

The Ten Commandments

Exodus 19:20-20:17

MEMORY VERSE

MARK 12:30

“'And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these.”

WHAT YOU WILL NEED:

A ball large enough to roll on the floor between children.

A broomstick.

Two strips of paper, one 8 1/2” x 1” and another 5 1/2” x 1” for each of the children in your class.

ATTENTION GRABBER!

Ten Commandment Circle Game

Read all of the commandments to the children (many may never have heard them all).

Play this circle game: Seat children in a circle, then roll a ball to one child, that child says any one of the Ten Commandments then rolls the ball back to the teacher, keep rolling the ball to other children.

The following children that are chosen may then say any of the commandments that have not been mentioned (help them out!).

Continue as long as you want to, speeding up the game if you would like to. This will hopefully help the children gain familiarity with all of the commandments.

LESSON TIME!

Today we are going to learn about the Ten Commandments and why God gave these commandments to Israel and to us. We will learn that no man in his own power can fulfill these, except for One, and that is our Lord Jesus Christ. We will learn that God gave these rules out of love and out of an understanding of man's imperfection. "Law sets forth what a person ought to be, grace exhibits who God is." **With Jesus' help we can do everything that God commanded us to do.**

EXODUS 19:20-25

Then the LORD came down upon Mount Sinai, on the top of the mountain. And the LORD called Moses to the top of the mountain, and Moses went up.

And the LORD said to Moses, "Go down and warn the people, lest they break through to gaze at the LORD, and many of them perish.

"Also let the priests who come near the LORD sanctify themselves, lest the LORD break out against them."

And Moses said to the LORD, "The people cannot come up to Mount Sinai; for You warned us, saying, 'Set bounds around the mountain and sanctify it.' "

Then the LORD said to him, "Away! Get down and then come up, you and Aaron with you. But do not let the priests and the people break through to come up to the LORD, lest He break out against them." So Moses went down to the people and spoke to them.

Here we have the awesomeness and holiness of God demonstrated before the people of Israel. It's no wonder the people trembled before God at the foot of the mountain. Only Moses and Aaron were permitted on the mountain, the priests and the people were to stand before it. If they tried to get a glimpse of God, they would perish. So God told Moses, not wanting the people to perish, that they were not allowed on the mountain. Moses went down and told the people all the Lord had said.

He then proceeded to climb the mountain once again to the place where God would give him His law, the Ten Commandments. The Ten Commandments reminded the people of the great gulf that existed between God and man. We are all separated from God because no matter how hard we try we can't always do what God has told us to do. When we break God's law it is called sin. The Ten Commandments showed the people that they need help to do right things. That is why He sent His son Jesus.

We will break God's rules (sin) because we were born that way. Unfortunately without God we will do bad things. So God, being holy cannot live with us because we break His rules. There has only been one person who has ever kept every single rule and command that God ever gave, and that is Jesus. When He died on the cross He took all of the bad things that we have ever done and got rid of them forever. All we have to do is to believe that He died for us and invite Him into our hearts and He will forgive us. We can now have a relationship with God because He doesn't look at our mistakes anymore; He looks at how perfect Jesus is. **With Jesus' help we can do everything that God commanded us to do.**

Limbo

Use a broomstick and let the children line up and go under the stick. No bending forward! Move the stick lower and lower, making it harder to pass under it. This can demonstrate the

difference between the world's standard (easy) and God's standard (impossible).

With the stick very close to the ground it is impossible for us to go under it, just like it is impossible to keep all the commandments, even though we are told to try with all of our might. That is why we need the help of Jesus to do everything that God has commanded us to do. **With Jesus' help we can do everything that God commanded us to do.**

EXODUS 20:1-17

And God spoke all these words, saying:

"I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.

"You shall have no other gods before Me.

"You shall not make for yourself any carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth;

"you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generations of those who hate Me,

"but showing mercy to thousands, to those who love Me and keep My commandments.

"You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.

"Remember the Sabbath day, to keep it holy.

"Six days you shall labor and do all your work,

"but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger who is within your gates.

"For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

"Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.

"You shall not murder.

"You shall not commit adultery.

"You shall not steal.

"You shall not bear false witness against your neighbor.

"You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his donkey, nor anything that is your neighbor's."

The Ten Commandments show us the perfect way to live and were given to the people out of God's love for them. They teach us about how to live according to God's rules and how to get along with other people (like your brother or sister).

God loves His people and wanted to give them the best things possible for them to live this life here. God's rules are always the best thing for us. They are completely perfect and the perfect way to live. The only problem is that we can't always do what is right. Not only did Jesus die to forgive us for the times that we fail, but He also now lives to help us to do the right things. **With Jesus' help we can do everything that God commanded us to do.**

Why do you think that God would write these laws? Does serving God mean that we always have to keep a list of rules? Instead of thinking of rules, think of a ruler. We use rulers to measure things and the Ten Commandments help us to measure how far away our hearts are from God. Then we can look to Jesus to fill that empty space between God and us. **With Jesus' help we can do everything that God commanded us to do.**

Also the law is like a mirror. It shows us the things that might be wrong in our lives. Let's say you look into a mirror, and you see you have dirt caked on your cheek. The dirt was already there, but the mirror showed you that it was there. It is the same way with us. The Bible says do not lie because it is already in our hearts to do it. Like a mirror the Ten Commandments just help us to see what is in our hearts. Unfortunately the Ten Commandments do not do anything about changing our hearts, because it can't (Romans 7:13-14).

How then are we to live up to the Ten Commandments? We can try in our weakness to obey our parents, but has our heart changed? We can try to love each other, but does it spring from love? We can try so hard to make ourselves look good on the outside, but is God concerned with the outside? No, He looks at the heart. Grace works inside out. Chapter 1 of the gospel of John, verse 17 says, "For the law was given through Moses, but grace and truth came through Jesus Christ." Jesus was the only one in the history of mankind that could fulfill all of these commandments all of the time.

If we believe in Jesus we have a new nature (2 Corinthians 5:17), and in that new nature, we will want to do what God asks us to do. It is something we no longer have to do, for it becomes something we want to do. As it was, in our old nature to sin, it is in our new nature to obey God out of a heart of love, and that's what pleases God, obeying Him because we love Him.

Let's take a look at the Ten Commandments in this light.

1. "You shall have no other god's before me." If we love God, then we will want to get to know Him and the more we get to know Him the more we trust and love only Him. So of course we wouldn't put another god before Him, especially knowing that there are no other true gods.
2. "Worship God only." When we love God we will want to spend all of our time with Him. We will make Him first in every area of our life, and we shouldn't put anything above Him.
3. "Do not take God's name in vain." When we think about how much God loves us we want to be careful of the things that we talk about so that we honor Him.
4. "Rest on the Sabbath day and think about God." This is a day God set aside for the people to rest and worship Him, very much like church. When we are in love with our Lord, we will want to go to church and learn about Him. But we don't need to set only one day aside to worship God, but we will want to learn about Him all through the week.
5. "Respect and obey your parents." We will obey and respect our parents because it is pleasing to God. We want to please God and when we learn to obey our parents it helps us to learn how to obey God.

6. “You shall not murder.” The fruit of the Spirit is love, joy, peace, patience, goodness, gentleness, faithfulness, meekness, self-control. How can we, if we are walking in the Spirit hate someone, let alone kill them?

7. “You shall not commit adultery.” Whenever we grow up and get married we will only love the person that God gave to us because they are a special gift from Him.

8. “You shall not steal.” We will take care of other people’s things and never take what is not ours.

9. “Do not lie about others.” Lying used to be a part of our old nature, but now that the old nature is dead, we only like to tell the truth.

10. “Do not covet.” We will be happy with what God has given us. We don’t look at what someone else has and wish it was ours. We only want the best for others.

All of a sudden, these commandments don't seem to be so hard anymore. The most important thing to God is not trying in our own strength to be holy, but rather having a relationship with Him; He will do the rest. Another point is that there is not a day that goes by without us having the potential of still sinning or allowing our flesh to control us instead of the Spirit. But don’t be discouraged, we just have to confess our sin to Him and He will forgive us and we are back into that beautiful communion with Him.

We need to purpose in our hearts to know God through Jesus and yield our lives into His mighty hand. When we love Him with all of our heart, soul, mind and strength and love others as our self then we are on the road to successfully fulfilling all of His commands for us. **With Jesus' help we can do everything that God commanded us to do.**

The Commandment Cross

Write the two portions of the memory verse on two strips of paper (Love God on the 8 1/2" x 1" strip of paper and Love Your Neighbor on the 5 1/2" x 1" strip of paper). Staple together to form a cross.

Explain that the Ten Commandments represent our relationship with God and our relationships with others and can only be made right through the cross of Jesus.

PRAYER

Lead the children in a prayer of thanksgiving for His commandments and His help in living them out. If there are any children who have not yet responded to the gospel, give them opportunity to do so.