

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 1 • Unit 4 • Week 1

MOSES AND THE TEN COMMANDMENTS

OBJECTIVE:

To show that God gave His Ten Commandments because He loves us so much. If we live by the Ten Commandments, we'll live happier lives.

MATERIALS:

The Beginner's Bible (Zondervan) or a story version of the giving of the Ten Commandments (Exodus 19:14-25; 20:1-21)

Game board (see instructions below)

Large assortment of game pieces and tokens

Dice or spinner

Twenty 3x5 inch cards cut in half per child

One copy of the Ten Commandments per child (to cut and glue on 10 cards)

Scissors

Glue

PREPARE BEFORE CLASS:

- Make a simple board game using a white piece of poster board (at least 18x18 inch) with a random path design of squares (like Candyland or Life). You may add to your game by drawing some of the things the Israelites would have seen on their journey through the wilderness (desert, Mt. Sinai, rocks, Red Sea, sand, pillar of fire, quail, etc.).
- Make one set of commandment cards in advance in order to play the matching game with the class during the Lesson Application. Ten cards should be numbered 1 to 10. The other 10 cards should each have a commandment on them. (The children will make their own set to take home.)
- Cut enough 3x5 inch cards in half (3x2½ inch) to have 20 cards per child.
- Photocopy list of the Ten Commandments for each child.
- Optional: You may print or type the numbers 1 to 10 on one set of cards for each child or you may have the children do this during class.

ATTENTION GETTER:

Do: Have the class come in and sit on the floor around the game board.

Say: Today we are going to begin our class by playing a game.

Ask: Who would like to go first? [At this point there will be a little confusion because they won't have any idea how to play the game.]

Say: We don't know how to play this game do we?

Say: What do we need to play the game?

Do: Get out the game parts.

Say: We need game pieces and dice to play the game but we also need something else.

Ask: What else do we need? We need the rules or laws of the game.

Do: Spend a few minutes working out the details of this very simple game. Give each child a game piece and let each one take a turn by rolling the die and moving around the board. The object is to get to the end of the path first.

Do: After the game have a short discussion about why rules are necessary to play the game.

Ask: Would our game be much fun without rules? Why or why not?

Ask: Is it good for some people to play with one set of rules and others to play with a different set of rules?

Ask: How can having rules show love towards other people?

BIBLE LESSON:

Say: Like the game we played today, life needs rules or laws to make it nice. Everyone knows what he or she is supposed to do when there are rules. Laws help us all to have a happy and good life. Today I would like to read about the time that God gave the rules of life to the Israelites.

Read: Exodus 19:14-25 and Exodus 20:1-21. When you get to each command ask the following questions:

Ask: How does God show His love for us through this commandment?

Ask: What would happen if we did not obey this commandment?

LESSON APPLICATION:

- Do: Have the children make a matching game. Hand out one set of cards for the numbers (1 to 10) and one set for the Ten Commandments. Have them cut out the Ten Commandments and glue one commandment on each card.
- Do: Play a matching game by putting the numbered cards face down in one row and the commandment cards face up in another row. Each child takes a turn by picking a number card and trying to match it to the correct commandment.

MUSIC:

Sing to the tune of "Ten Little Indians." Have the children hold up fingers as they count the Ten Commandments.

One and two and three Commandments,
Four and five and six Commandments,
Seven and eight and nine Commandments,
Ten, God gave them all.

MEMORY VERSE:

Revelation 22:14 "Blessed are those who do His commandments."

- Do: Rehearse the memory verse a few times with the children repeating it. Form a circle. Take a small beanbag or balloon and toss it to one of the children. Have them try to say the verse or as much of the verse as they can and then toss the bag to someone else. Give everyone a turn.

family activity

THE POINT:

To show that God gave the Ten Commandments because He loves us so much. If we live by them we'll live happier lives.

ASK ME...

Why do we need rules when we play a game?

How do rules make our lives better?

What do we call rules for our life? (God's Commandments.)

Do laws help our lives or make them harder?

Why did God give us His laws?

FAMILY TOGETHER TIME:

Today we made a matching game during class time. Ask your child how to play the matching game. As they become more familiar with the commandments you can make it more interesting by mixing up the rows of cards or picking any card from a pile of all the cards and name the commandment number or recite the appropriate verse.

Make two collages of pictures cut from newspapers or magazines. As you find them, cut and paste the photos on separate pieces of paper, one for those that show obedience to God's law and one for those that show disobedience. You can also identify which of the commandments each photo illustrates and how it affects people's lives.

Instructions: Cut the strip off the bottom of this page. You will see this week's memory verse on the back. After your child has learned the verse, glue the two ends together, forming a link of a paper chain. Each lesson's memory verse will add a new link to their chain of Bible knowledge.

—cut along dotted line—

(Teacher's note: please write the memory verse on the back of this page at the bottom.)

One God—no other gods.

Don't worship with idols.

Use God's name only in a good way, not a bad way.

Keep the Sabbath.

Obey your father and mother.

Do not murder.

Be faithful to your mate.

Do not steal.

Do not lie.

Do not covet.

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