around the special Bible.



SING

**I'm so glad for the Bible.
 Keep me learnin', learnin', learnin'.
 I'm so glad for God's book today.
 I'm so glad for the Bible.
 Keep me learnin', learnin', learnin'—
 Keep me learnin' all about his way.**

**Let me hear 'bout God's love—
 Keep me learnin', learnin', learnin'.
 Let me hear 'bout God's love for me.
 Let me hear 'bout God's love—
 Keep me learnin', learnin', learnin'.
 Let's shine the light for all to see.**

(Repeat first verse.)

When the music stops, invite the child who's holding the Bible to bring it to you. Stamp the child's hand with the *burning bush stamp*, and thank him or her for bringing you the Bible. Then stamp the other children's hands. As they come up to you to get their hands stamped, take time to show them the Bible and explain to them that the Bible is God's Word for them.



Make sure to return Learning Lab items back to the box when you are finished using them so the items can be used in future lessons.

Say: **I'm thankful for** [name of child who brought the Bible], **and I'm thankful for everyone in our class today. Let's thank God together for all our friends in this class.**

Lead children in singing "I'm So Glad We're Together" with the *CD* (track 4) to the tune of "Give Me Oil in My Lamp."



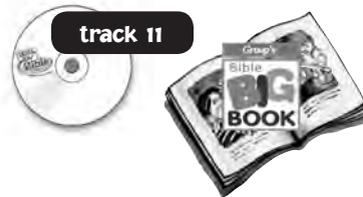
**I'm so glad we're together:
Keep us prayin', prayin', prayin'.
I'm so glad we're all here today.
I'm so glad we're together:
Keep us prayin', prayin', prayin'—
Prayin' for each other every day.**

Lead children in folding their hands and bowing their heads as you continue to sing.

**Thank you, Lord, for each one.
Keep me thankful, thankful, thankful.
Thank you for everyone who's here.
Thank you, Lord, for each one.
Keep me thankful, thankful, thankful—
Thankful for our friends both far and near.**

■ Hear and Tell the Bible Story

SUPPLIES: Bible, CD player



Open your Bible to **Exodus 19:3–20:17**, and show the passage to the children. Say: **Our Bible story comes from the book of Exodus in the Bible.**

Hold up the *Bible Big Book* opened to page 1. **Our Bible Big Book shows us pictures of our Bible story.** Point to the picture of Moses, and ask:

- **Who was God's helper?** (Moses.)
- **Who talked to Moses from the bush?** (God.)

Turn the page, and ask:

- **Who chased Moses and God's people?** (Soldiers; the mean king.)
- **What did God do to help his people get away?** (He parted the sea; made a path.)

Say: **God made the water split in two so Moses and all God's people could cross to the other side. God did that because he loved his people and wanted them to be safe. Then God did something else to keep his people safe. He gave them 10 special rules. You can help me tell the story of God's special rules. When you hear that Moses climbed a mountain, pretend to climb up a mountain. When you hear that Moses came down from the mountain, pretend to climb down and sit back down on the floor.**

Open the *Bible Big Book* to pages 4 and 5. Play the "Ten Commandments" segment of the *CD* (track 11). Cue children when to pretend to climb up the mountain and when to pretend to climb down. When the story is finished, turn off the *CD* and set the *Bible Big Book* aside.

Say: **You did such a good job climbing the mountain with Moses. Just think of it—Moses climbed a mountain and talked with God!**

This Bible story is featured in the new *My First Hands-On Bible™*. Order several now for your ministry at group.com.



Ask: • **What did God give Moses on the mountaintop?** (Stone tablets; special rules.)

• **How many rules did God give Moses?** (Ten.)

• **Can you show me 10 fingers?** Lead children in holding up their fingers and counting to 10.

• **Why did God give Moses special rules?** (Because he loved the people; so people would be safe and happy.)

• **Why does God give us rules?** (Because he loves us; so we can be happy.)

Say: ► **God loves us and gives us rules to keep us safe and happy. It makes God happy when we obey his rules. Listen to what the Bible says about obeying God: ► “I obey your commandments with all my heart” (Psalm 119:69b). Now let’s sing a fun song to help us remember God’s Ten Commandments.**



■ Do the Bible Story

SUPPLIES: CD player



Lead children in singing “The Ten Commandments Song” (Exodus 20:2-17) to the tune of “Ten Little Indians.” Sing the song with the CD (track 12) and do the accompanying motions for extra fun.



- I’m your only God—it’s true.** (*Hold up one finger.*)
- Don’t worship idols—ooh!** (*Hold up two fingers.*)
- Respect my name and don’t be rude.** (*Hold up three fingers.*)
- Keep the Sabbath holy.** (*Hold up four fingers.*)
- Please obey your mom and dad.** (*Hold up five fingers.*)
- Don’t kill people—oh! how bad!** (*Hold up six fingers and shake your head.*)
- Please stay married—you’ll be glad.** (*Hold up seven fingers.*)
- Don’t steal things from others.** (*Hold up eight fingers.*)
- Never, ever tell a lie.** (*Hold up nine fingers.*)
- Don’t wish for things your neighbors buy.** (*Hold up ten fingers.*)
- Follow God’s rules, and you’ll be** (*clap your hands*)
- Safe and very happy!** (*Turn in a circle; then clap one time.*)

Say: **We’ve been learning that ► God loves us and gives us rules to keep us safe and happy. And we know the Ten Commandments are special rules from God.**

Ask: • **Why did God give us special rules?** (To keep us safe; because he loves us; so we’ll be nice.)



Say: **God gives us rules to keep us safe and happy. And God gives us rules because he loves us. How much does God love us? God loves us so much that he sent us his Son, Jesus, to be our forever friend and help us obey God’s rules. We can show Jesus that we love him when we obey God’s rules.**

Pray: **Dear God, thank you for sending us your Son, Jesus, to love us and to help us obey your special rules. In Jesus’ name, amen.**

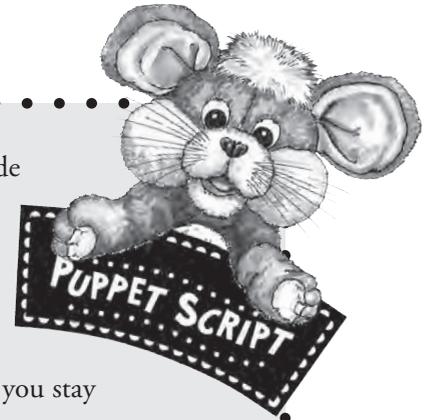
Say: **Let’s see if Whiskers knows about God’s special rules.**

Closing

■ Whiskers Breaks a Rule

SUPPLIES: none

Bring out Whiskers, and go through the following script. When you finish the script, put Whiskers away and out of sight.



Whiskers: *(Softly crying)* I don't want to stay inside. I don't like sitting inside and not going out to play.

Teacher: What's the matter, Whiskers? Why can't you go out to play?

Whiskers: My mom is upset. She said I can't go out to play until after my nap.

Teacher: Well, Whiskers, your mom must have a good reason for having you stay inside.

Whiskers: Well...I ran out into the street. I just wanted to get my new bouncy ball. Now Mom says I have to stay inside.

Teacher: Does your mom have a rule that you're not supposed to go in the street?

Whiskers: Yes, but I just wanted to get my new ball before it got squished.

Teacher: But you broke the rule, Whiskers. You did something your mommy told you not to do. We've been learning about rules today. Children, who can tell Whiskers why we have rules? *(Give several children a chance to respond.)* And in today's Bible story we learned how God gave us special rules called the Ten Commandments. Children, let's tell Whiskers why God gave us special rules. *(Lead children in telling Whiskers the Bible Point.)*

Whiskers: You mean my mom is having me stay inside because she loves me and wants me to be safe?

Teacher: Yes, Whiskers. Just think what would have happened if a car had been coming when you ran out in the street.

Whiskers: Oh, I could've been hit by a car and hurt!

Teacher: That's right. Your mom made that rule because she loves you. God loves us, too. That's why he gave us rules to keep us safe and happy.

Whiskers: Thanks for teaching me that ► God loves us and gives us rules to keep us safe and happy. Next time I go out to play, I'll obey the rules for sure! 'Bye, everyone. See ya later!

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■ Thanks for the Rules

SUPPLIES: CD player, 2 stone tablets from Option 2



track 12

Gather children in a circle, and say: ► **God loves us and gives us rules to keep us safe and happy. It's important to know what God's rules say. Let's sing "The Ten Commandments Song" we learned earlier to help us remember God's special rules.**

Lead children in singing "The Ten Commandments Song" (Exodus 20:2-17) to the tune of "Ten Little Indians." Sing along with the CD (track 12) and do the accompanying motions.



SING

I'm your only God—it's true. (Hold up one finger.)
Don't worship idols—ooh! (Hold up two fingers.)
Respect my name and don't be rude. (Hold up three fingers.)
Keep the Sabbath holy. (Hold up four fingers.)
Please obey your mom and dad. (Hold up five fingers.)
Don't kill people—oh! how bad! (Hold up six fingers and shake your head.)
Please stay married—you'll be glad. (Hold up seven fingers.)
Don't steal things from others. (Hold up eight fingers.)
Never, ever tell a lie. (Hold up nine fingers.)
Don't wish for things your neighbors buy. (Hold up ten fingers.)
Follow God's rules, and you'll be (clap your hands)
Safe and very happy! (Turn in a circle; then clap one time.)

Hold up two stone tablets from Option 2. Say: **God wrote the Ten Commandments on stone tablets. Let's pass around these pretend stone tablets that we made earlier, and see if you can tell one of God's special rules.** Help children name any of the Ten Commandments as they pass the tablets around the circle.

Say: **Fold your hands as we thank God for the rules he has given us. Pray: Dear God, thank you for the special rules you've given us. We know you give us rules because you love us. In Jesus' name, amen.**

Remind children to take home their "stone tablets" from Option 2.



Growing closer to Jesus extends beyond the classroom.

Photocopy the "Today I Learned..." handout (at the end of this lesson) for this week, and send it home with the children. Encourage parents to use the handout to plan meaningful family activities to reinforce this week's topic.



For Extra Time

If you have a long class time or want to add additional elements to your lesson, try one of the following activities.

■ **Lively Learning: No Rules!**

Hand each child a paper plate “steering wheel” to decorate with crayons or washable markers. Then invite children to pretend they’re driving cars, trucks, or buses. Explain that there are no road rules, so they may drive in any direction they’d like. Allow two or three minutes for children to “drive” around the room. Then talk about how rules keep us safe. Remind children that God gave us rules for living because ► God loves us and gives us rules to keep us safe and happy.

■ **Make to Take: Sponge-Painted Tablets**

Cover an area of the floor with newspaper. Then tape a 4-foot length of shelf paper to the newspaper. Gather several rectangular sponges, and clip a clothespin to the back of each sponge. Set out black washable markers and shallow pans of diluted brown or grey tempera paint. Have children put on paint shirts. Help children write the numbers 1 through 10 on the shelf paper. Then show them how to use the clothespin as a handle to dip a sponge in paint and stamp tablet shapes over the numbers. As children work, remind them that God gave us special rules because ► God loves us and gives us rules to keep us safe and happy. When you’re finished, let children count the numbers aloud. As children count, remind them of each commandment.

■ **Treat to Eat: Commandment Cookies**

Set out a can of frosting, plastic knives, and tubes of decorative icing or cake gel. Ask children to clean their hands with wet wipes. Give each child two graham crackers on a napkin, and let children frost the crackers. Then invite children to squirt icing on the graham crackers to represent the Ten Commandments written on stone tablets. As children work, review the Ten Commandments. Remind children that God gave us the Ten Commandments because ► God loves us and gives us rules to keep us safe and happy.



■ **Story Picture: Moses Receives the Ten Commandments**

Give each child a copy of the “Today I Learned...” handout. Let children color the pictures and then glue small squares of sandpaper to the pictures of the tablets. Review that God gave Moses the Ten Commandments, and remind children that ► God loves us and gives us rules to keep us safe and happy.

Today i learned..

God loves us and gives us rules to keep us safe and happy.

Help me learn this:

"I obey your commandments with all my heart" (Psalm 119:69b).

Ask me:

- What special rules did God give to Moses?
- Can you name one of God's commandments?
- How can our family obey God's special rules?

Family Fun

- Have a family game night. Invite family members to bring their favorite board games to share. Play one of the games without rules, and then point out how rules help make games more enjoyable. Mention that God's rules make our lives safe and happy. Play the rest of the games with the appropriate rules.

Lesson 7
Today the children learned that **GOD LOVES US AND GIVES US RULES TO KEEP US SAFE AND HAPPY.** They heard about the Ten Commandments and how God gave them to Moses so that the Israelites would live safe, happy lives. Children talked about the importance of rules.



Moses Receives the Ten Commandments

(Exodus 19:3–20:17)

