

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level K • Unit 4 • Week 1

### MOSES AND THE TEN COMMANDMENTS

#### **OBJECTIVE:**

To introduce the giving of the Ten Commandments on Mt. Sinai and the reason God gave us the Ten Commandments.

#### **ATTENTION GETTER:**

Prepare in Advance: Make Ten Commandments Bingo game boards with nine squares. Fill them in randomly with one numeral between 1 and 10, and either a happy or sad face in each square. Each board should be different. Write the memory scripture at the top "If you love Me, keep My commandments" (John 14:15).

Also Needed: Game markers (poker chips, buttons, pennies, etc.)

After the children are seated, give them each a copy of the game board made up for Ten Commandments Bingo. Place a container of buttons or other markers on the table as well.

Say: OK, everybody has a card...go ahead and play.

Do: Sit back and shrug if anyone asks you how to play, or just repeat that they have their game board—go ahead and play. After a few minutes, ask:

Say: What's wrong? How come you're not playing? [*Anticipated responses: It doesn't make sense...we don't know what to do...you're supposed to help us....*]

Say: Would it be more fun if everyone knew how to play? [*Anticipated response: Yes.*]

Say: How could we learn the rules? [*Anticipated response: You could teach us.*]

Say: It's a lot easier to have someone explain rules to us so we all know what to do and can all

do the same thing than wondering about the best way to play the game. God does the same thing for us. He gave us some rules to know how to live our lives better—to know how to get along with other people and how to love Him. If we all made up our own rules, there would be kids grabbing and breaking your toys and kids running around screaming during services, even yelling at their parents, just because they felt like it. God likes it when we get along together, so He gave us ten rules to help us know how. Does anyone know what those rules are called? [*Anticipated response: Ten Commandments!*]

Say: That's right. God gave us these rules to help us make decisions, or choices. We are commanded by God to obey these rules. Can anyone tell me one kind of choice you made today? [*Anticipated responses: What to eat for breakfast, what to wear to services.*]

Say: Those are choices we make every day that help make our day happy. God gave us these rules so we could make the right decisions when we face other decisions. Following these rules help make every day more fun.. For instance, if someone has a new toy, is it more fun to complain and wish you had it, or is it more fun to be happy for them, and laugh along with them? [*Anticipated response: Be happy.*]

Say: That's one of God's rules: do not covet. That means don't want what the other guy has, because then you'll be unhappy. Choose to be happy with your own toys, and choose to be happy for your friend with his toy. It's more fun.

There are two kinds of rules that God gave us. The first four tell us how to love God so we can be happy with Him. The last six tell us how to love each other so we can be happy with people. There are lots of other rules God could have given us, like how to take care of your cat or how to cross a street safely. But these Ten Commandments are the main ones. As Jesus said in John 14:15, "If you love Me, keep My commandments."

### **BIBLE LESSON:**

Use a felt board, (or poster board and glue). Set up a neutral background, and have the following pieces ready for the children to put on it:

Large mountain shape

Clouds of smoke

Lightning flashes

One small figure of a man

An approximation of a crowd of people at the foot of the mountain

Small trumpet

Do: As you follow the script, have different children add pieces to the scene. Read as dramatically as you feel comfortable doing. As an option, have a pie tin and spoon.

Say: Let's imagine that we're with God a long time ago, when He gave these rules to His people. He wanted them to pay attention while He spoke. What are some ways you might get

someone to pay attention to you? *{Anticipated response: Yell at them, say "excuse me," wave at them, pull at their sleeve...}*

Say: God used loud sounds and bright lights to get attention. God used a man named Moses to give those Ten Commandments to Israel. He picked a special mountain called Mt. Sinai as the place. [Have child place mountain on board.]  
The whole mountain was shaking. [Shake the board with your hand.]  
A trumpet started making loud noises that kept getting louder. [Have child place trumpet somewhere on the board.]  
The people came to the bottom of the mountain so they could see what was happening. [Have child place the crowd on the board.]  
God wanted it to look special too, so He made the lightning flash [have child place the lightning bolts on the board.]  
And God made the thunder crash [use a pie tin and spoon to make crashing noises.]  
The people stood around the mountain and really paid attention. Then a trumpet sounded again and Moses walked up to the top of the mountain. [Add figure of man, and have him move up the mountain.]  
God told Moses to go back down, and tell the people to stand back! He was ready to give them the rules they needed most.  
Do you think you would have paid attention if you were there and heard the trumpet, saw the lightning and clouds and felt the whole mountain shake? *[Anticipated response: Yes!]*

Say: God came down to the top of the mountain and told the people the Ten Commandments. The people were shaking with fear and moved away from the mountain. [Move the crowd on the felt board.]  
They told Moses he should tell them what to do because they were afraid to listen to God Himself. God told Moses to come up the mountain, [move on felt board] and He told Moses some other laws for the Israelites. Then God wrote the Ten Commandments with His finger on two tablets of stone and gave them to Moses to give to His people. [Have Moses come down the mountain to the crowd of people.]

### **LESSON APPLICATION:**

Do: The Ten Commandments Bingo game can be played in the remaining time you have in the class, and then sent home with the Family Activity Sheet.

Say: We've learned that God's rules will help us make good decisions and help us to live happily with God and other people. I'm going to read some little stories to you. I'll tell you which commandment the story is about, and then you can help me decide whether the people are breaking the rule or keeping it. Look at your game board. Do you think the sad faces are from people following rules or breaking them? *[Anticipated response: Breaking.]*

Say: That's right. And the happy faces come from obeying God's rules. The number in each square is so we know which rule the story was about.

The following are some situations that can be read for each of the commandments, one each for obeying and disobeying. Mix them up when you play, or make up some of your own. Tell the children which commandment is involved before you read it, then discuss how it is either broken or obeyed in the example. Play till someone gets three in a row or fills a card, depending on time.

1. Jake is careful to pray every morning before he gets busy.  
Sometimes Jan will do whatever her friend wants her to do even if she knows it's wrong.
2. Tommy visited a different church with his cousin. He shook his head when he saw someone praying to a statue. "God wants me to pray to Him, not to a statue," Tommy said.  
Timmy liked the little altar with a picture of Jesus and a candle that he saw at a friend's house. He asked his mom if they could get one too.
3. Joey's teacher often said, "Oh, my God." It bothered Joey, and he asked her to please stop saying it.  
Melissa heard her friend say "Jesus Christ" when she got mad. Melissa tried saying it herself next time something bothered her.
4. Bobby enjoys playing quiet games at home on the Sabbath before going to services with his family.  
John's friend offered him \$5 to help him mow his lawn last Sabbath. John said "Sure!" because he really needs the money.
5. When Polly's mom calls her, she tries to hurry to find out why.  
Frank likes to run and hide when his mom calls him.
6. Joan tries to be friendly with everyone.  
Ginny gets mad at people a lot and often stomps away yelling "I hate you!"
7. Lori's parents have been married for 15 years and love each other more than ever.  
A man on the TV show decided he loved a woman he worked with. He left his family to go live with her.
8. Ann is always careful to ask her sister before borrowing things from her.  
Mary walked out of the store with a candy bar that she didn't pay for in her pocket when her friend dared her to.
9. When Pete's mom asked who broke the mirror in the front hallway, Pete apologized. He explained he was playing with a ball and lost control.  
When Paul's mom asked who broke the hall mirror, Paul tried to blame his baby brother for throwing a rattle. It had really been Paul's ball.
10. Julie has fun playing at her friend Nancy's fancy house with her toys and computer. She's always glad to go home to her own small home and family.  
Jimmy couldn't wait to get to his friend Tony's expensive house to play with his toys and video games. He complained all the way home about his own crummy toys and tiny house.

#### **MUSIC:**

Teacher's choice.

#### **MEMORY VERSE:**

John 14:15 "If you love Me, keep My commandments."

# family activity

## **THE POINT:**

Our lesson this week was about Moses receiving the Ten Commandments on Mt. Sinai. We discussed how they help us know how to show love to God and to other people.

## **FAMILY TOGETHER TIME:**

Following is a bingo game you can play with your family. The game board has nine squares, each with a face and a number. The number stands for the commandment number and the face indicates whether the story read is keeping God's law (smile!) or breaking it (frown). Make as many boards (with different combinations of faces/numbers) as you have family members to play.

Before you read a story, say which commandment it's talking about. Then read it and talk about how it either keeps that law or breaks it. Anyone who has that combination, can put a marker in that square. For example, if the story shows obedience to the Fifth Commandment, anyone with a smiling 5 square can put a marker there. Use buttons or fun markers like M&M's to mark your boards. Play until someone fills a board, or gets three squares in a row.

Here are some stories that can be read for each of the commandments, one each for obeying and disobeying. Mix them up when you play or make up your own!

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2. Tommy visited a different church with his cousin. He shook his head when he saw someone praying to a statue. "God wants me to pray to Him, not to a statue," Tommy said.  
Timmy liked the little altar with a picture of Jesus and a candle that he saw at a friend's house. He asked his mom if they could get one too.
3. Joey's teacher often said, "Oh, my God." It bothered Joey, and he asked her to please stop saying it.  
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Frank likes to run and hide when his mom calls him.
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Ginny gets mad at people a lot and often stomps away yelling "I hate you!"

7. Lori's parents have been married for 15 years and love each other more than ever. A man on the TV show decided he loved a woman he worked with. He left his family to go live with her.
8. Ann is always careful to ask her sister before borrowing things from her. Mary walked out of the store with a candy bar that she didn't pay for in her pocket when her friend dared her to.
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10. Julie has fun playing at her friend Nancy's fancy house with her toys and computer. She's always glad to go home to her own small home and family. Jimmy couldn't wait to get to his friend Tony's expensive house to play with his toys and video games. He complained all the way home about his own crummy toys and tiny house.

**MEMORY VERSE:**

John 14:15 "If you love Me, keep My commandments."