



LESSON 13

REFERENCES: EXODUS 19:1-11, 16-20, 25; 20:1-17; 32:15, 16; PATRIARCHS AND PROPHETS, PP. 303-309.

God's 10 Rules

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.

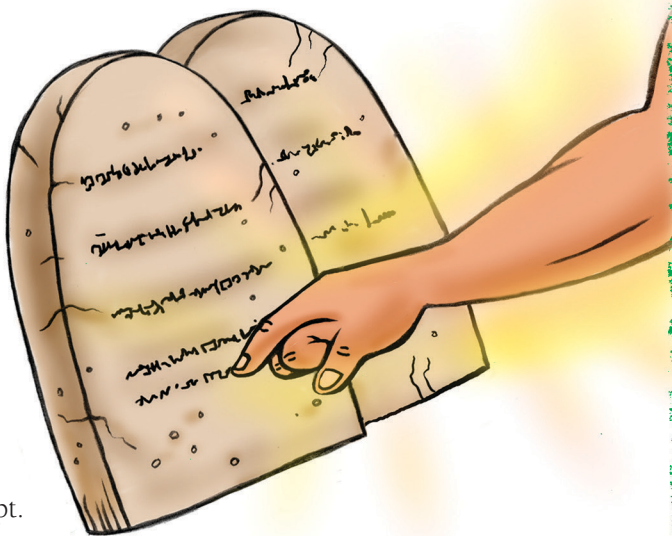
Memory Verse

"We will do everything the LORD has said."

EXODUS 19:8, NIV.

The Message

We thank God for showing us how to live.



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.

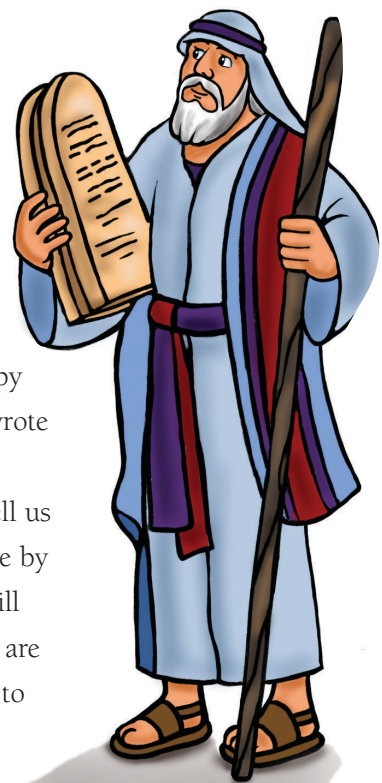
Three days later God came to the top of the mountain in a cloud of thunder and lightning. The people heard loud trumpet blasts. They saw the mountain shake. They stood near the mountain, ready to meet with God. But they were afraid!

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 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 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? 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 need?

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 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.

TUESDAY

Let your child help make some simple food, but don’t follow directions (put in

