

THE TEN COMMANDMENTS

Scripture:

Exodus 20:1-20

Memory Verse: Psalm 40:8

I delight to do Your will, O my God; your law is within my heart.

(alternate: Romans 3:20 through the Law comes the knowledge of sin.)

Materials Needed:

Abeka Flash-a-cards

Cards with 10 commandments on them.

verse tokens

Bible books for game

Objectives:

As a result of this lesson, I want my students

To Know—God gave His righteous laws at Mt. Sinai so that His people would love Him and know the good way to live.

To Realize—God’s commands are the good way to live.

To Act on it by—delighting in keeping God’s commands from their heart.

Note: I used the hand motions from the youtube channel “Calledtocultivate” and added my own explanations to help the students understand both the command and the heart attitude behind the command.

Approach:

Why did God set His people free from Egypt? So that they could Worship and Serve Him! They had been around all those Egyptian gods for so long and they didn’t know the GOOD WAY that God wanted them to live! God was going to tell them: Don’t Go THIS WAY...live MY WAY, and you will love Me and others.

(show flash-a-cards and pictures of Mt. Sinai.)

Note: there is a traditional and modern site location of Mt. Sinai. I did not want to get sidetracked by WHERE God led them and chose to use the traditional site in my visualization.

Show flash-a-card and picture of the people at Mt. Sinai. Describe the scene of getting ready and the fire, clouds, and thunder.

Then teach the Ten Commandments using the hand motions and review all the hand motions after every 2-3 commands.

Outline:

1. “No other gods, except for ME.”

Hand Motion: Use index finger to wag side-to-side when saying “No other gods” and then point upward when saying “except for Me.”

Explanation: God was telling His people that there should be NOTHING that they TRUSTED or LOVED more than HIM. The Egyptians had lots of false gods. Today people have false gods, too.

Heart: the things that people go to for help can become their idols. Sometimes people go to money, or think that they are so smart and they trust themselves to figure things out.

2. “Do not make for yourselves an idol.”

Hand Motion: Two index fingers—one bows to the other.

Explanation: In many countries of the world, idols are representations of false gods. Even in our own country, idols have become more popular. There is one of a very fat man with his eyes closed, and he has very big ears and he is meditating with his legs crossed. You might see this in a restaurant or store. Idols often look like a person or an animal.

Heart: an idol is an object that you believe will help you or protect you from something bad. Some people will put a circle with a dot in the middle to protect their house from evil (evil eye). Some people will hold on to a rabbit’s foot, not because it is furry, but in order to bring them good luck. (Note: these are fetishes, but have the same heart-mindset of an idol.)

3. “Do not take the Lord’s Name in vain.”

Hand Motion: Three fingers together over your mouth.

Explanation: Sometimes people will say, “Oh, that means you shouldn’t cuss!” and while it is true that you shouldn’t use cuss-words, that’s not what this is saying. The word “vain” means “nothing.” The Lord’s Name is Very Special. When we say it, we are talking about Him. We should not use HIS Special Name in a nothing- or meaningless-way.

Heart: Many, many people use God’s Name in a meaningless way. When they say it, they are not really talking about God. You will hear relatives, and friends say it, and maybe even say it yourself: “Oh. My. God.” That is one way we take God’s Name in a meaningless, or vain, way.

4. “Honor the Sabbath Day. Keep it holy.”

Hand Motion: Four fingers together make a pillow for your head.

Explanation: When God made the earth in six days, He stopped and rested on the seventh—that day is called the Sabbath, and it was on Saturday. The word “rested” doesn’t mean God took a nap. It means that He stopped everything else

to enjoy what He had made. And He wants His people to stop everything and enjoy what He has made, too! When Jesus came back to life again, it was on a Sunday—so followers of Jesus keep the Sabbath and stop work on Sunday to enjoy what God has done.

Heart: Some people think they can do whatever they want whenever they want and they never set time apart for God. Some might think, “I have to work every single day so I can make lots of money!” Or maybe people do their own pleasures and don’t take a day for God. What is one way a person could honor God on Sunday? (meet with other followers of Jesus.)

5. “Honor your father and your mother.”

Hand Motion: 5 fingers (using sign language), touch thumb to the forehead for father and to the chin for mother.

Explanation: The best way for a child to honor their father or mother is to obey them, but even adults can show respect to their father and mother.

Heart: Sometimes a child doesn’t like what they are told to do, like clean up their room or stop playing on the computer. One way someone dishonors their father or mother is talking back to them or thinking in their head that their parents are stupid and don’t understand what to do. God gives a special promise that it will go well with the ones who honor their parents!

6. “Do not murder.”

Hand Motion: Hitchhiking thumb pointed toward chest. Other five fingers grab and thrust it into the chest, like a knife.

Explanation: To murder is to take the life of another person.

Heart: None of you have murdered in this way, but there are ways to murder in your heart. The Bible says if we hate someone, it’s like murdering them in our hearts. If you have ever said to someone, “I wish you were dead!” that’s like murdering someone in our hearts. And there is one way that all of us have murdered in our hearts—and that is with our words. Sometimes people say words to another person that is like a knife in that person—they are meant to hurt and wound that person! God says, “Do not murder.”

7. “Do not commit adultery.”

Hand Motion: Two fingers from one hand (like a “peace” symbol) and five on the other.

Explanation: You might not have heard what “adultery” is, but (cover the last three letters) it has the word “Adult” in it. This command is for adults, but I’m going to tell you how it applies to you, too. (Hold up the hand with 2 fingers.) This is the Daddy and the Mommy, and these are the five kids! God wants the Daddy and the Mommy to stay together (cross the fingers together) and love their kids. Sometimes the Daddy wants to be married to a different Mommy, or the Mommy wants to be married to a different Daddy—that is called adultery. Sometimes

when that happens they will get a divorce and marry that other person, and sometimes they will just want that other person in their heart: BOTH of them are adultery. God wants the Mommy and the Daddy to stay together.

Heart: Even though you are too young to be married, there is a very common trend to be “boyfriend/girlfriend”. Instead, WAIT until you grow up and can get married. Find the person that God wants you to marry and STAY WITH that person!

8. “Do not steal.”

Hand Motion: Three fingers together are grabbed by the five fingers of the other hand.

Explanation: To steal means that you take something that does not belong to you.

Heart: When a child is in a store and they see a pack of gum, sometimes they think, that is so small and no one will see if I take it. God does see, and He says, “Don’t take that. That is stealing.” Sometimes when a child hasn’t done their homework, they copy answers from a friend. That is stealing the work that someone else has done. Do not steal.

9. “Do not lie.”

Hand Motion: Four fingers over mouth covered by five fingers of other hand. As you say the command, bring the hands down to an open palm position—not hiding anything.

Explanation: Lying is when we do not tell what is true.

Heart: Sometimes people will tell “part of the truth” and keep back part in order to conceal something—that is a form of lying. We bring our hands down to show that we aren’t hiding something. Sometimes a person will be sneaky about doing something. They don’t speak a lie, but they are lying with their actions, because they are trying to deceive someone into believing something that isn’t true. God says, “Do not lie.”

10. “Do not covet.”

Hand Motion: Ten fingers grabbing.

Explanation: To covet means a person wants what someone else has. It can be someone’s house, or how much money they have.

Heart: Some people see how smart someone else is, and they say, “I wish I were as smart as they are.” Or they see someone pretty and say, “I wish I had that person’s looks!” Or they see someone’s family and they say, “I wish I had that family and not my family.” When we covet in our hearts, we are not thankful for what God has given us.

Conclusion: Can you imagine how happy people would be if they did all these things? That day at Mt. Sinai, when the people heard God’s voice speaking, they

were scared! At the very end, they said, “All that the Lord has commanded, we will do!” Is it possible to perfectly keep God’s commands? No. In our hearts, we want to break these commands, but when Jesus gives us a new heart, we really want to keep them. We understand how GOOD they are! God wants His people to live the right way!

Teach the Memory Verse.