

# Old Testament

Mission Arlington • Mission Metroplex Curriculum • 2009

# Through the Old Testament in Two Years

## Part One



Created for use with young, unchurched learners  
Adaptable for all ages including adults

# Old Testament

## The Ten Commandments

Last week we learned how God parted the Red Sea to deliver Israel from the Egyptians. Israel crossed the Red Sea on dry land. God protected Israel from their enemy.

Exodus 19-20

### Read the Bible

**READ: Exodus 20:1-16 (Hold your Bible open throughout the story.)**

### Memory Verse:

Put God's kingdom first.  
Do what He wants you to do.  
(Matthew 6:33 NIV)

### Begin With Prayer

We have seen so many exciting things happen to God's people. God rescued them from slavery. Then, He opened the Red Sea so that they could escape from the king's soldiers.

God knew that the people needed special rules to help them respect each other and respect God.

One day, God called Moses to come up to a mountain. A great cloud of smoke billowed around the mountain. God asked the people to stay at the bottom of the mountain while Moses climbed up to talk to God. God spoke to Moses up there. (Exodus 19) He told Moses ten things that were important. God even wrote them down on two big stone tablets. These were the ten things that God said:

### Lesson Goals:

1. Understand that God gives us rules.
2. Learn that God wants us to love others.
3. Understand that God wants us to love Him.
4. Recognize that God's rules protect us.

1. God must be your only God. (Exodus 20:1-5)
2. You will have no idols. (Exodus 20:4-6)
3. You will not say God's name in vain. (Exodus 20:7)
4. You will keep Sunday holy. (Exodus 20:8-11)
5. You must honor your parents. (Exodus 20:12)
6. You will not murder. (Exodus 20:13)
7. You will not commit adultery. (Exodus 20:14)
8. You will not steal. (Exodus 20:15)
9. You will not lie. (Exodus 20:16)
10. You will not wish you had other people's things. (Exodus 20:17)

God's rules or commandments were meant to help and protect us. We have traffic signs help us to know when to stop or that children cross the street in that area. There are traffic signals that change colors to tell us when to go. Green means go. Red means stop. Some signs warn us that things are dangerous.

### The Ten Commandments — Bible Facts

- |   |   |
|---|---|
| 1. God called Moses to a mountain.                  | 2. God gave Moses the Ten Commandments. |
| 3. The commandments tell us to love God and others. | 4. God wants us to obey His commands.   |

The commands in the Bible are meant to help us know how we are to treat God and others. The first four rules told the people to love God more than anything else. They also told the people not to use God's name in a bad way. It also helped the people see how important it was to go to church and worship God.

The next six rules were things to help people love others. God told us to respect our parents, tell the truth, be honest, not steal, and not wish for things that other people had.

All these rules are important because they help us love God and love others. The Bible says, "Love the Lord your God with all your heart, soul, and mind.... Love others as much as you love yourself... All the Law of Moses and the Books of the Prophets are based on these two commandments. (Matthew 22:37-40 NIV) God wants us to do right things and live good lives.

### Review

1. **Where did God tell Moses to go?** (up to a mountain)
2. **What did God do?** (gave Moses the Ten Commandments)
3. **What do the Ten Commandments say to do?** (love God and love others as we love ourselves)
4. **What does God want us to do?** (obey His commands)

### Do you know Jesus?

God's people tried to keep all the commandments (rules) but even the best people made mistakes. (Romans 3:23) God had a plan. He knew that because people do wrong, there was only one way for them to get to Heaven. It was through His Son, Jesus. (John 14:6) Jesus died for all the bad and wrong things we have done. He died in our place for our sins. He came back to life three days later! This shows that God is powerful and He can help us get to Heaven. (John 3:16) We must believe in Jesus and ask Him to come into our hearts. (Romans 10:9-10) If you have any questions, please talk to your teacher.

### Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to make a way for us to get to heaven.
3. Ask God to help you obey His commandments.
4. Pray for friends and family members who need to obey God's commands.

### Application

God gives us rules to protect us. Like the different signs in our lives, God's rules are to help us. God wants us to love others. God wants us to love and obey Him. He wants us to do right things and live good lives.

### Planning for the next week:

The Golden Calf — Exodus 32-34

# Preschool Lesson

## Read the Bible

**READ: Exodus 20:1-16 (Hold your Bible open throughout the story.)**

Teachers: Help the children understand that God's rules are meant to help us.

We have been learning many things about God's people. Moses' was God's friend. He helped the people follow God.

One day while they were in the hot desert, God told Moses to climb up a special mountain. Moses climbed and climbed the mountain. (Make climbing motions)

When he got to the top, he saw lots of smoke. God spoke to Moses through the smoke clouds.

God told Moses ten important rules that the people should follow. Let's count to ten. (One, two, three . . . )

Now, let's see what the ten important rules were. The first four rules told the people to love God more than anything else. They also told the people not to use God's name in a bad way. It also helped the people see how important it was to go to church and worship God.

The next six rules were things to help people love others. God told us to respect our parents, tell the truth, be honest, not steal, and not wish for things that other people had.

All these rules are important because they help us love God and love others.

## Prayer Time

- 1. Take a moment to listen to God.**
- 2. Thank God for sending Jesus.**
- 3. Ask God to help you obey Him.**

**Memory verse for younger children:**

Do what [God] wants you to do. Matthew 6:33

## Learning Activities

•**Memory verse activity** — Write the memory verse on big butcher paper. Draw tablets (like the Ten Commandments) around the words.

•**Test your memory** — Use one letter from sign language to represent each of the Ten Commandments. Challenge the kids to learn all ten rules or commands.

Use hand motions to act out the Ten Commandments.

•**Taste activity** — Cut bread into the shape of a tablet and spread with butter or jam.

Make edible commandment tablets. Mix 1/2 cup Brown sugar, 1/2 cup peanut butter and 1 tablespoon of granola. Shape into tablets. Write a commandment on the tablet using a toothpick (or you can just make pretend lettering.) Enjoy!

•**Think about it** — God told Moses 10 important rules that the people should follow. Talk about the importance of following God's rules.

Talk about warning signs, traffic signs, etc. Talk about how God's rules are like those signs and are meant to help us.

•**Touch activity** — Use activity sheets to help the kids remember the Ten Commandments.

Make a ten page booklet of the Ten Commandments

Using a permanent marker, write a commandment on ten rocks or piece of tile. Make rocks that say, "Ten Commandments" for the children to take home.

•**Run and play** — Play "Simon Says." Explain that we will learn some things that God asks us to do today.

Play a game of charades to guess what commandment is being acted out.

•**Listen** — As the children take time for silence, remind them that God gave us rules to protect us.

•**Sing** — Sing "This Is My Commandment," "Love One Another," "Obedience," or another song related to the story.

For preschoolers sing "One little, two little, three little commandments etc." to the tune of "One little, two little, three little Indians,"

•**Reach out** — During class, pray for kids that did not come today. Ask the children to go with you to deliver coloring pages and a "Ten Commandments" rock. Read the Bible passage to the child.

Memory Verse

But put  
God's kingdom  
first.

Do what  
He wants  
you to do.

Matthew 6:33

## Word Puzzle

Trace the letters.

God

spoke

to

Moses

## Word Search

J B N T R V P K A R P G M  
P J K I F E S E S R I O D  
S I D A A K S P O S S U K  
N E L S M T O T L E O R P  
P J I R R K N I S L T M V  
H L D E E C O U C J T P R  
A S N H S R D F O P S F T  
R R M T T U O A Y M K S B  
A T E O M R G B O R N T S  
O N A E A D E I E A A E P  
H S S V E W V P L Y D L Y  
J C L O G A O Y C R R B B  
R I T L H I L E D T R A P  
P C O M M A N D M E N T S

COMMANDMENTS

TEN

OBEY

LOVE GOD

LOVE OTHERS

MOSES

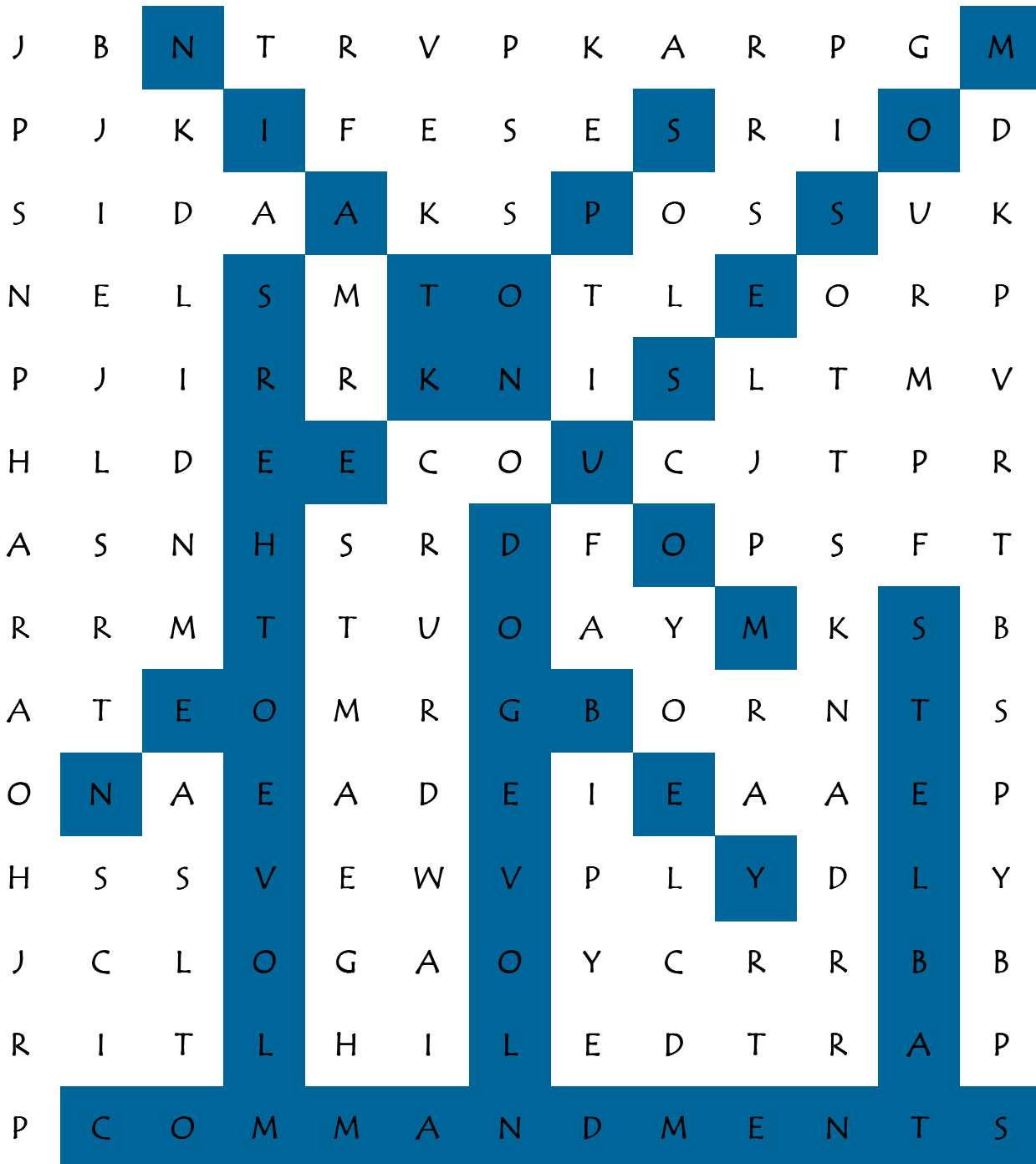
MOUNTAIN

SPOKE

TABLETS



# Word Search



COMMANDMENTS

TEN

OBEY

LOVE GOD

LOVE OTHERS

MOSES

MOUNTAIN

SPOKE

TABLETS

## Word Search

S F G B P V L S K S E A  
P R C O M M A N D S F G  
A R M Y F P L G O D D V  
S V R H E A R D C F G T  
B F G F P S P O K E T D  
D N M O U N T A I N P T  
F P I L L A R S D K E T  
J R S A F M O S E S K S  
R I V G N A O B E Y U D  
V S T F G B P R V H F R  
B F I R E K M S T S G S

MOSES

MOUNTAIN

SPOKE

GOD

COMMANDS

OBEY

## Word Search

S F G B P V L S K S E A  
P R C O M M A N D S F G  
A R M Y F P L G O D D V  
S V R H E A R D C F G T  
B F G F P S P O K E T D  
D N M O U N T A I N P T  
F P I L L A R S D K E T  
J R S A F M O S E S K S  
R I V G N A O B E Y U D  
V S T F G B P R V H F R  
B F I R E K M S T S G S

MOSES

MOUNTAIN

SPOKE

GOD

COMMANDS

OBEY

# Anagram

ODG

MKOIDNG

TISFR

ATHW

SAWNT

BOYE

MOCMDANS

OELV

SHORET

# Anagram

GOD

KINGDOM

FIRST

WHAT

WANTS

OBEY

COMMANDS

LOVE

OTHERS