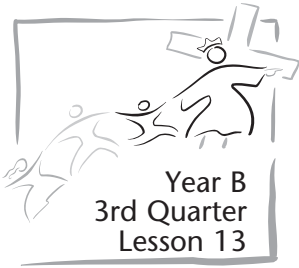


# LESSON



## God's 10 Rules

### WORSHIP

We thank God for being with us.

#### References

Exodus 19:1-11, 16-20, 25; 20:1-17; 32:15, 16; *Patriarchs and Prophets*, pp. 303-309.

#### Memory Verse

"We will do everything the LORD has said" (Exodus 19:8, NIV).

#### Objectives

##### The children will:

**Know** that God gave rules to live by.

**Feel** that living by God's rules is worshipping Him.

**Respond** by thanking God for His rules.

#### The Message



We thank God for showing us how to live.

## Getting Ready to Teach

#### The Bible Lesson at a Glance

The Israelites prepare to meet with God by cleaning themselves inside (spiritually) and out; they fast and pray and wash their bodies and clothes. They pledge to do everything God asks them to do. God speaks to the Israelites personally as He appears on Mount Sinai in a cloud of thunder and lightning, accompanied by trumpets and an earthquake. He says that if they obey Him, they will be blessed. God gives them the

Ten Commandments to help them live happier lives and to be an example to the world.

#### ***This is a lesson about worship.***

We worship God when we live by His rules as an expression of love for His goodness toward us. He created us and knows what is best for us. He promises blessings when we obey His rules, which keep us from being controlled by Satan. We thank God for showing us how to live.

# THIRTEEN

Program Outline			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
<b>Welcome</b>	ongoing	Greet students at door; hear pleased/troubled	none
<b>1 Readiness Activities</b>	up to 10	A. <i>Stop and Go</i> B. <i>Not Playing by the Rules</i>	none beanbags, plastic bowls
<b>* Prayer and Praise *</b>	up to 10	See page 133. <b>*Prayer and Praise</b> may be used at any time during the program.	
<b>2 Bible Lesson</b>	up to 20	Experiencing the Story	poster board or cardboard, marker, heavy scissors, "cloud" on stick (from Lesson 10), two pot lids
		Bible Study	Bible
		Memory Verse	Bible
<b>3 Applying the Lesson</b>	up to 15	<i>Scenarios</i>	none
<b>4 Sharing the Lesson</b>	up to 15	<i>Rules Set in Stone</i>	flat stones, crayons or markers

## Teacher Enrichment

"The law was not spoken at this time exclusively for the benefit of the Hebrews. God honored them by making them the guardians and keepers of His law, but it was to be held as a sacred trust for the whole world. The precepts of the Decalogue are adapted to all mankind, and they were given for the instruction and government of all. Ten precepts, brief, comprehensive, and authoritative, cover the duty of man to God and to his fellow man; and all based upon the great fundamen-

tal principle of love" (*Patriarchs and Prophets*, p. 305).

"There is not a negative in that law, although it may appear thus. It is DO, and Live (letter 89, 1898)" (*The SDA Bible Commentary*, vol. 1, p. 1105).

What are your feelings toward the rules that God asks you to obey? Do you convey your attitude to the children?

## Room Decorations

Continue to use the desert scene and tent. Add a ten-commandment tablet (see Experiencing the Story).

# Teaching the Lesson

## Welcome

Welcome children at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Have them begin the readiness activity of your choice.



## Readiness Activities

Select the activity most appropriate for your situation.

### A. Stop and Go

Play "stop and go." Have the children stand in a line at the back of the room with a cleared space in front of them. Tell them that when you turn your back and say "go," they may quickly walk toward you. When you turn back around and say "stop," they must stop and stand still. If anyone moves, they have to go back to the starting line. Continue until one child reaches you.

### Debriefing

Allow response time as you ask: **Did you enjoy playing this game? Was it easy or hard to obey the rules? Where else do we have rules?** (home [don't play with electrical outlets, obey quickly, go to bed when told], school [don't run with scissors], driving [traffic signs, speed limits], swimming pool [no running, no diving])

**Why do we have rules when playing a game?** (Makes it fair, no one cheats, everyone knows what to do, no one gets hurt.) **Why do we have traffic rules? rules at home? What would happen if we didn't? Our Bible story today is about God giving the Israelites 10 rules to live by. These rules help us live the right way too. Today's message is:**



We thank God for showing us how to live.

Say that with me.

### B. Not Playing by the Rules

#### You Need:

- ☐ beanbags
- ☐ plastic bowls

Set up a beanbag toss using plastic bowls (or something similar) for the children to toss beanbags into. Allow each child to have three tries. Then you take a turn and miss on purpose so you can pick up the beanbag and say: **That didn't count. Let me try that again.** Continue to *not* "play by the rules," but make sure the children obey the rules.

### Debriefing

Allow response time as you ask: **Did you notice how I was playing?**

**Was I playing by the rules?** (no) **Should I have played by the rules, as you did?** (yes) **How did you feel when I wasn't playing by the rules?** (cheated, upset, frustrated)

Say: **When we don't follow God's rules, it makes people unhappy. It makes us unhappy, because we usually get ourselves into trouble, and it makes others unhappy, because we aren't showing love to them. Our Bible story is about God's giving the Israelites the Ten Commandments, 10 rules to help them have happier lives. He wanted them to live happy lives and to express their love for Him by following these rules. And He wants us to do the same. Today's message is:**



We thank God for showing us how to live.

Say that with me.

## PRAYER AND PRAISE



### Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

### Suggested Songs

"Jesus Is Happy" (*Little Voices Praise Him*, no. 268)

"Obedient" (*Little Voices Praise Him*, no. 270)

"Sad or Glad" (*Little Voices Praise Him*, no. 271)

"Oh, Friend, Do You Love Jesus?" (*Little Voices Praise Him*, no. 210)

"I Love the Lord" (*Little Voices Praise Him*, no. 207)

### Mission

Say: **All over the world people obey God's rules so they have happier lives. Let's learn about some children in a different part of the world. Our mission story today is \_\_\_\_\_.** Use a story from *Children's Mission*.

### Offering

Say: **When we thank God for giving us rules, we are worshiping Him. We also worship God when we give Him our offerings.**

### Prayer

Say: **Let's pray together. Please repeat after me. Thank You, Jesus, for giving us rules to help us live happy lives. Amen.**

\*Prayer and Praise may be used at any time during the program.

2

## Bible Lesson

### Experiencing the Story

#### You Need:

- ☐ poster board or cardboard
- ☐ marker
- ☐ heavy scissors
- ☐ "cloud" on stick (from Lesson 10)
- ☐ two pot lids

*In advance, prepare tablets of the Ten Commandments. Either write a simplified version of the commandments on poster board or cardboard or just write numbers 1-10. Cut out the tablets. Have the children do motions as you share the story.*

#### Read or tell the story.

The Israelites were still in the desert. It had been three months since they had left Egypt. They were camped beside a mountain when God told Moses He had something very important He wanted to tell His people.

God wanted to remind them how He had cared for them and led them since they left Egypt. He promised that if the Israelites would continue to follow His directions, they would live happier and healthier lives. He would bless them. The people living in other nations around them would see how much God loved them, and they would want to know about God too.

The people promised that they would do whatever God wanted them to do. They said, "We will do everything the Lord has said." *[Have the children repeat the sentence.]*

Then God told Moses that He was going to come in a cloud and talk so the people could hear His voice. He told Moses to tell the people to get ready to meet with Him.

The people had to wash their clothes and take a bath. They would look their cleanest and best to show that they were being respectful to God when they met with Him.

Three days later God came in a cloud of thunder *[Use pot lids to create thunder.]* and lightning on top of the mountain.

The people heard very loud trumpets. They saw the mountain shake. The people stood in front of the mountain, ready to meet with God. They were afraid because of the power and strength they saw coming from the cloud.

But God didn't want the Israelites to be afraid. He loved them. He spoke directly to them and told them about 10 special rules He wanted them to live by. Do you know what the Ten Commandments say? Here they are:

1. Love God the most, and don't love other things or people more than God.
2. Worship only God; you don't need idols or things to look at to worship Him.
3. Speak God's name with reverence and respect.
4. Keep the Sabbath as a holy and special day. Spend it with God each week.
5. Treat your mother and father with respect and obedience.
6. The life of others is important; don't hate or hurt others. Care for those who are needy or hurting.
7. Be faithful to the person you marry.
8. Don't take things that aren't yours.
9. Always tell the truth.
10. Be happy with what you have; don't want other people's things.

Then God told Moses to come up to the top of the mountain. There God wrote on two stone tablets those 10 important rules that He wanted His people to follow. God didn't use a pencil or a pen. Do you know what He used? He wrote on the stone tablets with His finger! *[Show Ten Commandments tablet.]*

Those rules sound good to me, don't they to you? They tell us to love God and to love other people in all

that we do. God gave us rules to live by because He loves us. He promises that if we obey them, we will be happy. God made us, so we can trust Him to know how to make us happy. When we obey God and live as He asks, we are worshipping Him.

### Debriefing

Allow response time as you ask:  
**How do you think the Israelites felt as they got ready to meet with God?** (happy, afraid, nervous, anxious, honored)

**How do you get ready to come to God's house, our church? Why?**

**How do God's rules show He loves us?** (Because they will make us happy if we obey them; He promises we'll be blessed if we follow them.)

**Do you want to obey God's rules for your life? What are some ways to do this?**

### Bible Study

#### You Need:

☐ Bible

Open your Bible to Exodus 19:1-11, 16-20, 25; 20:1-17; and 32:15, 16. Point to the text and say: **This is where today's story is found in the Bible.** Read a few verses aloud, paraphrasing as necessary.

### Debriefing

Allow response time as you ask:  
**Where were the Israelites?** (near a mountain) **What did God ask them to do to get ready to meet with Him?** (wash their clothes and themselves) **Why did He ask them to get ready?** (Because He is holy and special; He wanted them to remember that day.)

**How did God come to meet**

**with them?** (He came in a cloud with thunder and lightning and trumpets and an earthquake.) **How many rules for happy living did He give them?** (10) **How did God write the Ten Commandments, or rules, on stone?** (with His finger)

**What did the Israelites promise God they would do?** (obey all His commands)

**Do you want to be happy? Do you want to live by God's rules? Why?**

**Do you remember today's message? Let's say it together:**








We thank God for showing us how to live.

### Memory Verse

Turn to Exodus 19:8 and say: **This is where we find our memory verse in God's Word, the Bible.** This is the promise God's people made. Read the text aloud. **"We will do everything the LORD has said."** Be sure the children understand the verse. Then proceed to teach the memory verse as outlined below.

#### You Need:

☐ Bible

<b>We</b>	Point to self and others.	
<b>will do everything</b>	Open arms wide.	
<b>the LORD</b>	Point upward.	
<b>has said.</b>	Point to lips.	
<b>Exodus 19:8</b>	Palms together; then open as if opening a book.	

## 3

**Applying the Lesson****Scenarios**

Say: **The Ten Commandments are about loving God or loving others. I'm going to read a little story and ask you to answer my question at the end. Each story is about one of the Ten Commandments.**

1. Nick loves going to Sabbath School, because he learns more about Jesus. He is sad when he has to stay home because he is sick. For whom is Nick showing love? (God)
2. Janae closes her eyes and folds her hands when she prays. She doesn't want anything to take her attention away when she's talking to God. For whom is Janae showing love? (God)
3. James talks about God with a smile. He hears other children say God's name when they get hurt or are mad, but he knows to use God's name only with respect and reverence. For whom is James showing love? (God)
4. Sarah's family spends Sabbath afternoon together having a picnic lunch and taking a walk in the woods. They try to make every Sabbath a special day of thanks and worship. For whom is Sarah's family showing love? (God)
5. Rebecca is swinging in the garden. Mommy calls her to come and help set the table for dinner. Rebecca runs quickly and helps. For whom is Rebecca showing love? (parents)
6. Luke's older brother keeps teasing him and making him upset. Luke feels like hitting his brother, but instead he asks God to help him. Then he goes to his room to play alone. For whom is Luke showing love? (his brother)
7. Tara's mommy and daddy are having a disagreement. Tara is scared, because she's heard that some other mommies and daddies quarrel and get a divorce. She asks her parents if they are going to divorce. They say no; they love each other and have promised always to stay together. For whom are Tara's parents showing love? (each other and their family)
8. Patty is in the store with Heidi. Heidi is buying some candy. Patty doesn't have any money. She would really like a piece of candy, but she knows it wouldn't be right to take one without paying for it. For whom is Patty showing love? (the store owner)
9. Daddy asks Carter not to play with Daddy's tools when he's not there. When Daddy looks for his hammer and can't find it, Carter tells the truth and admits that he took it to play with. For whom is Carter showing love? (Daddy)
10. Charlotte doesn't have a tea set, and she really wants one. Her friend Emily invites her to come and play tea party with her new tea set. Charlotte thinks it is so pretty and is happy for Emily. For whom is Charlotte showing love? (Emily)

**Debriefing**

Say: **Remember that all the Ten Commandments are about loving God or loving others. They are promises from God. If we obey, we will not do what Satan wants us to**

**do. There are only two choices in life: follow God or follow Satan.**

**Ask: Do you want to follow and obey God's rules? God can help you when you are having trouble obeying. He wants to help you. Ask Him to be with you. He will give you extra strength to obey.**

**Say: When we obey we are showing God how much we love Him. That is worshipping Him. Let's say our message together again:**



We thank God for showing us how to live.

## 4

### Sharing the Lesson

#### Rules Set in Stone

##### You Need:

- ☐ flat stones
- ☐ crayons or markers

Give each child a stone and a crayon or marker. Ask them to write numbers on the stone or draw a picture of one of the Ten Commandments (review them).

#### Debriefing

Allow response time as you ask: **Does God want us to obey the same rules He gave the Israelites?** (yes) **Do God's rules change?** (no) **What did He write them on?** (stone tab-

lets) **What did He use to write them with?** (His finger) **God wrote them in stone to show that they are for everyone, forever.**

**Say: Take your stone home with you and share it with someone as you tell them about God's giving the Ten Commandments in stone to the Israelites and to us today. Let's say our message together one last time:**



We thank God for showing us how to live.

#### Closing

Sing "Good-bye Prayer" (*Little Voices Praise Him*, no. 44). Say a brief prayer such as: **Thank You, Jesus, for giving us rules to live by. Help us always to worship You by obeying them and loving You. We love You. Amen.**



## STUDENT LESSON

# God's 10 Rules

## References

Exodus 19:1-11,  
16-20, 25; 20:1-  
17; 32:15, 16;  
*Patriarchs and  
Prophets*, pp. 303-  
309

## Memory Verse

"We will do  
everything the  
LORD has said"  
(Exodus 19:8,  
NIV).

## The Message

We thank God  
for showing  
us how to live.

*Do you have some rules in your house? Do you have rules such as not eating between meals or putting your toys away? Rules help us. They helped the Israelites too.*

The Israelites were still in the desert. It had been three months since they had left Egypt. They were camped beside a mountain when God told Moses He had something very important He wanted to tell His people.

God promised Moses that if the Israelites would follow His directions, they would live happier and healthier lives. He would bless them, and people in other nations would see how much God loved them, and they would want to know about God too.

The people promised, "We will do everything the Lord has said."

Moses was to tell the people that God wanted to talk to them. He was to have them get ready to meet with God.

So the people washed their clothes and themselves.

Three days later God came to the top of the mountain in a cloud of thunder and lightning. The people heard loud trumpet blasts. They saw the mountain shake. They stood near the mountain, ready to meet with God. But they were afraid!

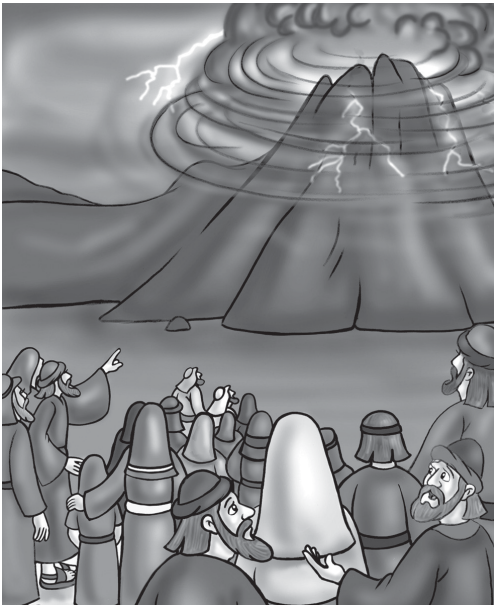
God didn't want the Israelites to be afraid. He loved them. He spoke directly to them and told them about 10 special rules He

wanted them to live by. We call those rules the Ten Commandments. Here they are:

1. Love God the most, and don't love other things or people more than God.
2. Worship only God; you don't need idols or things to look at to worship Him.
3. Speak God's name with reverence and respect.
4. Keep the Sabbath a holy and special day spent with God each week.
5. Treat your mother and father with respect and obedience.
6. The life of others is important; don't hate or hurt others. Care for those who are needy or hurting.
7. Be faithful to the person you marry.
8. Don't take things that aren't yours.
9. Always tell the truth.
10. Be happy with what you have; don't want other people's things.

Then God told Moses to come up to the top of the mountain. There God wrote those 10 important rules for happy living on two stone tablets. God didn't use a pencil or a pen. He wrote on the stone tablets with His finger!

Those rules sound good to me, don't they to you? They tell us to love God and to love other people. God gave us rules to live by because He loves us. He promises that if we obey them, we will always be happy. When we obey God and live as He asks, we are worshipping Him. He will help us obey Him. Let's remember to thank God for showing us how to live.



# Do and Say

## Sabbath

Each day this week, read the lesson story together and review the memory verse.

**We** . . . . . Point to self and others.

**will do everything** . . . . . Open arms wide.

**the LORD** . . . . . Point upward.

**has said.** . . . . . Point to lips.

**Exodus 19:8.** . . . . . Palms together; then open as if opening a book.

## Sunday

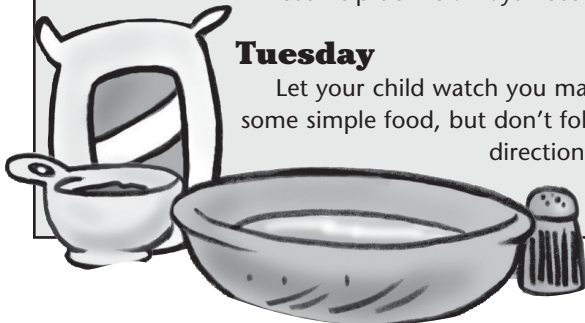
Encourage your child to share the stone they wrote or drew on in Sabbath School with someone and tell them about God giving the Israelites the Ten Commandments. Begin to teach the first four commandments to your child. The first four commandments tell us how to love and worship God.

## Monday

Read together Exodus 19:1-11, 16-20, 25; 20:1-17; and 32:15, 16. Ask: Why did God give us these rules to live by? Play "red light, green light." Ask: Was it hard to obey the rules? Is it hard to obey God's rules? Whose help do we always need?

## Tuesday

Let your child watch you make some simple food, but don't follow directions (put in



too much salt or sugar, etc.). Ask: What happened because we didn't follow the directions? Talk about how important it is to follow God's directions.

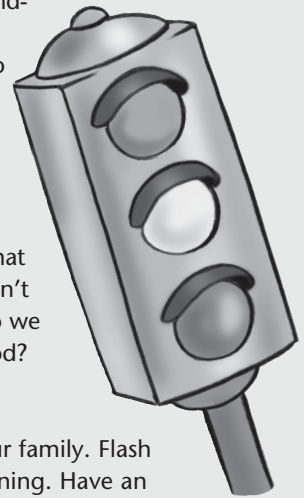
## Wednesday

Play a game with your child, but don't follow the rules. Ask: How do you feel when I don't follow the game rules?

Review the last six commandments together. Be sure your child knows they tell us how to live with others.

## Thursday

While driving or walking, point out traffic signs and discuss what they mean. Ask: What would happen if someone didn't obey that traffic sign? Why do we have stop signs? Are rules good?



## Friday

Act out the story with your family. Flash the lights off and on for lightning. Have an adult read the Ten Commandments from the lesson story.

Plan something special to do together as a family tomorrow. Sing a happy song; then thank God for giving us rules to make us happy. Ask Him to help us to obey and honor Him.