

Journal and prayer (5 minutes)

Distribute each child's journal and instruct the kids to draw a picture of Moses speaking to God on the mountain for the Israelites. Writers may write down who God is: a compassionate, gracious God who is slow to anger and rich in faithful love. As they draw or write, talk about God's plan to rescue people from captivity to sin.

SAY • Do you think God was surprised that the Israelites worshiped a golden calf? No. God knew they would sin against Him. God told Moses that He would remove the name of anyone who sins against Him from His book. Do you know what the Bible says? The Bible says when we trust in Jesus, our names are written in His book of life. God doesn't look at us and see our sin, He only looks at us and sees that we have been forgiven!

Make sure each child secures this week's sheet in the journal, and then collect them. Keep the journals in the classroom so they will be available every week or as often as you wish to use them.

If time remains, take prayer requests or allow kids to complete the coloring page provided with this session. Pray, thanking God for sending His Son to forgive us for all the times we put other things in front of God. Pray for each child by name. Ask God to help the kids recognize their need for Jesus to rescue them from sin.

Make sure to give kids the big picture cards to take home to reinforce the Bible story with their families.

- pencils
- Journal Page
- Bible Story Coloring Page, 1 per kid
- crayons or markers
- Big Picture Cards for Families: Kids

The Ten Commandments: Love God

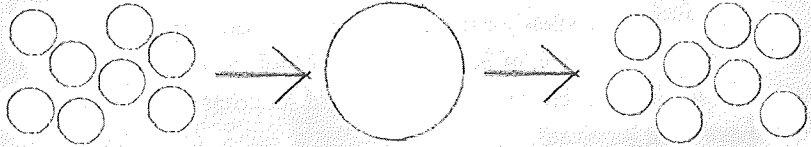
BIBLE PASSAGE: Exodus 19:1–20:11; 31:18

MAIN POINT: God gave us rules to show that He is holy and we are sinners.

KEY PASSAGE: Hebrews 3:5-6

BIG PICTURE QUESTION: What is God's plan? God's plan is to rescue His people from captivity.

SMALL GROUP OPENING (10–15 MINUTES) **LARGE GROUP BIBLE STUDY** (25–30 MINUTES) **SMALL GROUP ACTIVITIES** (25–30 MINUTES)
PAGE 74 **PAGE 76** **PAGE 82**



Leader BIBLE STUDY

God rescued His people from slavery in Egypt. He then led them into the desert toward Mount Sinai. The Israelites camped at the base of the mountain while Moses went up the mountain to talk to God. God gave Moses the laws the Israelites were to obey. God renewed the covenant He made with Abraham, Isaac, and Jacob with the whole nation of Israel. They were His people, and He was their God. (Ex. 19:5-6)

God wanted perfect obedience from His people. His laws covered every part of their lives, and the laws were summed up in the Ten Commandments. God did not give laws just for the sake of having laws. His laws had a purpose; they

revealed to the people what life will be like when Christ establishes His kingdom. They showed how righteous people live and interact with God and with others.

The Ten Commandments can be grouped into two categories: The first four laws deal with a person's relationship with God and the last six laws deal with a person's relationship with others.

Just 10. It would be easy enough to keep just 10 rules, right? The Israelites proved they could not keep a single one of God's laws. Their hearts were full of sin. Moses mediated for the Israelites, asking God to forgive the people's sin. Moses was a good mediator, but he wasn't perfect. The Israelites needed someone who could keep the laws perfectly for them, mediate between them and God, and satisfy God's wrath against them. They needed Jesus. (See 1 Tim. 2:5.)

The kids you teach this week have sinful hearts. They cannot obey God perfectly, and they need a Savior. Point kids to Jesus and help them understand that God is pleased with us because He looks at Jesus, who never sinned. Because of Christ, we can have a right relationship with God.



MINISTRY GRID
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The BIBLE STORY

The Ten Commandments: Love God

Exodus 19:1–20:11; 31:18

Three months after the Israelites left Egypt, they came into the Wilderness of Sinai (SIGH nigh). They camped in front of the mountain. God had a plan to make the Israelites His special people. God wanted to make a covenant, or agreement, with the people of Israel.

Moses went up the mountain. God called to him, saying, “This is what you should tell the Israelites: ‘You have seen what I did to the Egyptians and how I rescued you and brought you to Me. If you listen carefully to Me and you keep My covenant, you will be My people.’”

Moses went back to the people and told them what God had said. All the people agreed. They responded together, “We will do all that the Lord has spoken.” So Moses went back to the Lord.

The Lord said to Moses, “I am going to come to you in a dense cloud. I want the people to hear Me speak to you so that they will believe you.”

Moses told the people what God said, and he got the people ready for the Lord to come down on the mountain. God told Moses to put boundaries around the mountain so no one would get too close.

On the morning of the third day, thunder rumbled and lightning lit up the sky. A thick cloud came down on the mountain, and a loud trumpet sounded. Everyone in the camp shuddered. Then **Moses brought the people out of the camp to meet God, and they stood at the foot of the mountain.**

God came down on Mount Sinai in a fire, and smoke covered the mountain. The mountain shook, and the

sound of the trumpet got louder and louder. God told the people not to come up the mountain.

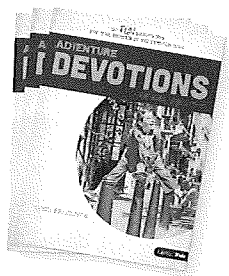
“I am the Lord your God, who brought you out of the land of Egypt. I freed you from slavery,” He said.

Then God gave Moses the Ten Commandments.

These are the first four commandments. These commandments told the Israelites what it looks like to have a right relationship with God: “Do not have other gods besides Me. Do not make an idol for yourself. Do not misuse the name of the Lord your God. Remember the Sabbath day, to keep it holy.”

When God finished speaking to Moses on Mount Sinai, He gave Moses two stone tablets that He had written on with His own finger.

Christ Connection: God is holy and separate from sin. His law shows us what He requires—perfect righteousness. Our sin separates us from God, but Jesus came to bring us back to God. Jesus is perfectly righteous. When we trust in Jesus, He takes away our sin and welcomes us into God’s family.



**WANT TO
DISCOVER
GOD’S WORD?
GET
ADVENTURE!**

Invite kids to check out this week’s devotionals to discover that Moses gave to the Israelites all of God’s rules. (Ex. 19:7) The Ten Commandments show us how God wants us to live. God is holy, and He never changes. Order in bulk, subscribe quarterly, or purchase individually. For more information, check out www.lifeway.com/devotionals.

Small Group OPENING

SESSION TITLE: The Ten Commandments: Love God

BIBLE PASSAGE: Exodus 19:1–20:11; 31:18

MAIN POINT: God gave us rules to show that He is holy and we are sinners.

KEY PASSAGE: Hebrews 3:5-6

BIG PICTURE QUESTION: What is God's plan? God's plan is to rescue His people from captivity.

Welcome time

Greet each kid as he or she arrives. Use this time to collect the offering, fill out attendance sheets, and help new kids connect to your group. As kids arrive, invite them to talk about rules they have at home, at school, at church, or other after-school activities. Encourage kids to talk about the reasons for the rules they are expected to follow. Ask kids if it is easier to follow the rules when they know why the rules are in place.

SAY • Just like your parents, your teachers, or your coaches give you rules to obey, **God gave us rules to show He is holy and we are sinners.** Today we are going to learn about some of the rules He has given us.

Activity page (5 minutes)

Invite kids to complete the “Unscramble the Message” activity page. (*Answer key: God gave us rules to show that He is holy.*)

SAY • **God gave us rules to show that He is holy and we are sinners.** Sometimes we disobey the rules God has given us. God knew we would not be able to perfectly follow His rules so He sent His Son, Jesus. Jesus is the only One who obeyed God perfectly.

- “Unscramble the Message” activity page, 1 per kid
- pencils or markers

Session starter (10 minutes)

OPTION 1: Boss's orders

Stand against one wall and invite kids to stand shoulder to shoulder against an opposite wall. The first kid will ask if she can take a certain amount and a certain type of steps (two bunny hops, three giant steps, and so forth) similar to "Mother, May I?" You will say yes or no, and that child must take the steps if allowed. Then it is the next kid's turn. The first kid to reach you becomes the new boss.

SAY • Do you like to follow rules? Sometimes rules are difficult to follow. **God gave us rules to show that He is holy and we are sinners.** We never have to question whether we should follow God's rules or not. If God has given us a rule, it is for His glory and our good.

OPTION 2: Whom do you love?

Invite kids to sit in a circle with their chairs facing inward. Choose one kid to stand inside the middle and remove her chair from the circle. She will then say "My name is [*her name*] and I love people who [*name a particular feature such as hair color or shirt color*]." Kids who share that feature will get up and move to a new seat along with the kid who was in the middle. Whoever does not grab a new seat will be the next person in the middle. Continue playing as time allows.

SAY • The first of the Ten Commandments say that we should love God more than anything or anybody. We'll found out more about the Ten Commandments today.

Transition to large group



Large Group LEADER

SESSION TITLE: The Ten Commandments: Love God

BIBLE PASSAGE: Exodus 19:1–20:11; 31:18

MAIN POINT: God gave us rules to show that He is holy and we are sinners.

KEY PASSAGE: Hebrews 3:5-6

BIG PICTURE QUESTION: What is God’s plan? God’s plan is to rescue His people from captivity.

Countdown

- countdown video

Show the countdown video as your kids arrive, and set it to end as large group time begins.

Introduce the session (3 minutes)

- leader attire
- electronic tablet
(does not have to be working)

[Large Group Leader enters, carrying an electronic tablet. Leader is too busy “reading” the tablet to notice the kids at first.]

LEADER • *[a little sad]* Hey, everybody! I’m glad you’re here. I’ve enjoyed traveling with you on our race around the globe, but I received an email today saying that I broke one of the rules of the game. You see, as part of the race, I’m supposed to go to different points around the globe by airplane, bus, boat, bicycle, train, scooter ... you get the idea. Whenever I stop for the night, I’m supposed to call or email the game headquarters so they know where I am. That way, they can make sure I’m safely stopped for the evening.

When I was staying with my friend in Beijing, China, I forgot to email the headquarters to let them know where I was. They assumed I was traveling all night. When I didn’t arrive at the next checkpoint

in Singapore, they thought something happened to me! It gets worse though. They sent emergency responders out to look for me, thinking I might have gotten into an accident or something. That meant the emergency responders couldn't be in place to deal with an actual emergency.

I'm so glad nothing happened, but I caused a big mess by not following the rules. As a result, I have to add a time penalty to my finishing time. I'm probably not going to reach my goal of racing around the world in less than 79 days now!

Giant timeline (1 minute)

LEADER • My big mistake actually reminds me of our Bible story today, though. We've been learning about God's plan to rescue His people from Egypt and bring them to the promised land. Who can remember what we learned in our first Bible story? [*Invite a kid to recall the first main point.*] That's right! **God rescued Moses to deliver His people from captivity.**

• Giant Timeline

Who can remember what God showed when He sent the plagues on Egypt? [*Invite a kid to recall the second main point.*] Excellent! **God proved to the Egyptians that He is the one true God.**

After that, what did we learn when the people were wandering in the desert? [*Invite a kid to recall the third main point.*] That's right! **God provided for the physical needs of His people** when He gave them food and water in the desert.

Who can remember what we learned last week? [*Invite kids to recall the fourth main point.*] Last week, we learned that **God punished His people**

for worshipping a golden calf. Today we're going to learn about the rules God gave Moses when he was on top of Mount Sinai. We call those rules the Ten Commandments.

Big picture question (1 minute)

LEADER • Let's all say our big picture question and answer together when I count to three. One, two, three!
What is God's plan? God's plan is to rescue His people from captivity. God had already rescued His people from physical captivity, but God's plan was still in place to rescue His people from captivity to sin. Later, God would send His Son, Jesus, to rescue people from sin and death.

Tell the Bible story (10 minutes)

Open your Bible to Exodus 19:1–20:11; 31:18. Tell the Bible story in your own words, or show the Bible story video “The Ten Commandments: Love God.”

LEADER • Remember last week when we learned that God is compassionate and gracious, slow to anger? God is also holy. God always does what is right and He is completely separate from sin. God must punish sin.

When God's presence covered Mount Sinai in smoke, fire, and a dense cloud, He told Moses to get the people ready to hear Him speak. But when the people saw God's presence, they knew they were not holy and they were terrified! The people told Moses to talk to God for them.

Moses went onto the mountain to receive God's commandments. The first four commandments show us how holy God is. **God gave us rules to**

- Bibles
- “The Ten Commandments: Love God” video
- Big Picture Question Poster
- Bible Story Picture Poster

show that He is holy and we are sinners.

God's law shows us what He requires of us—perfect righteousness. But we cannot obey perfectly and our sin separates us from God. Jesus came to bring us back to God. Jesus is perfectly righteous. When we trust in Jesus, He takes away our sin and welcomes us into God's family.

Ask the following review questions:

1. How did God speak to the Israelites in front of Mount Sinai? (*in a dense cloud, Ex. 19:9*)
2. Name the first four commandments. (*Worship only God. Do not make idols. Do not misuse God's name. Keep the Sabbath day holy; Ex. 20:1-8*)
3. **What is God's plan? God's plan is to rescue His people from captivity.**
4. Our sin separates us from God, but who came to bring us back to God? (*Jesus, 1 Pet. 3:18*)

The Gospel: God's Plan for Me (optional)

Use Scripture and the guide provided with this session to explain to boys and girls how to become a Christian. Assign individuals to meet with kids who have more questions. Encourage boys and girls to ask their parents, small group leaders, or other Christian adults any questions they may have about becoming a Christian.

Tip: Provide *I'm a Christian Now* for new Christians to take home and complete with their families.

Key passage (5 minutes)

Show the key passage poster. Lead the boys and girls to read together Hebrews 3:5-6. Invite kids who can say the key passage from memory to say it together.

LEADER • Jesus always obeyed God's rules. Jesus is our perfect example of what it looks like to be faithful to

- Key Passage Slide or Poster
- "Confidence of our Hope" song

God and He alone brings us to God.
Sing the key passage song together.

Discussion starter video (4 minutes)

• “Unit 4, Session 5”
discussion starter
video

LEADER • Have you ever had to eat something you didn’t like? Check this out.

Show the “Unit 4, Session 5” discussion starter video.

LEADER • What happened when the kids tried to mix the good food to cover the bad? It didn’t work! The bad food made the good food taste bad as well. Can we ever do enough good to overcome our sin? [*Invite kids to respond.*] The Bible says that the best we have to offer is nowhere near good enough. [*See Isaiah 64:6.*] We are stuck in our sin on our own, but thankfully Jesus can overcome our sin for us!

Sing (4 minutes)

• “Freedom” song

LEADER • Let’s praise Jesus for His holiness! Let’s also thank Him for rescuing us from sin and death.

Sing together “Freedom.”

Pray (2 minutes)

Before transitioning to small groups, make any announcements from your kids ministry. Invite kids to pray before dismissing to small groups.

LEADER • Dear God, thank You for giving us the Ten Commandments. Thank You for sending Jesus to rescue us from our sin. In Jesus’ name, amen.

Dismiss to small groups

The Gospel: God's Plan for Me

Ask kids if they have ever heard the word *gospel*. Clarify that the word *gospel* means “good news.” It is the message about Christ, the kingdom of God, and salvation. Use the following guide to share the gospel with kids.



God rules. Explain to kids that the Bible tells us God created everything, and He is in charge of everything. Invite a volunteer to read Genesis 1:1 from the Bible. Read Revelation 4:11 or Colossians 1:16-17 aloud and explain what these verses mean.



We sinned. Tell kids that since the time of Adam and Eve, everyone has chosen to disobey God. (Romans 3:23) The Bible calls this sin. Because God is holy, God cannot be around sin. Sin separates us from God and deserves God's punishment of death. (Romans 6:23)



God provided. Choose a child to read John 3:16 aloud. Say that God sent His Son, Jesus, the perfect solution to our sin problem, to rescue us from the punishment we deserve. It's something we, as sinners, could never earn on our own. Jesus alone saves us. Read and explain Ephesians 2:8-9.



Jesus gives. Share with kids that Jesus lived a perfect life, died on the cross for our sins, and rose again. Because Jesus gave up His life for us, we can be welcomed into God's family for eternity. This is the best gift ever! Read Romans 5:8; 2 Corinthians 5:21; or 1 Peter 3:19.



We respond. Tell kids that they can respond to Jesus. Read Romans 10:9-10,13. Review these aspects of our response: Believe in your heart that Jesus alone saves you through what He's already done on the cross. Repent, turning from self and sin to Jesus. Tell God and others that your faith is in Jesus.

Offer to talk with any child who is interested in responding to Jesus.

Small Group LEADER

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BIG PICTURE QUESTION: What is God's plan? God's plan is to rescue His people from captivity.

- Key Passage Poster
- sticky notes
- markers
- triangle roof shape
- tape

Key passage activity (5 minutes)

Write the key passage on sticky notes, one or two words per sticky note. Guide kids to arrange the sticky notes in order in a house shape on a table or wall. When kids have finished placing the key passage in the correct order, stick the roof shape on top of the house and guide kids to read the key passage with you.

SAY • Great job on memorizing the key passage! Remember that Moses was faithful to God, but Jesus is even more faithful than Moses. Moses was a great leader, but he was a sinner who needed a Savior too. Jesus is that Savior! Jesus always obeyed God perfectly, and when we trust in Him as our Savior, He forgives us of all our sin.

- Bibles, 1 per kid
- Main Point Poster
- paper or foam cups
- markers

Bible story review & Bible skills (10 minutes)

Open your Bible to Exodus 19:1–20:11; 31:18. Briefly review the Bible story. Invite kids to open their Bibles to Exodus 20:1-17. Write each of the Ten Commandments on a plastic cup in kid-friendly words, one commandment per cup. Kids should build a pyramid with the cups so that the first commandment is at the top of the pyramid when they have finished. Adult helpers may need to read the

commandments for kids who are learning to read.

After kids have built the commandments pyramid, talk about the first four commandments.

SAY • Why do you think God wrote down these commandments first? [*Invite kids to respond.*]

Those are some good ideas. God wrote down these commandments first so we would know what is most important. Nothing is more important than loving and worshiping God and treating Him as the most important Person and greatest treasure in our lives.

God is holy and separate from sin. His law shows us what He requires of us—perfect righteousness. Our sin separates us from God, but Jesus came to bring us back to God. Jesus is perfectly righteous. When we trust in Jesus, He takes away our sin and welcomes us into God's family.

Activity choice (10 minutes)

OPTION 1: Pass the beanbag

Play the theme song or another song of your choice as kids pass a beanbag around the circle. When the music stops, the kid who is holding the beanbag must say the main point: **God gave us rules to show that He is holy and we are sinners.** Play the music again and continue playing.

For older kids, challenge them to pass the beanbag in the opposite direction after you stop the music each time.

SAY • God gave us rules to show that He is holy and we are sinners. The Bible says that all people sin. We can't try and be good enough on our own, and we can't get rid of our sin on our own either.

God knew we would not be able to keep His laws perfectly, and that is why God sent Jesus to earth.

- beanbag
- "Freedom" song (optional)

Jesus never sinned, but He died on the cross and rose again so that we could be forgiven when we trust in Him.



- smooth, hand-size stones, 1 per kid
- paint and paintbrushes
- markers (optional)

OPTION 2: Stone reminders

Provide a small stone for each kid in your group and let them decorate it with paint or markers. Remind kids that God wrote the Ten Commandments with His own finger on two stone tablets. Tell kids to take the rocks home and put them in a place where they will see them each day this week to remember God's commandments.

SAY • God gave us rules to show He is Holy and we are sinners. God wrote these rules on two stone tablets. Carry the stone around in your pocket or put it some place you will see it every day to remember the commandments that God has given us. When you see your rock, remember that God loves us and what He has done for us. Remembering this each day will help you love God more and as a result, obey Him more.

Journal and prayer (5 minutes)

- pencils
- Journal Page
- Bible Story Coloring Page, 1 per kid
- crayons or markers
- *Big Picture Cards for Families: Kids*

Distribute each child's journal and instruct the kids to write down or draw a picture of the commandment that is hardest for them to remember. It may be helpful to read the Ten Commandments from Exodus 20:1-17 and explain any words the kids may have trouble understanding. Talk about how Jesus is the only Person who has ever been able to keep God's commandments because He is God the Son. Guide kids to draw a large heart around the picture they drew.

SAY • God gave us rules to show that He is holy and we are sinners. God knew that His people would not

be able to obey His laws. But God also planned to provide a way for His people to be forgiven of their sin through Jesus.

When we trust in Jesus, all of our sin is forgiven. When you disobey the commandment that is hard for you to keep, it is forgiven when you trust Jesus. And the more that you understand and appreciate God's grace and forgiveness through Jesus, the more you will love Him and obey Him. That's why we drew the heart around that command. Because the key to obeying is loving Jesus!

Make sure each child secures this week's sheet in the journal, and then collect them. Keep the journals in the classroom so they will be available every week or as often as you wish to use them.

If time remains, take prayer requests or allow kids to complete the coloring page provided with this session. Pray, thanking God for sending His Son to live the perfectly sinless life we could not live on our own. Thank Jesus for dying on the cross and rising again so that we can be forgiven. Pray for each child by name. Ask God to help the kids recognize their need for Jesus to rescue them from sin and to love Him more and more each day out of gratitude for His goodness.

Make sure to give kids the big picture cards to take home to reinforce the Bible story with their families.