

# Session 1

Rules for God's family: Israel receives the Law on Mount Sinai

At the end of this session the children realize that God did not give us rules to punish us, but because He loves us.

**Scripture:** Exodus 19, 20, 24, 32

**Supplies:**

- 2 posters –one says “God” and the other “Other people”
- 10 rules on separate pieces of paper (use the “lost commandment” game’s rules)
- Visual aids for the Ten Commandments
- Flash cards: See the activity page of the Ten Commandments at the end of the session. There should be at least one commandment for each child.



**Welcome**

**The lost commandment:**

Print the Ten Commandments on a page and cut them into separate strips. Take each strip and staple it to a sweet. Hide the sweets and let the children look for the hidden commandments. It's a fun treasure hunt. Once they have all the strips, they need to arrange them in the right order.



**Worship**

**Settle down ritual:** Stand in a circle and hold hands:

“Because I believe in God, I can forgive those who hurt me.

Because I believe in God, I look forward to the beautiful life God is preparing for me.”



**Word**

During all the time the Israelites were in the desert, God took care of them. I wonder who can give me a few examples of how God took care of them. (*Manna, birds, water, etc.*)

God also helped them with something else. Another special thing.

The Israelites were a big group and there were often problems. People became angry at each other and then complained to Moses. Sometimes Moses didn't know what to do immediately. It made Moses very tired and it made the people very unhappy.

The Israelites needed clear rules about how to act towards each other and towards God. Then it wouldn't be necessary to wonder whether they were doing the right thing and there would be less fighting.

God wanted to help Moses and the Israelites. That's why he called Moses to Mount Sinai. On the mountain God gave Moses 10 rules written on two big slabs of rock.

There were two kinds of rules. Some rules helped them to know how to act towards God and the other rules helped them to know how to act towards each other. (*The poster with “God” is stuck to one wall and on the other the poster with “Other people”*) I'm going read a rule and then you run to the poster where you think it should be. Then we all gather in the middle before I read the next one.

- You must not steal (P)
- You must not abuse God's name (G)
- You must not be envious of other people's things (P)
- You may only pray to God (G)
- You must love your mom and dad (P)
- You may not tell lies (P)
- You must love God and no other god can be more important than Him (G)
- You must not sleep with any man or woman if you aren't married (P)
- One day a week must be kept special for God (G)
- You must not murder anyone (P)

Children sit down again. Let's look at what the ten rules mean (*use the visual aids for the Ten Commandments.*) These rules are called the Ten Commandments. We can read them in the Bible in Exodus 20 and Deuteronomy 5. God gave these ten rules to Moses, but not just that. He also taught Moses about specific cases like how to treat slaves, how they must make offerings to God, etc. God also explained how to build a tent that they could use for a church.

Moses was gone for 40 days (6 weeks) on Mount Sinai to get these instructions from God.

I wonder how you would feel if your mom or dad went away for 6 weeks and left you home alone. You would start to wonder if they're coming back.

The people started to wonder whether Moses would ever come back. They were afraid to be in the desert without a leader.

*(Hold your breath for 40 counts)*

Explain to the children that 40 days actually wasn't that long. The Israelites had to wait 400 years to be freed from slavery in Egypt. Abraham was 100 years old and Sara was 90 when Isaac was born. Joseph was an old man when he was reunited with his family. God always keeps his promises, but He does it in His own time. We must not get tired waiting for God. He always keeps his promises.

But the Israelites got tired of waiting for Moses and wondered what the Egyptians would do. They asked Aaron to make them a god that could help them and lead them. Aaron made them an idol that looked like a calf from all the gold jewellery they had. I wonder if it is a smart idea to make something with your hands and then expect it to help you and guide you.

The Israelites thought that it was a very smart plan because they prayed to the idol, said thank you that it led them out of Egypt, and made offerings to it and had a big festival. Oh dear!

God saw what was happening at the camp and He told Moses that He was very angry at the Israelites – He was going to kill them. He would save only Moses and make him a great nation. I wonder how Moses felt when he heard this news.

Moses begged God not to kill the Israelites and he reminded God of his promise to Abraham. God promised that He would keep taking care of the people.

Moses went down the mountain with the two big slabs to where Joshua was waiting for him. When they saw that the Israelites were having a festival around the golden calf, Moses became so angry that he threw the two slabs down and it shattered. All the rules that God wrote down were now ruined!

God still showed the people He loved them and He didn't kill them. God gave Moses the Ten Commandments again so they could keep them forever. The Israelites had to stay in the desert another 40 years. Because they worshipped the golden calf, they would never see the Promised Land themselves, but their children would. In the 40 years that God took care of them, He performed many more miracles (like their clothes that never got old or shabby). That's how they had to learn to believe in God and trust Him.

Children reflect on the story:

1. I wonder how long you had to wait for something that you REALLY wanted.
2. I wonder if you've ever asked God for something that He only gave you later.
3. I wonder if God always says "yes" when you ask Him something.



## Working and Playing

- Visual aids of the Ten Commandments (for older children)
- Flash cards: each child holds one (random order). They need to rearrange themselves.

### Closing prayer to end the session

You must not steal.

You must not abuse God's name.

You must not be envious of other people's things.

You may only pray to God.

You must love your mom and dad.

You may not tell lies.

You must love God and no other god can be more important than Him.

You must not sleep with any man or woman if you aren't married.

One day a week must be kept special for God.

You must not murder anyone.



You can only serve one God.



You must not murder anyone.

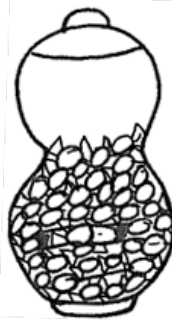
You must not worship another god.



You may not commit adultery.

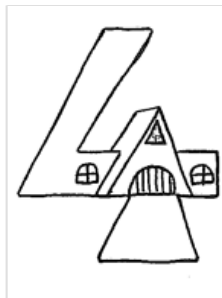


You must not use God's name in vain.



You must not steal.

You must keep the Sabbath holy.



You must not tell lies.



Respect your elders.



You may not be envious.