

# A LOVING LAW

Ten  
Commandments  
Exodus 20:1–21  
1446 BC

## OVERVIEW

### BIBLE TRUTH

God guides and protects us.

### BIBLE VERSE

Love the LORD your God, and . . . serve Him with all your heart. Deuteronomy 11:13

### LEARNER GOAL

I understand that God knows all that I need and that He guides and protects me.

### LAW & GOSPEL

We reject God's Law as we go our own way, failing to love God and to love others before ourselves.

**Jesus Christ kept the Law perfectly on our behalf, and He guides us to love Him and our neighbor.**

### SCRIPTURE SNAPSHOT

Months into their wilderness wanderings, the Israelites arrive in the wilderness of Sinai. God comes to the mountain in clouds and thunder—fire and smoke—as He establishes His covenant with His people through Moses, His chosen intermediary. There on the mountain, God gives Moses His Ten Commandments.

## LESSON PREP

**BASIC** Read Exodus 20:1–21 and notes in *The Lutheran Study Bible*.

**MORE TIME** Read the leader devotion, found in the digital resource center.

**IN DEPTH** Find out more about the Ten Commandments using the Questions in *Luther's Small Catechism with Explanation* (2017).

## SUPPLY LIST

### FOR THIS LESSON

- Dice
- Rectangle-shaped crackers and fruit snacks
- Puppet
- Digital device
- Rolling pins and heart-shaped cookie cutters
- Gems or buttons

### FOR EVERY LESSON

- Bible
- Device with prepped music
- Copies of downloadable activity page
- Copies of Enduring Faith Page
- Supply Box

# LAUNCH

Plan your lesson by reading through the options in each section. Choose the activities that will best fit your learners, and mark those boxes to guide you as you teach the lesson.

## BEGIN

- Follow the Order of Opening Worship, use the Lesson Opening, or do both (part of the planning resources in the digital resource center).
- Sing songs using music found in the digital resource center, or sing your own favorite songs.

## SAY

- Hi, friends. I'm glad you are here today. God wants us to love Him and others. Today we'll talk about God's ten rules for showing love.**
- If you were in charge of making all the rules for happy living, what would they be? Let's see if we can make our own "Top Ten Rules."** List student responses where they can be seen.

## PRAY

Dear Lord, bless us as we gather to study Your Word today. Help us to learn how You guide and protect us through Your loving Law. In Your name we pray. Amen.

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# LEARN

Show your Bible, and remind the children that all the stories in God's Word are true.

## TELL THE BIBLE NARRATIVE

Choose one of the options on the next page to tell the Bible narrative.

### DO THIS!

Use one or more of the following activities to talk about the Bible narrative after you've read it.

- FOR A REVIEW GAME** To learn and review the individual commandments, let students take turns rolling a pair of dice and saying the commandment that corresponds to the number that appears on the dice. If an eleven or twelve is rolled, use the individual numbers on each die. You can practice in a variety of ways. The student who rolls the dice can say the commandment or another student can say the commandment. For each commandment that comes up, take some time to talk about what it means and what keeping that commandment looks like in their everyday lives.
- FOR ACTIVE LEARNERS** The Law can be summed up in these two commandments (Matthew 22:37-40): Love God and love your neighbor. Use the instructions for the dice review game. This time when you identify the commandment, as a group, point up to God if the commandment is number one, two, or three (Love God) and point to the other people in class for the other commandments (Love your neighbor).

## TALK ABOUT IT

Choose a few questions that best fit the learning level of your group.

- God's rules are good for us. But even though we try, we can't obey God's rules. What are some of the ways we break God's rules?
- What would happen if we didn't have rules?
- How do these rules show God's love for us?
- Can any of us keep these laws perfectly?

## KEY DISCUSSION POINTS

Guide discussion using these key points.

- Let children share how we break God's rules, prompting them if needed (e.g., lie, hit, disobey, take things).
- The Law is a gift, meant not merely to restrict us but to keep us safe and help us live in peace and harmony.
- We break God's rules because we are sinful.
- The Law shows us our sin and our need for a Savior.
- We cannot earn our way to heaven by keeping the Law.
- We can never keep the Law perfectly; only Jesus did that.



### CHRIST CONNECTION

Jesus Christ kept the Law perfectly on our behalf, and then took the punishment for our sin on the cross. He helps us love Him and our neighbor.

# BIBLE NARRATIVE FOR YOUNGER CHILDREN

STORYTELLING DIRECTIONS: Hold up a finger for each commandment when you read it.

God rescued His people from the bad king in Egypt and brought them safely through the Red Sea. Now they were camping near a big mountain. Moses went up the mountain to talk to God. God said, “Tell the people to get ready. I want to talk to them. I want them to be My special people.”

Not long after that, there was thunder and lightning and thick smoke over the mountain. There was a loud trumpet sound and the mountain shook. This is how God showed the people He was there with them. God wrote ten special rules on two pieces of stone. He gave the rules to Moses. God’s special rules are called the Ten Commandments.

I wonder . . . what do you think God wrote? *Pause for answer.*

Let’s find out.

Here is what the Ten Commandments say.

1. You shall have no other gods. God wants us to love and trust in God most of all.
2. You shall not misuse the name of the Lord your God. God wants us to use His name to pray and sing to Him, not in a bad way.
3. Remember the Sabbath day by keeping it holy. God

wants us go to church, read God’s Word, and worship Him.

4. Honor your father and your mother. God wants us to respect people who watch over us.

5. You shall not murder. God does not want us to hurt people. He wants us to be kind and helpful.

6. You shall not commit adultery. God wants us to keep wedding promises.

7. You shall not steal. God wants us to help people keep what is theirs.

8. You shall not give false testimony against your neighbor. God wants us to say kind things, not bad things, about others.

9 and 10. You shall not covet. God wants us to be happy with what we have. Don’t try to get someone else’s things.

God’s rules are good. They tell us how to love God and love others. Sadly, we are not always good. We sin and do wrong things. But Jesus loves us! He came to take away our sin by dying on the cross and rising again. He promises to help us obey God’s rules.

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# BIBLE NARRATIVE FOR OLDER CHILDREN

**God’s angel and pillar guided the Israelites all the way to the Promised Land.** But God wanted them to make one stop along the way, at Mount Sinai where Moses had seen the burning bush.

The Israelites gathered around the foot of the mountain and camped there for three days. **On the third day a thick, dark cloud came and covered the mountain.** It was filled with bright lightning and booming thunder. Then a loud trumpet blasted from the mountain and made the Israelites shake in fear. **God was coming down to meet them and speak with them.**

The trumpet got louder and louder. **Moses started talking to God, and God answered him in a loud, powerful voice.** The Israelites listened while God said, “I am the Lord your God, who brought you out of the land of Egypt.” Then **He gave them the Ten Commandments:**

“You shall have no other gods.

You shall not misuse the name of the Lord your God.

Remember the Sabbath day by keeping it holy.

Honor your father and your mother.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not give false testimony against your neighbor.

You shall not covet your neighbor’s house.

You shall not covet your neighbor’s wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.”

**The people trembled in fear.** They were afraid they would die if God kept talking to them. They begged Moses to go up on the mountain and listen to what God wanted to tell them. They promised they would do whatever Moses said.

**So Moses climbed the mountain with his helper Joshua and stayed with God forty days and forty nights.**

# LIVE

Choose from the following activities and crafts to help connect Bible learning to life.

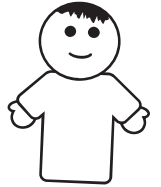
## Red Light, Green Light

Have children line up behind a line. When you say, “Green light,” or hold up a green circle, give them a direction for moving toward the goal line (e.g., hop like a toad). When you say, “Red light,” or hold up a red circle, they stop where they are. Vary directions until they reach the goal. Talk about how game rules are good. God’s rules are good too. Talk about why.



## Puppet

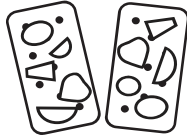
Puppet complains that rules are messing up his life. He was playing Chutes and Ladders with his cousin and wanted to win, so he didn’t follow the rules. That started a fight. Puppet asks why we need rules. Tell him that rules help us to be safe and get along with one another. When we don’t follow the rules, we hurt others (for example, a driver not stopping at a stop sign and hitting someone).



Puppet sees how rules can help us but wonders how he can remember them all. Tell him God has given us ten big rules called the Ten Commandments. God’s rules are good. They tell us how to love Him and others. Ask children to review the Bible story for the puppet.

## Ten Commandments Snack

Give each child two rectangle crackers. Give children ten fruit snacks to put on their tablets. Say, **God gives us good rules because He loves us.**



## Movie Clip

Search online for a short clip of the 1956 movie *The Ten Commandments*, or another video clip of this Bible narrative. Be sure to preview the video before showing it. Compare the movie version to the real version in Scripture.



## Ten Commandments Poster

Make a poster with the Ten Commandments. Use icons or drawings to illustrate the rules for living that God has given us. Challenge children to illustrate each commandment with as few words as possible.



## Play Dough Fun

Set out play dough, rolling pins, heart-shaped cookie cutters, and gems or buttons. Have children cut out ten hearts and decorate them. Say, **What do hearts make you think of? Love! God wants us to love Him and others. Today we heard about God’s ten ways to show love.**



# LEAVE

## SAY

Praise God for the gift of God’s loving Law. God knew that we needed rules to live by, and praise God that He also sent His Son, our Savior, Jesus, to fulfill the Law perfectly in our place.

## PRAY

Thank You, heavenly Father, for sending Your Son, Jesus, to live a perfect life under the Law when we couldn’t. Help us to love You and love our neighbor. In Your name we pray. Amen.