

WEEK ONE

GOD'S COMMANDMENTS TEACH US TO LOVE GOD AND OTHERS

BIG IDEA

God gave us ten commandments - or rules - to live by. They are his special instructions so we can

ENJOY A LIFE OF GOODNESS & BLESSING

They protect us from doing things God knows will hurt us and others.

PREP: (Kids can help!)

- Get several marshmallows per child
- Find a balloon (or buy a packet)
- Find at least 1 cardboard toilet roll tube. 1 per child if you have plenty
- Cut out the commandment memory cards, and the three 'category strips' from the Appendix
- Use a cotton bud and a bit of lemon juice to write "GOD'S RULES" on an envelope (invisible writing)

WHAT GOES IN THE BOX?

- Cardboard toilet roll tube(s)
- Balloons
- Scissors
- 1-3 marshmallows per child
- The 'picture commandments', placed inside the envelope with the writing on it
- The three 'category strips'
- Enough pencils and paper for everyone
- A plate



INTRODUCTION

Did you know that, after He had saved them from Egypt and led them across the Red Sea, God gave His people some special rules to live by? God loves us so much, and because He made us, He knows the best possible way for us to live. If we follow His instructions, they will show us how to live a good life that leads to the path of blessing.

God wrote these instructions in His own handwriting on tablets of stone, and gave them to Moses. When we write something by hand it is very personal and sometimes you can even tell something about the person from their writing. What do you think God's handwriting looked like?

- Everyone write down, in your own handwriting, one good rule for our family.
- Mix up the papers and pass them around the family; then use the handwriting to guess who has written each rule.

As we talk about these rules God wrote for us we are going to discover something about what God is like.

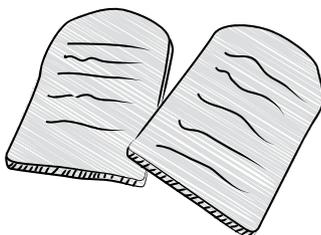
But first we've got a challenge. It's a challenge to hit the target!

OUT OF THE BOX

- Take out the cardboard tube, balloon and scissors.
- Give everyone a balloon (don't blow them up) and tie a knot in the neck (right next to the opening). Then cut off a small section from the other end of the balloon, and slip it over the tube. You've made a marshmallow launcher!

GAME

- Set up a plate on the floor as the target. Give each person a marshmallow to put into the cardboard tube, and give everyone a turn at pulling on the knotted end, stretching the balloon and releasing it. The marshmallow will go sailing.
- Let everyone have several turns then come back to the table.



FAMILY TALK TIME

- **Who managed to hit the target with their marshmallow?**

Some of us got really close! If we practiced, we would get better and better. Learning God's commandments and keeping them, is like aiming for a really important target.

READ

- Take the 'invisible writing' envelope from the box and put it on the table.
- After the story, we're going to work out what the invisible writing on the envelope says.
- Now challenge the kids to eat their marshmallow so slooowly that it lasts the whole time you read.

Two months after they had left Egypt the Israelites came to the base of Mount Sinai. Moses told them that God wanted to meet them there because He wanted them to know Him better; and He also wanted to show them the best way to live. Imagine standing there together – all the mothers and fathers and children, the aunties and uncles and cousins

and grannies and granddads - knowing that the God who made the universe was going to speak to them! When Moses climbed to the top of the mountain to appear before God, the people saw lightning and fire blazing from the mountain like a furnace. They heard a mighty blast of trumpets, and in the middle of all that noise and smoke and lightning God gave Moses the Ten Commandments.

“Give these instructions to the people and remind them how much I love them. How I brought them safely through the Red Sea and destroyed their enemies. If they will obey me and keep their promises with me, they will be my own special treasure from among all the people on earth; for all the earth belongs to me.”

Then He gave a special message for the mothers and fathers. They were to teach these Ten Commandments to their children and to talk about them all day long – God said to talk about them at dinner time or bedtime or when they were out walking. They were to let their children ask questions so that everyone got these commandments in their hearts, for always.

Then all the people responded together, “We will do everything the Lord has commanded.” So Moses brought the people's answer back to the Lord.))

Exodus 19-20 paraphrase

WEEK ONE



EXPLORE

- Pick up the envelope and hold it near a 100 watt light bulb, or iron the envelope until the writing appears.
- Before we open the envelope – does anyone know any of the Ten Commandments?
- Give out another marshmallow to anyone who is able to quote one.
- Take out the three category strips from the faith box.

Did you know these rules God gave us are about three different things?

Some are about honouring God.
Some are about respecting our parents and family.
Some are about respecting others.

- Take out the cards.
- Beginning with the child who shot their marshmallow closest to the target, have everyone pick one or two cards from the envelope; then figure out which commandment their picture represents, and match it to one of the three categories.

When we follow the Lord's commandments, we learn to

love and respect God and practise kindness and love with those around us.

Questions

- Can you tell us any road rules you know?
- Why do we have road rules?
- How are God's commandments like road rules?

(They are wise, they keep us safe, they remind us not to make bad choices that will hurt us and other people, etc.)

Now everyone try to guess which commandment you would be obeying if you did one of these...

- Imagine on the way home from school, you saw an elderly neighbour with a big bag of groceries and you stopped to help her carry it.
- Imagine that your friend asked if he could copy your homework. You wanted to be honest so you told him, "No," but offered to help him with his own.
- Imagine you are really tired at bedtime but you kneel down and thank your Heavenly Father for the good things in your life.

Some of the commandments are really hard to keep all the time. We know that we should never steal and we might find it easy to obey that commandment; but we might find it hard not to covet, and feel jealous inside when we see others with a toy we would really like to have.

And although we'd never kill anyone, we might hurt them badly with angry words when we are upset.

Questions:

- Where does our strength come from, to help us do the right thing and obey God?
- What is the right thing to do if we break one of God's commandments?

“ I KNOW THE POWER THAT OBEDIENCE HAS OF MAKING THINGS EASY WHICH SEEMED IMPOSSIBLE. ”

- TERESA OF AVILA -

God has promised He will always be our strength and our shield and help us choose to do the right thing. That promise is for you!

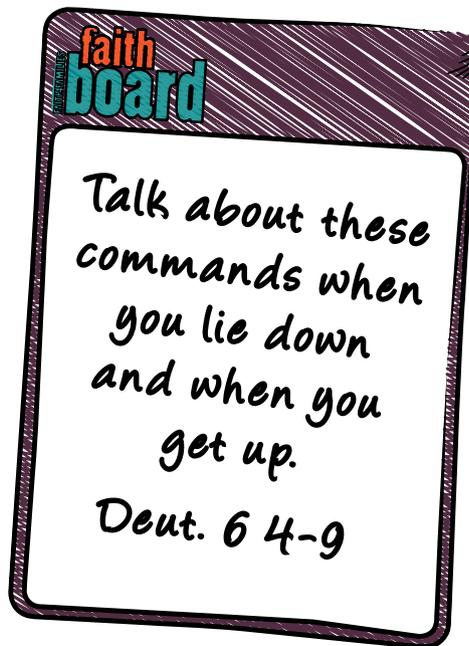
PRAY

- Place the picture cards on the table. Let everyone hold one, with the youngest choosing first.
- Then take turns asking God to help you all obey this particular commandment.

LIVE

This week begin to memorise the Ten Commandments. Keep the cards in a jar on the table and each night say one together before you say ‘grace.’ Then as we explore each one over the next ten weeks, we will learn to live in ways that make God proud of us.

(Don’t forget that when you have memorised them all you can order a ten commandments dogtag online at www.faithbox.co.nz as a reward.)



OTHER IDEAS

- Play a game of ‘memory’ with the commandment cards by turning them all over and guessing what each one is.
- Children can make a train engine cut out of card that says ‘God’s Rules to Live By,’ and over the next weeks, make carriages to add on, with one commandment written on each carriage.
- Take a large umbrella outside, where there is a hose or watering can.

Let everyone have a turn at standing under the umbrella while an adult rains water down on them. Come back inside and talk about why we have umbrellas; how they shelter us from the rain, and how God’s rules protect us.

CHECK OUT WHAT YOU NEED FOR NEXT WEEK...



APPENDIX

WEEK ONE

YOU MUST NOT HAVE ANY OTHER GODS BUT ME.

YOU MUST NOT MAKE ANY IDOL, OR BOW DOWN TO ONE OR WORSHIP IT.

YOU MUST NOT USE THE NAME OF THE LORD YOUR GOD IN THE WRONG WAY.

REMEMBER TO KEEP THE SABBATH DAY HOLY.

HONOUR YOUR FATHER AND YOUR MOTHER.



YOU MUST NOT COMMIT MURDER.

YOU MUST NOT COMMIT ADULTERY.

YOU MUST NOT STEAL.

YOU MUST NOT TELL LIES ABOUT OTHER PEOPLE.

YOU SHALL NOT COVET, OR BE ENVIOUS OF YOUR NEIGHBOUR.

HONOURING GOD
RESPECTING OUR PARENTS AND FAMILY
RESPECTING OTHERS