

The Ten Commandments 2-07-A

It had been three months since the Israelites, God's chosen people, had left Egypt. God had rescued them from the Egyptians, He had provided food and water for them, and He was leading them through the desert every day. In the Desert of Sinai, the people stopped to camp in front of a mountain. Moses went up to the mountain to talk to God and God called out to Moses from the mountaintop. God told Moses to remind the people that He had safely brought them out of Egyptian slavery and had provided for their needs. They were to obey His words and keep His covenant or agreement that He had made with them. If they obeyed God, then He would always care for them as His chosen people.

Moses told the people what God had said. The people answered, "We will do everything the Lord has said." Moses went back to the mountain to give God the people's response. God told Moses He would cover Moses and the mountain in a thick cloud and the people would hear God's voice speaking to Moses, so the people would always know that Moses really was bringing them God's messages. Then God sent Moses back to the people to have them bathe and prepare to be honored in a special way by God.

On the third day a thick cloud with thunder and lightning came down over the top of the mountain. Moses led the people to the foot of the mountain, and they saw smoke on the mountain as God appeared like fire. The mountain shook and God spoke to the people. Then God called Moses to the top of the mountain. Moses left the people and went up higher. On the mountaintop God gave Moses a special set of rules we call the Ten Commandments. God wanted the people to obey these rules so they would have good lives and God would take care of them. God gave His people the commandments so they would live with His blessing and know how to live under His plan. The Ten Commandments were carved onto two stone tablets by God's own finger. He gave them to Moses to take down to the people. The first four commandments tell us how to worship, serve, and honor God. That is why Jesus later told people they all mean we are to love the Lord with all our heart, strength, mind, and soul. The next six commandments tell us how to treat other people, and Jesus said they were written so we would love our neighbors as ourselves.

Look carefully at each commandment and see how it fits into the verse we will memorize today. Jesus helped to put all the commandments into two important reminders for how we are to live.

The Ten Commandments

1. You shall have no other gods before Me.
2. You shall not make for yourself an idol.
3. You shall not misuse the name of the Lord your God.
4. Remember the Sabbath day by keeping it holy.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not give false testimony.
10. You shall not covet.

Teacher's Notes

- I. **The first three months.**
 - A. God directed and provided.
 - B. They entered the Sinai Desert.
- II. **Meetings at the mountain.**
 - A. Moses went up to God.
 - B. God called from the mountain.
- III. **Promises renewed.**
 - A. The people respond.
 - B. Limits were set.
- IV. **God's best plan presented.**
 - A. The rules to follow.
 - B. Obedience brings blessing.

Activity

Students can create a model of the stone tablets with the Ten Commandments. You may cut the tablets out of gray paper or have the supplies to form them with another craft material. Then write the simple version of each commandment in the front of the group so students can copy them onto their tablets to take home.

Teacher Growth

Today's lesson reminds us that the Bible is not just a collection of stories in the Old and New Testaments, but the entire book is woven together by the same God who is constantly speaking to people. God has always wanted what is best for people, and He has had to punish those who refuse to obey. Even today, those who live by God's commandments will be blessed. These rules are still guides for this generation.

Scripture Passages:

Exodus 19:1 – 20:21

Memory Verse:

Mark 12:30,31 – "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength... Love your neighbor as yourself."





