

Old Testament

Mission Arlington ◦ Mission Metroplex Curriculum ◦ 2011

One Year Plan



GOD'S WORD

Created for use with young, unchurched learners Adaptable for all ages.

THE TEN COMMANDMENTS



Memory Verse:
“If you love Me, obey my
commandments.”
John 14:15

EXODUS 19-20

Lesson Goals

1. Understand that God gives us rules, called commandments.
2. Understand that God wants us to love Him more than anything else.
3. Learn that God wants us to love others.
4. Recognize that God’s rules protect us.

Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to deliver us from sin.
3. Ask God to help you follow Him.
4. Pray for friends and family members who need to be delivered from sin.

GOD’S WORD

Read Exodus 20:1-17. (Hold your Bible throughout the story.)

Do You Know Jesus?

God's people tried to keep all the commandments (rules), but everyone has sinned. (Romans 3:23) God had a plan. He knew that because people sin, there is only one way for them to be right with Him. It is through His Son, Jesus. Jesus died in our place for all our sins. We must believe in Jesus and ask Him to come into our hearts. Then we can have eternal life. (John 3:16)

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:

1. God must be your only God. (Exodus 20:1-5)
2. You must have no idols. (Exodus 20:4-6)
3. You must not say God's name in vain. (Exodus 20:7)
4. You must keep Sunday holy. (Exodus 20:8-11)
5. You must honor your parents. (Exodus 20:12)
6. You must not murder. (Exodus 20:13)
7. You must not commit adultery. (Exodus 20:14)
8. You must not steal. (Exodus 20:15)
9. You must not lie. (Exodus 20:16)
10. You must 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 that help us to know when to stop or slow down. 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.

God's commands help us know how to treat God and others. The first four rules say to love God more than anything else. They also say not to use God's name in a bad way and to go to church. The next six rules are things to help people love others. God tells us to respect our parents, tell the truth, be honest, not steal, and not wish for things that other people have.

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?** (He gave Moses the Ten Commandments.)
3. **What do the Ten Commandments say to do?** (Love God the most, and love others as we love ourselves)
4. **What does God want us to do?** (Obey His commands.)

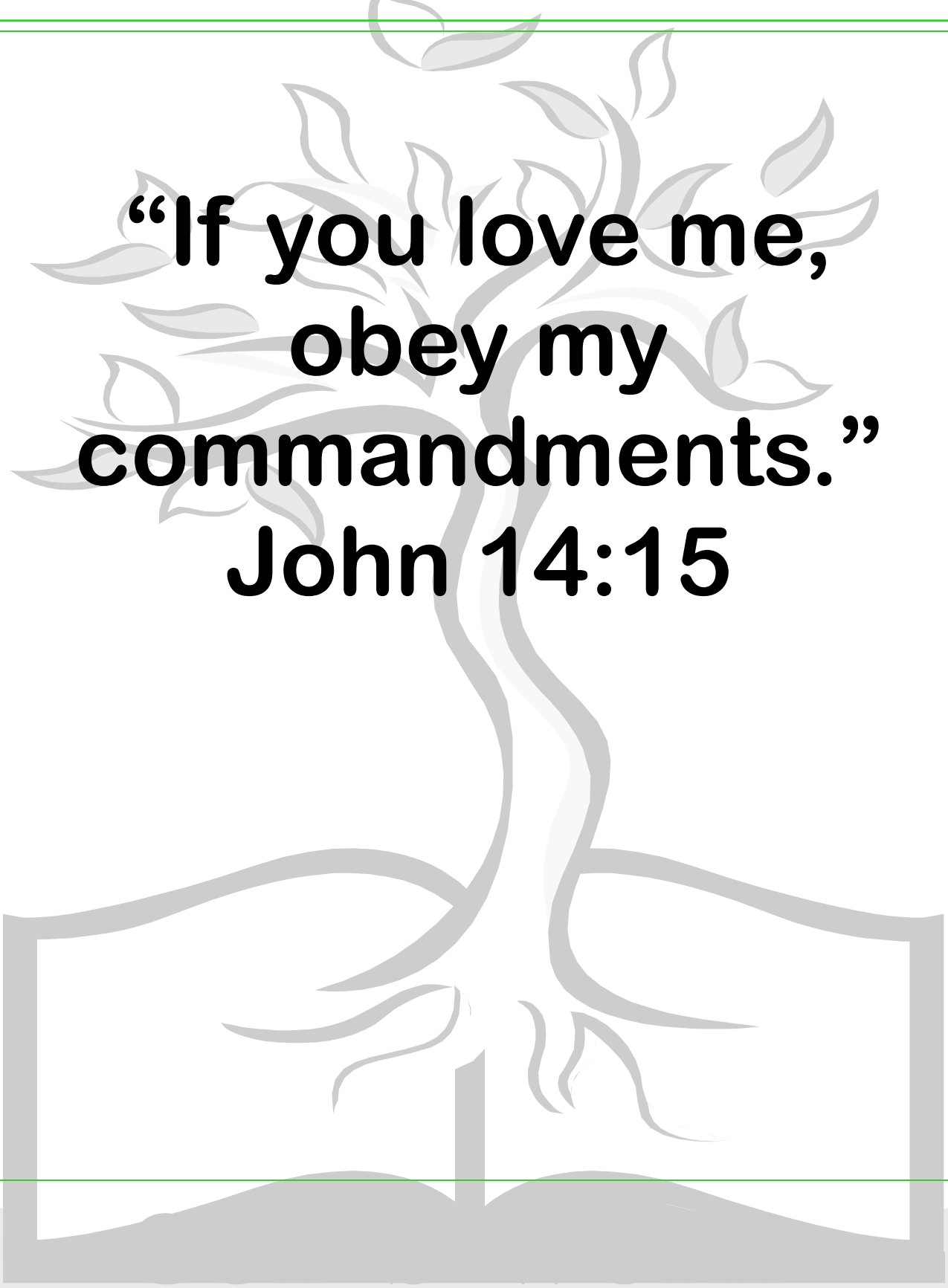
Planning for next week:

The Golden Calf — Exodus 32-34

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.

Memory Verse



**“If you love me,
obey my
commandments.”
John 14:15**

Preschool Lesson

Read Exodus 20:1-17. (Hold your Bible throughout the story.)

Memory verse for younger children:
"Obey my commandments." John 14:15

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

Begin With Prayer

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. They are called the Ten Commandments.

Prayer Time

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

Preschool Memory Verse

**“Obey my
commandments.”**

John 14:15

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 pieces 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," or another song related to the story.

Rooted and Grounded



Pray

Thank God for taking care of us and loving us.
Ask God to help us obey His commandments.
Pray for those who do not know Jesus as their Lord and Savior.

Read the Bible Daily

This week, read Exodus 19-20.

Think About It

The Bible says that we are all sinners. (Romans 3:23) In other words, we have all broken God's commandments. That is why Jesus died on the cross—for our sins. When we ask Jesus to forgive our sins and come into our life, He gives us His Holy Spirit to help us follow His commands.

Do It

Read the Ten Commandments in Exodus 20. Try to remember all ten of them.

Tell About It

Share the Bible story with a friend. Share the Ten Commandments with them. Explain that we need help to follow them, and that Jesus can help us when we have Him in our life.

Change it

Is there one or more of the commandments that you really struggle with? Maybe it is hard for you to honor your parents, or perhaps you struggle with telling the truth. Confess your sins to God. Ask Him to help you to make better choices and follow His rules.

Study it

Attend Bible study this week.

Word Art

Trace the letters.

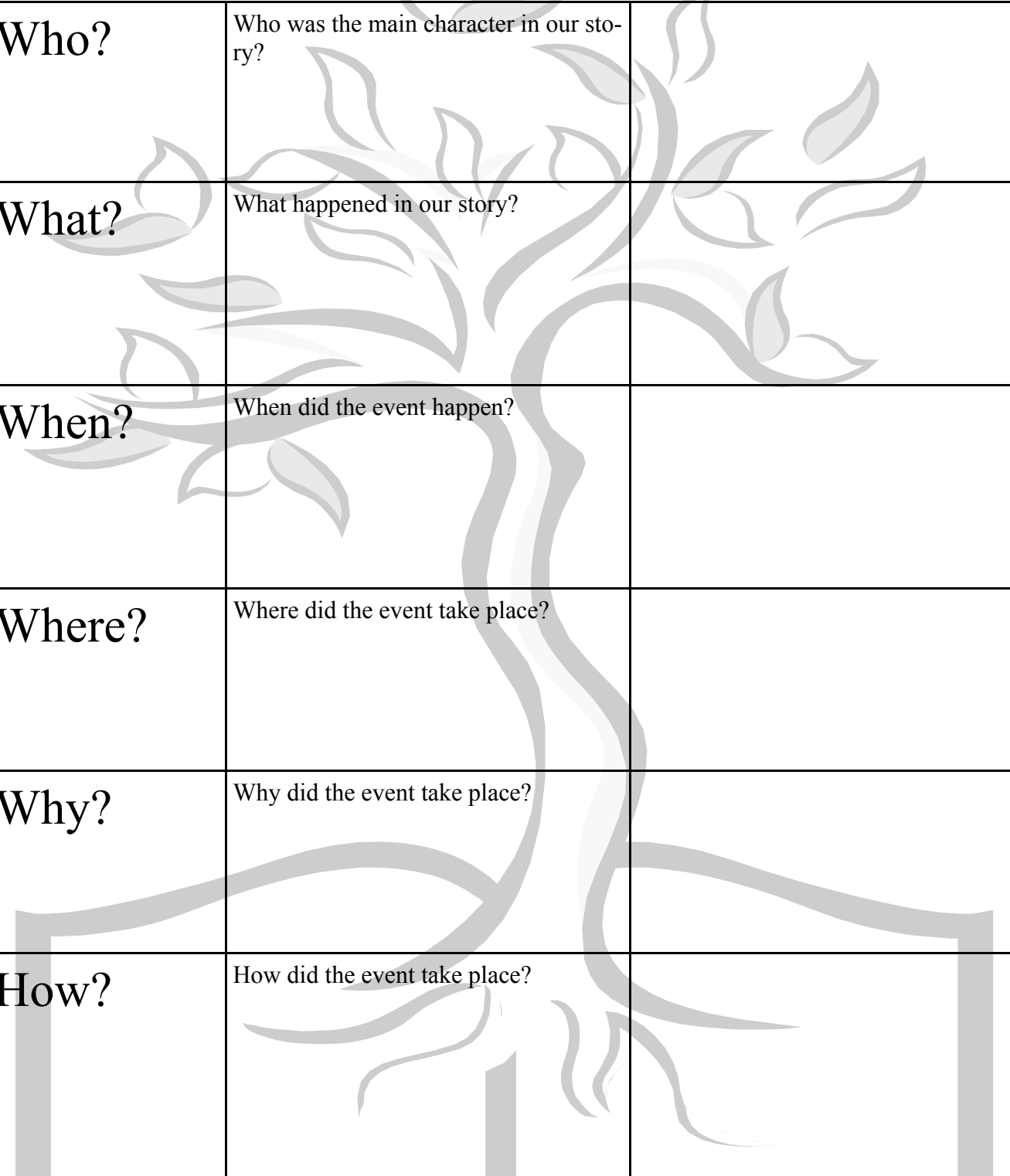
God
spoke

to

Moses

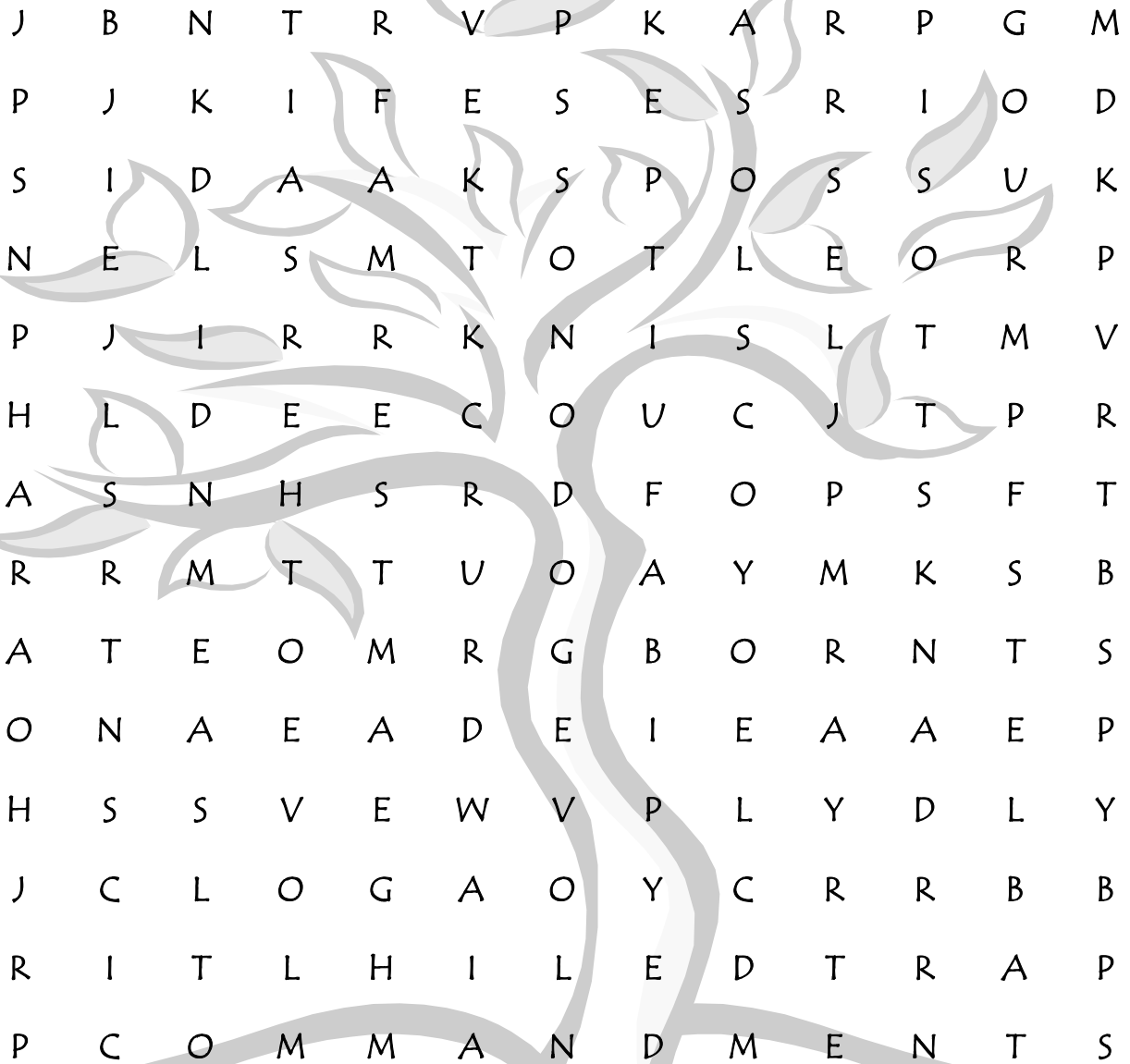
GOD'S WORD

Learning the Facts



Who?	Who was the main character in our story?	
What?	What happened in our story?	
When?	When did the event happen?	
Where?	Where did the event take place?	
Why?	Why did the event take place?	
How?	How did the event take place?	

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 Solution

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

Preschool 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

Preschool Word Search Solution

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

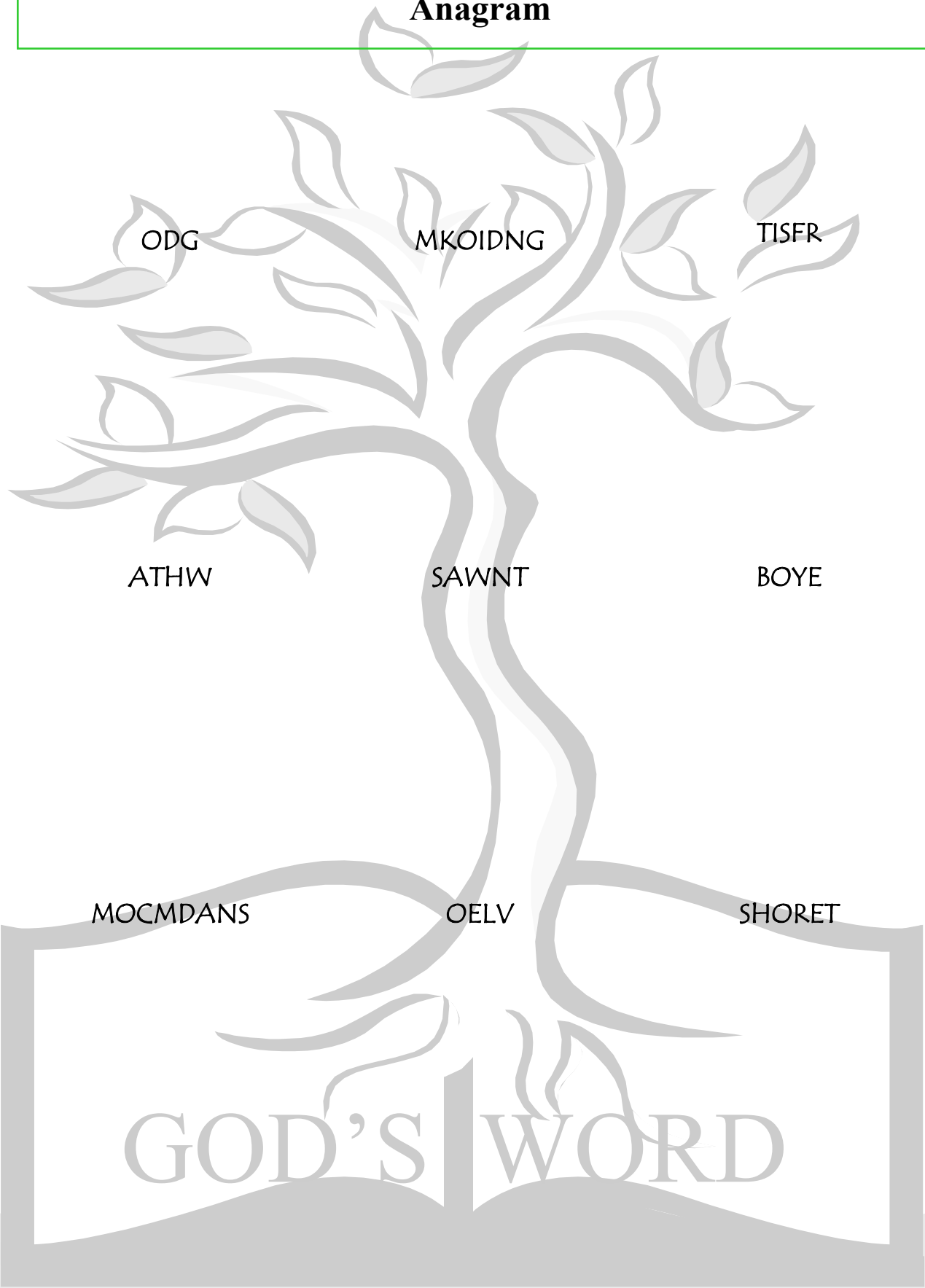
SPOKE

GOD

COMMANDS

OBEY

Anagram



ODG

MKOIDNG

TISFR

ATHW

SAWNT

BOYE

MOCMDANS

OELV

SHORET

GOD'S WORD

Anagram Solution

