

A Picture of God

Exodus 19; 20:1-20; Patriarchs and Prophets, pp. 303-314

Mika jumped up and down with excitement as she looked at the letter from her grandma. In the letter was a picture of Grandma in her new garden. It helped Mika see exactly how Grandma looked now, and it reminded her of the fun things they had done. Letters, photos, phone calls, and video chats help you remember what that person is like. In today's lesson God gave the Israelites some words that helped them know what He is like.

This was the day. God had told the Israelites to get ready; He was coming to Mount Sinai to talk to them. For two days they had been getting ready, washing their clothes, and above all, staying away from the mountain. God had forbidden them to touch it.

Thunder and lightning and a thick, dark cloud hung over the mountain. Suddenly a loud trumpet blasted! The people trembled. Moses led the people to the foot of the mountain.

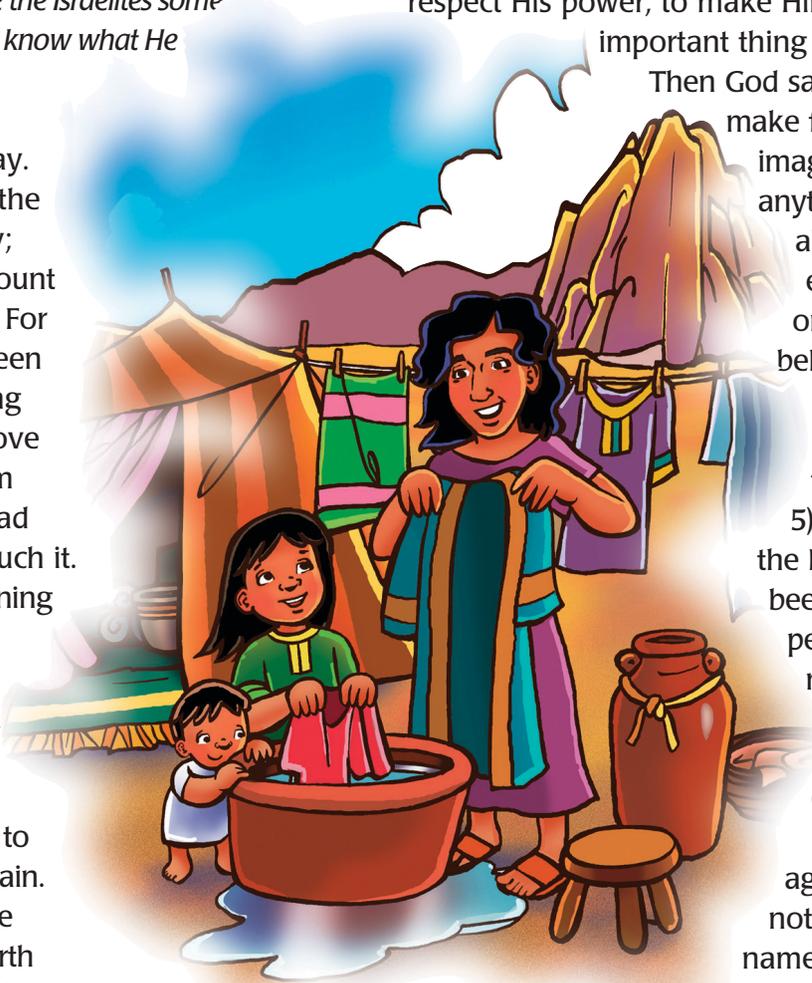
Smoke covered the mountain, and the earth shook. The sound of the trumpet grew louder and louder. Then God spoke. "I am the Lord your God, who brought you out of Egypt, out of the land of slavery" (Exodus 20:2).

First, God reminded the Israelites who He was. He loved them. He wanted them to know and love Him too. He knew what they needed to be happy. So He came to Mount Sinai to give them the Ten Commandments.

God spoke, "You shall have no other gods before me" (verse 3). God wanted them to respect His power, to make Him the most important thing in their lives.

Then God said, "You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them" (verses 4, 5). For a long time the Israelites had been in Egypt, where people worshipped many idols. They had forgotten how to worship God.

God spoke again. "You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name" (verse 7). When we love someone, we are careful to respect their name.



The Message

God's commandments help us understand Him.

Memory Verse

“Great peace have those who love your law, and nothing can make them stumble”
(Psalm 119:165).

For the fourth commandment, God said: “Remember the Sabbath day by keeping it holy” (verse 8). God gave us the Sabbath as a special time to rest and to get to know Him better. He also wants us to remember the wonderful way He created us and cares for us.

When God gave the fifth commandment, He said: “Honor your father and your mother, so that you may live long in the land the Lord your God is giving you” (verse 12).

God gave us parents to love us, to care for us, and to help us learn right from wrong. In return, God wants us to respect them, and obey them. God knew that living in loving families is best for us.

The next four commandments were short, telling the Israelites how they were to act toward other people.

“You shall not murder” (verse 13). God alone can give life, and He wants us to respect and protect it.

“You shall not commit adultery” (verse 14). God wants happy families. He wants parents to be married to each other and to love each other in a special way they don't share with anyone else.

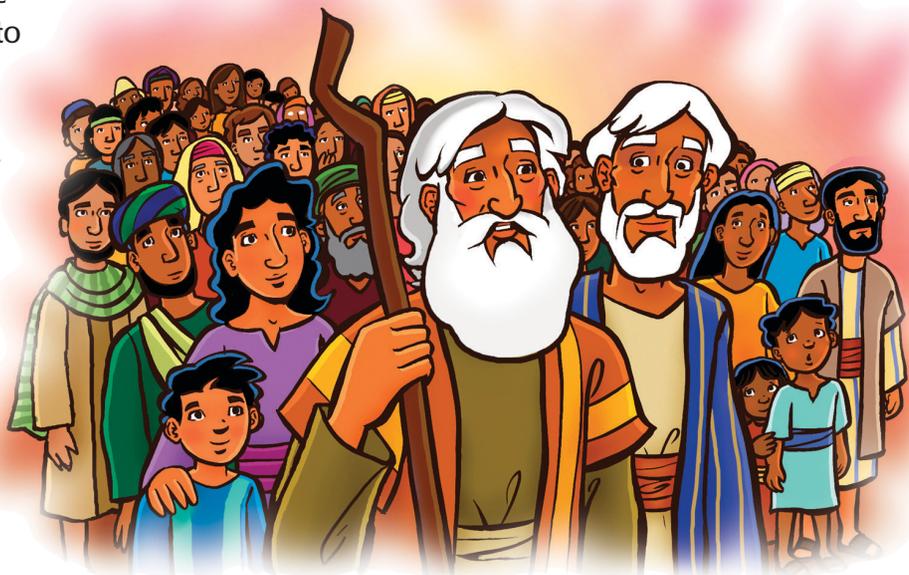
“You shall not steal” (verse 15). God wants us to respect the things that belong to others.

“You shall not give false testimony against your neighbor” (verse 16). God's words are true, and He wants our words to be true.

The last commandment told the Israelites how they should feel when other people have nice things that they don't have. “You shall not covet . . . anything that belongs to your neighbor” (verse 17). God wants us to focus on Him, not on other people and what they have.

God gave these commandments to the Israelites to help them understand Him and what is important to Him. And God knew the Israelites would be happier if they followed His rules.

Even today God's rules still tell us what is important to Him. The Ten Commandments still help us understand what God is like. They still give us a picture of a God who loves us and wants what is best for us.



S A B B A T H

READ If possible, go outside with your family and read your Bible lesson story. Imagine that you are looking up at Mount Sinai while God spoke the Ten Commandments.

SHARE Read Psalm 119:165 together. Explain it to your family.

SING Sing "Trust and Obey" (*Sing for Joy*, no. 113). Do you want to trust and obey God?

M O N D A Y

READ During family worship, read Exodus 20:1-6.

DO Draw the Ten Commandment tablets on big paper. You will add to this poster all week. Ask a family member to help you. On another paper, rewrite the first two commandments in your own words. Be positive and write without using the word *not*. Hint: Write the first commandment like this: I. "Put God first in everything." Copy that to the top left of your tablet. Add a picture symbol beside the words. Do the same with the second commandment.

SHARE Say your memory verse, then tell what it means.

Moses had met God in the burning bush on Mount Sinai when he was watching sheep there.



S U N D A Y

READ Read Exodus 19:1-12, 16-20 during family worship. Make a picture of the mountain when God gave the Ten Commandments.

THINK Why did God want the Israelites to know His commandments? How do they help us today?

SHARE Say your memory verse to an adult.

T U E S D A Y

READ With your family, read Exodus 20:7-11. Rewrite the third and fourth commandments in your own words (be positive) and add them to the left side of the commandment tablet made yesterday.

DO Act out any two commandments.

SHARE Say your memory verse to a friend.

W E D N E S D A Y

READ Read Exodus 20:12, 13 during family worship. Rewrite and add the fifth and sixth commandments to the right side of your commandment tablets. Remember, be positive!

DO Play "Ten Commandments Hopscotch." Make a hopscotch game with 10 squares. For each turn, throw the stone to a different square. As you hop over it, say the commandment for that number and tell what it means. End by saying your memory verse together.

THURSDAY

READ With your family, read Exodus 20:14, 15. Rewrite the seventh and eighth commandments using positive words and add them to your commandment tablets.

DO Ask your family to tell what the Ten Commandments are like. (For example, The Ten Commandments are like a guardrail on a steep mountain road.) Tell why.

SING Sing your memory verse to a tune that you know, or make up a new tune.

FRIDAY

READ During family worship, read Exodus 20:16, 17. Add the ninth and tenth commandments to your commandment tablets. Remember to write them in a positive way! Then talk about all Ten Commandments. Say or sing your memory verse.

DO Make and cut out two red paper hearts. Put a picture of Jesus on one and the Ten Commandments on the other. Put glue around the edges of the hearts and join them together. Be sure the picture of Jesus and the Ten Commandments are inside. Say to Jesus, "I have hidden your word in my heart that I might not sin against you" (Psalm 119:11).

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PUZZLE

Directions: Connect the dots to find out what gives us a picture of God.

