



THE TEN COMMANDMENTS



The Ten Commandments

Bible Lesson

The Ten Commandments, found in Exodus 20:1-17 are laws. That means they are absolute guidelines for daily living that God gave His people through Moses.

Commandments 1-4 deal with our relationship to God.

Commandments 5-10 deal with our relationship to other people.

In the Ten Commandments God is revealed as a holy God who demands total loyalty, respect, and worship. He will not tolerate unfaithfulness.

On our own we cannot fulfill the requirements of the law. Our only

hope is to receive the righteousness of God by faith in Christ Jesus.

Jesus upheld the values represented in the law by declaring, “Do not think I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill.” (Matt. 5:17)

Help the children to memorize the Ten Commandments. Use hand motions to make it easier for them. Explain in simple terms what each commandment, such as adultery, means. (*Always be faithful as husband and wife.*)

See the supplement page for the signs to teach your class.

Kid-Friendly Ten Commandments

1. Love God more than anything else.
2. Don't make anything in your life more important than God.
3. Always use God's name with love and respect.
4. Take one day a week to rest and think about God.
5. Listen to your mom and dad.
6. Never hurt anyone.
7. Always be faithful to your husband or wife.
8. Don't take anything that isn't yours.
9. Always tell the truth.
10. Be happy with what you have and don't wish for other people's things.

Experiment to Do at Home

Close to the Light:

When it is nearly dark outside, stand in the center of a room with the lights off. Look out the window and notice the dimly lighted sky.

Now turn on all the lights in the room and look out the window. Notice now how everything outside looks totally dark.

This is similar to God's Word, which is known as the Light. When we are **far** from God's Light (in the dark room), the sin of the world outside doesn't appear so dark. But when we are **close** to God's Light (in the well lighted room), it is easy to see how dark the sin of the outside world truly is.

Power Point

God's rules
rule because
God rules.

MEMORY VERSE

Exodus 20:2-17 (The Ten Commandments)

Year 2—Quarter 1 The Bible

Ten Commandments with Hand Motions

Teach the Commandments So They Will Never be Forgotten!

1

Work with one hand. (Hold up index finger.) **Love God more than anything else.** God lives in heaven (you are pointing up). He made the universe and rules over it. Some people try to make their own gods but there is only one true and living God.



2

(Hold up two fingers, index finger and middle finger.) **You shall not make an idol or worship one.** What is an idol? Anything that is more important to you than the one true God. It is something or someone you put above God in your life. (Bend the middle finger so that it is lower than the index finger.) Nothing is more important than the true God who made us and loves us.



3

(Hold up three middle fingers against lips.) **Always use God's name with love and respect.** God is so great that we must only say His name with great respect. We should not use it without thinking about Him or talking to Him.



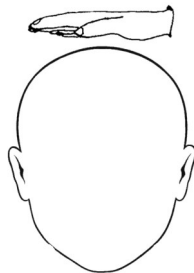
4

(Four fingers pointing up and thumb across palm.) **Take one day a week to rest and think about God.** God gave us wonderful hand. The thumb is very important in doing our work. But God has given us one day to worship Him and rest from our work. He knows we need a day of rest — for our bodies and our souls.



5

(Place open hand (five fingers) above head.) **Honor your father and mother.** God has placed your mother and father over you. He has appointed them to care for you and He wants you to honor them with your love and respect. *(Hold up five fingers.)* You can say each word of this command on your five fingers. If you honor your parents things will go well for you and you will have a long life.



6

Work with both hands. (Hold up one finger of second hand.) God made each one of us. He gave each of us power. *(Grab finger with first hand.)* Sometimes a person is tempted to hurt someone else, maybe even kill him. *(Release finger, holding up six fingers.)* God says, **Never hurt anyone** This means not to kill someone on purpose or even hate someone.



7

(Show seven fingers. Hold out first hand with palm up, stand first two fingers of second hand on palm.) God has a wonderful plan for a husband and wife. They are to belong to each other and no one else. If a man treats more than one woman like a wife or a woman treats more than one man like a husband, God calls that adultery. God says, **Always be faithful to your husband or wife.**



8

(Show eight fingers. Cup first hand and with thumb and first two fingers of second hand, pretend to snatch something out of it.) God knows if we take something that does not belong to us. What do we call that? *(Stealing.)* The eighth commandment is, **Don't take anything that isn't yours.**

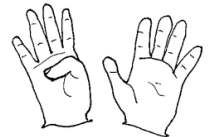


9

(Hold up nine fingers.) **Always tell the truth.** *(Close hands. Open four fingers on one hand and five on the other as you give the illustration.)*

a

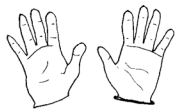
Suppose you were having a treat at school and the teacher said, "Each of you may take four pieces of candy." But someone wants to get Jeff into trouble and he yells, "Jeff took five pieces," even though he didn't. God calls that lying. Lying hurts us and others, but most of all it hurts God.



10

(Open and shut both hands as if you are grabbing something.) Some people like to grab everything for themselves.

"Coveting" is wanting things that belong to others *(Hold up ten fingers.)* God says, **Be happy with what you have and don't wish for other people's things.** God will provide all you need.



Year 2—Quarter 1 Bible

Story: The Owner's Manual

We can all learn a thing or two from the owner's manual. The Bible is God's owner's manual for life.

Once upon a time there was a man named Michael. One particular day Michael was very excited. This was the day for his brand new car to be delivered. Michael had never owned a car before, but he knew that owning a car would help him in many ways. He had worked hard and saved his money for several years, just so he could buy the new car.

The moment finally arrived. The delivery man from the car dealership pulled into the driveway with Michael's brand new shiny car. Michael was so excited!

The delivery man asked, "Would you like me to go over some of the car's features with you?"

Michael replied, "No, that's okay. I'm sure I can figure it out by myself. Thanks anyway."

The delivery man said, "Okay, but if you do find that you need help, the owner's manual is in the glove department." The delivery man handed Michael the keys, wished him well and left.

Michael excitedly ran to the car and pulled on the door, but it wouldn't open. Michael thought to himself, "That's odd, the doors on the car at the dealership opened with no problem." Michael walked around the car looking into the windows thinking how soft the seats looked. At that time Michael's friend Scott came over.

"Nice car Michael," said Scott. "But why are you walking around the outside looking in?"

Michael replied, "I just got this car and the doors are stuck."

Scott laughed and said, "Stuck? Did you try unlocking the doors first?"

Michael sheepishly replied, "Well no, not yet, I was just getting ready to."

Michael put one of the keys into the door lock, but it wouldn't open the door no matter how hard Michael tried to turn it.

Scott said, "You better be careful or you'll break that key off in the lock. That key is to the car's trunk. Try the other key."

Michael quickly replied, "I was just getting ready to try that."

Michael finally unlocked the car doors and sat behind the wheel. He breathed in deeply and said, "Don't you just love that new car smell?"

Scott said, "Yes, it is a great smell. Let's see how the radio sounds."

After several attempts and some guidance from Scott, Michael finally got the radio turned on. "Oh great! I got a radio that plays the wrong station and the sound is much too low!" Michael complained.

Scott groaned and said, "Michael, you push these buttons to change the radio station and turn that knob to adjust the vol-

ume level. Haven't you read the owner's manual yet? That's the first thing I did when I bought my new car."

Michael replied, "No not yet. I've been too busy, but I'll get around to it sometime soon. Right now I want to take this beauty out for a little drive!"

Scott cautioned, "Be careful Michael and please wear your seat belt."

Michael asked, "Hey Scott, think you could give me a hand with the seat belt?"

Scott walked over and helped Michael get the seat belt adjusted and warned, "I hope you know what your doing."

With that, Michael backed out of the driveway.

Much to Michael's surprise the car kept going backwards. He turned the wheel and pushed some buttons but the car kept going backwards. With great horror Scott watched as Michael backed his brand new car right into a tree. The car was ruined.

Scott ran over to Michael and asked, "Why didn't you stop?"

Michael stammered, "I didn't know how..."

Many people go through life without referring to the owner's manual God gave us. This owner manual, the Bible, can help us have a richer, more fulfilled life in so many ways. It is wise to read the Bible often and follow the guidelines God has laid out for us. So many people are on the outside trying to find a way in, just like Michael when he was trying to unlock the car doors. People may try different keys or methods to get to Heaven, but Jesus told us that He is the only way. We must trust Jesus and ask Him to forgive us for the bad things we have done. After that we should read the Bible and pray to God, if we do we will have a much happier life!



The Ten Commandments



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Always use God's name with love and respect



Take one day a week to rest and think about God



Listen to your Mom and Dad



Never hurt anyone



Always be faithful to your husband or wife



Don't take anything that isn't yours



Always tell the truth



Be happy with what you have and don't wish for other people's things

Exodus 20:1-17