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♥ Marie



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WHAT'S IN THIS LESSON PACK:

IN THIS DOWNLOAD, I DON'T WANT YOU TO GET CONFUSED AS TO WHAT THE PAGES ARE. SO, LOOK BELOW TO GET A BRIEF IDEA OF WHAT IS ON EACH PAGE IN THIS SET. HAPPY TEACHING!

- PAGES 3–6 TEACHER'S LESSON GUIDE
- PAGES 7–8 RECOMMENDED SCRIPTURE TO BE READ BEFORE TEACHING LESSON
- PAGES 9–11 MOSES AND THE TEN COMMANDMENTS STORY
- PAGE 12 SONG SUGGESTIONS
- PAGE 13–14 GAMES & ACTIVITIES SUGGESTIONS
- PAGE 15–23 COLLECTION OF COLORING SHEETS AND HAND-OUTS



Teacher's Guide

Moses and the Ten Commandments

Scripture Focus: Exodus 19–24 (Ten Commandments)

Main Theme: God gives rules because He loves us and wants what is best for us.

Lesson Overview

In this lesson, students will learn that the Ten Commandments are God's loving instructions for His people. Through storytelling, discussion, and simple activities, children will understand that God's rules help us live safely, kindly, and in a way that honors Him.

Learning Objectives

By the end of the lesson, students will:

- Understand **why** God gave the Ten Commandments
- Identify that God's rules show **love and protection**
- Learn that mistakes can be forgiven when we ask God for help

Materials Needed

- Bible
- Printed story: *Moses and the Ten Con*
- Ten Commandments poster or printa
- Paper and crayons or colored pencils



The Ten Commandments
Exodus 20:1-17

Lesson Plan – Moses and The Ten Commandments

1. Welcome & Opening Prayer

Welcome the students and open with a short prayer.

Example:

“Dear God, thank You for bringing us together today. Help us learn how Your rules help us live in a way that pleases You. Amen.”

2. Introduction Activity

Ask the class:

- “Do you have rules at home?”
- “Why do you think parents make rules?”

Explain that rules aren't meant to be mean—they're meant to keep us safe. Tell students that today's story is about **rules God gave because He loves us.**

3. Story Time: Read-Aloud

Read the *Moses and the Ten Commandments* story aloud.

Tips:

- Pause to show pictures or gestures (mountain, thunder, cloud). **I encourage you to use the Ten Commandment Cards. Put each card up one at a time as you read through them in the story.**
- Keep your tone calm and engaging.

4. Guided Discussion

Ask simple questions to check understanding:

- “Why did God ask the people to get ready?”
- “Why was the mountain special?”
- “Why did God give rules to the people?”

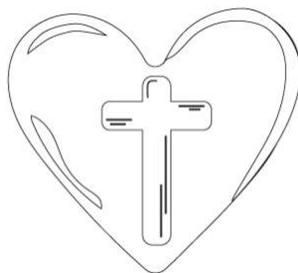
Reinforce the idea: **God’s rules help us and show His love.**

5. Commandments Explained Simply

Explain the Ten Commandments in kid-friendly terms:

- 1) Put God first
- 2) Worship only God
- 3) Use God’s name with respect
- 4) Rest and remember God
- 5) Respect parents
- 6) Be kind to others
- 7) Be faithful
- 8) Don’t steal
- 9) Tell the truth
- 10) Don’t be jealous

You do not need to list all ten in detail—focus on the **heart behind them.**



6. Activity Time

Choose one or more:

- Coloring Page
- Craft
- Game
- Songs

*Look over the Song & Activities Page to see what activities fit your students.

Closing Prayer

Close with a prayer thanking God for loving us and helping us make good choices.

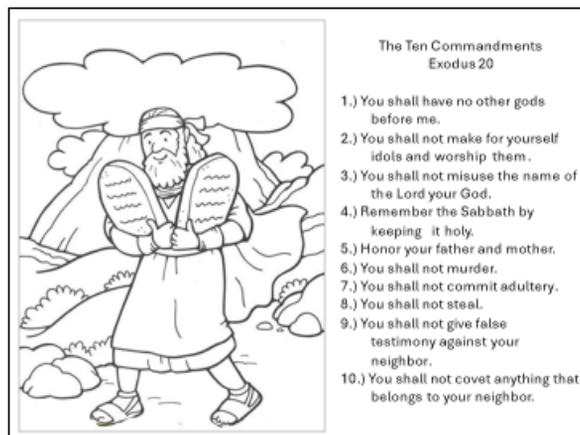
Example:

“Dear God, thank You for loving us and teaching us how to live. Help us follow Your rules and be kind to others. Amen.”

Teacher Reminder

Children may not remember every commandment—but they *will* remember that:

God loves them, forgives them, and helps them try again.



Moses and The Ten Commandments

Exodus 24

The Covenant Confirmed

24 Then the LORD said to Moses, “Come up to the LORD, you and Aaron, Nadab and Abihu, and seventy of the elders of Israel. You are to worship at a distance, ² but Moses alone is to approach the LORD; the others must not come near. And the people may not come up with him.”

³ When Moses went and told the people all the LORD’s words and laws, they responded with one voice, “Everything the LORD has said we will do.” ⁴ Moses then wrote down everything the LORD had said.

He got up early the next morning and built an altar at the foot of the mountain and set up twelve stone pillars representing the twelve tribes of Israel. ⁵ Then he sent young Israelite men, and they offered burnt offerings and sacrificed young bulls as fellowship offerings to the LORD. ⁶ Moses took half of the blood and put it in bowls, and the other half he splashed against the altar. ⁷ Then he took the Book of the Covenant and read it to the people. They responded, “We will do everything the LORD has said; we will obey.”

⁸ Moses then took the blood, sprinkled it on the people and said, “This is the blood of the covenant that the LORD has made with you in accordance with all these words.”

⁹ Moses and Aaron, Nadab and Abihu, and the seventy elders of Israel went up ¹⁰ and saw the God of Israel. Under his feet was something like a pavement made of lapis lazuli, as bright blue as the sky. ¹¹ But God did not raise his hand against these leaders of the Israelites; they saw God, and they ate and drank.

¹² The LORD said to Moses, “Come up to me on the mountain and stay here, and I will give you the tablets of stone with the law and commandments I have written for their instruction.”

¹³ Then Moses set out with Joshua his aide, and Moses went up on the mountain of God. ¹⁴ He said to the elders, “Wait here for us until we come back to you. Aaron and Hur are with you, and anyone involved in a dispute can go to them.”

¹⁵ When Moses went up on the mountain, the cloud covered it, ¹⁶ and the glory of the LORD settled on Mount Sinai. For six days the cloud covered the mountain, and on the seventh day the LORD called to Moses from within the cloud. ¹⁷ To the Israelites the glory of the LORD looked like a consuming fire on top of the mountain. ¹⁸ Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.

Moses and The Ten Commandments Story

The Israelites had been traveling through the desert for about three months—about as long as a long summer break—when they finally reached Mount Sinai. They were going to stay there for a while, and the mountain gave them a safe place to camp and rest. Once they settled in, Moses prepared to walk up the mountain to talk with God. That wasn't an easy task. Moses was already over 80 years old, and climbing a mountain took effort and determination.

God knew Moses was coming. He told Moses to go back down and prepare the people. Moses explained that everyone needed to wash themselves and clean their clothes. This was God's way of helping the people get ready to hear something very important. That's a little like why we sometimes dress nicely for church or special occasions. It helps us remember to slow down, behave respectfully, and focus on God.

Three days later, early in the morning, the Israelites were busy starting their day when suddenly the ground rumbled. There was lightning and thunder, and a thick cloud covered the mountain so no one could see the top. The mountain shook, and the sound of trumpets grew louder and louder. Anyone who had still been sleeping woke up very quickly!

Moses went up the mountain again, but this time God warned him. God told Moses to remind the people not to come too close. The mountain was holy because God was there. Moses went back down and made sure everyone understood that they were not to touch or climb the mountain.

After that, Moses went back up the mountain—and this time he stayed for a very long time: forty days and forty nights. God had a lot to teach him. God wanted to give His people rules to help them live better lives. These rules weren't meant to be harsh. God gave them because He loved His people and wanted to protect them.

That's a lot like when parents give rules. Rules like brushing your teeth or not hurting others aren't meant to be mean—they're meant to keep us safe.

God gave Moses many instructions, but today we're going to focus on the Ten Commandments. These are especially important, and every one of them matters just as much as the others.

The **first commandment** reminds us to put God first. Nothing—games, hobbies, friends, or even family—should be more important than God.

The **second commandment** tells us to worship only God. God wants our love and our prayers. He doesn't want us to worship statues or objects. God may be invisible, but He is always with us and listening.

The **third commandment** teaches us to use God's name with respect. God's name isn't something to use when we're angry or joking. It should be used when we're praying or speaking about Him in a kind and respectful way.

The **fourth commandment** reminds us to rest. God wants us to take time each week to slow down and remember Him. Even God rested after creating the world, and He knows we need rest too.

The **fifth commandment** tells us to honor our parents. This can be hard sometimes, especially when we don't agree. But parents care about us and are trying to protect us—even when it doesn't feel like it.

The **sixth commandment** teaches us not to hurt others. Imagine how different the world would be if everyone followed that rule.

The **seventh commandment** is about being faithful in marriage. God wants husbands and wives to love and respect each other.

The **eighth commandment** reminds us not to steal. We shouldn't take things that don't belong to us.

The **ninth commandment** tells us not to lie. Telling the truth is always better, even when it's hard. God sees and knows everything, and honesty matters to Him.

The **tenth commandment** reminds us not to be jealous of what others have. There will always be something new we want, but those things aren't what matter most. God is.

Now, this might feel like a lot. None of us follow these commandments perfectly—not even adults. When we make mistakes, God wants us to say sorry, ask for forgiveness, and try again.

God sees even the smallest mistake, but He is also loving and forgiving. When we disobey, it makes Him sad—not angry—because He wants what is best for us. That's why we say sorry to God, make things right with others, and keep trying to do better.



Song Suggestions

1. Movement Song: “We’re Going on a Bear Hunt” tune

We’re going up a mountain
We’re going to get commandments
To help us worship God
Hooray!

Movements include marching while making a mountain with your hands, holding ten fingers up for commandments, put hands together and head down in reverence to God for worship, and then hands up in the air for hooray!

2. “The Ten Commandments Song” (Tune: “*This Old Man*”)

Lyrics:

God gave ten commandments to show us how to live,
Love the Lord and love each other, all our hearts we give.
Put God first, be kind and true,
Help each other in what we do,
God gave ten commandments to show us how to live.

Tip: Add hand motions (counting on fingers, heart for love, pointing up for God).

2. “Trust and Obey” (Chorus Only)

Lyrics:

Trust and obey, for there’s no other way
To be happy in Jesus, but to trust and obey.

Why it works: It reinforces the idea that obedience comes from love, not fear.

Game Suggestions

1. “Follow the Leader” (Obedience Game)

Have one child be the leader. Others must follow simple actions.

Teaching Point:

God wants us to listen and follow His instructions because He loves us.

2. Red Light / Green Light (Choices Edition)

Call out situations:

- “Telling the truth” → Green Light
- “Stealing a toy” → Red Light

Helps kids think about right vs. wrong in real life.

Hands-On Activities/Craft

1. Stone Tablet Craft

- Use gray cardstock or brown bags to cut out tablet shapes
- Look at images on next page to get a better sense of Stone Tablet Craft versions.

Older Students: Students write one commandment or rule

- Younger Students:** Trace student’s hands on tablets and then let them put stickers on each finger 1-10 to represent that God gives us 10 fingers to help us remember the 10 commandments

2. Build Mount Sinai

- Stack blocks or cups into a mountain
- Use a flashlight for lightning

Great visual for younger kids.

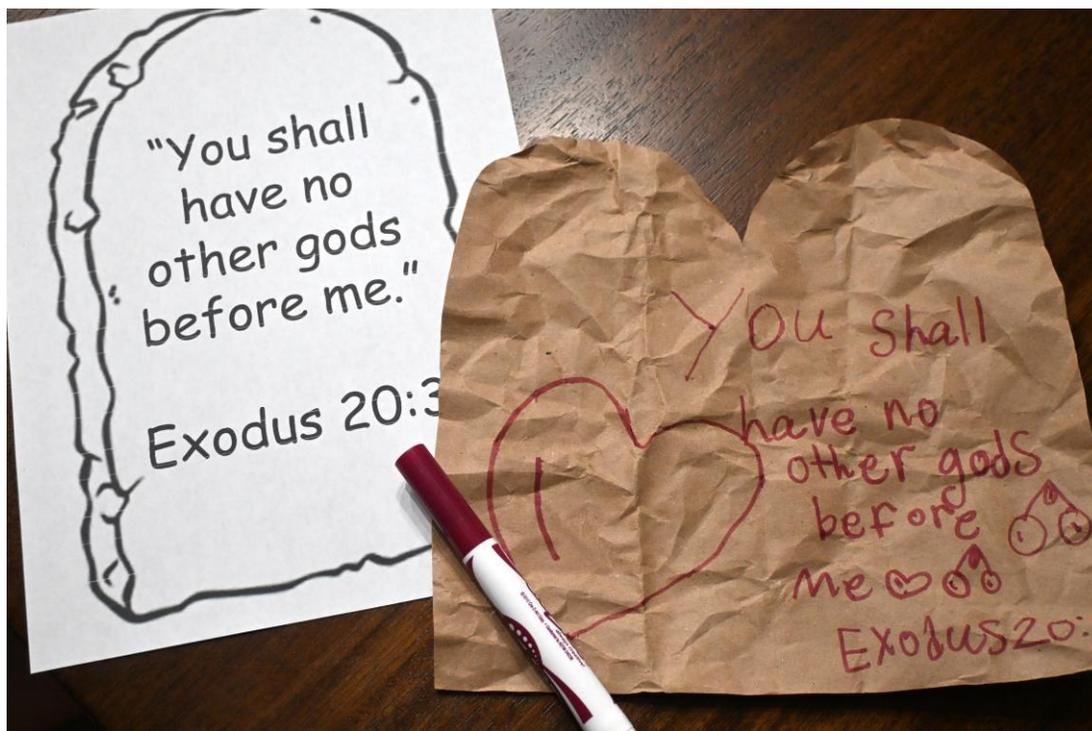
Closing Circle Activity

Sit in a circle and ask:

- “What is one rule God gives that helps others?”

Let each child share briefly.

Older Kids: I let the kids crinkle their papers to make them look more rugged. Use the last printout in this printable pack to let your student use as a guide to write onto their stone tablets.



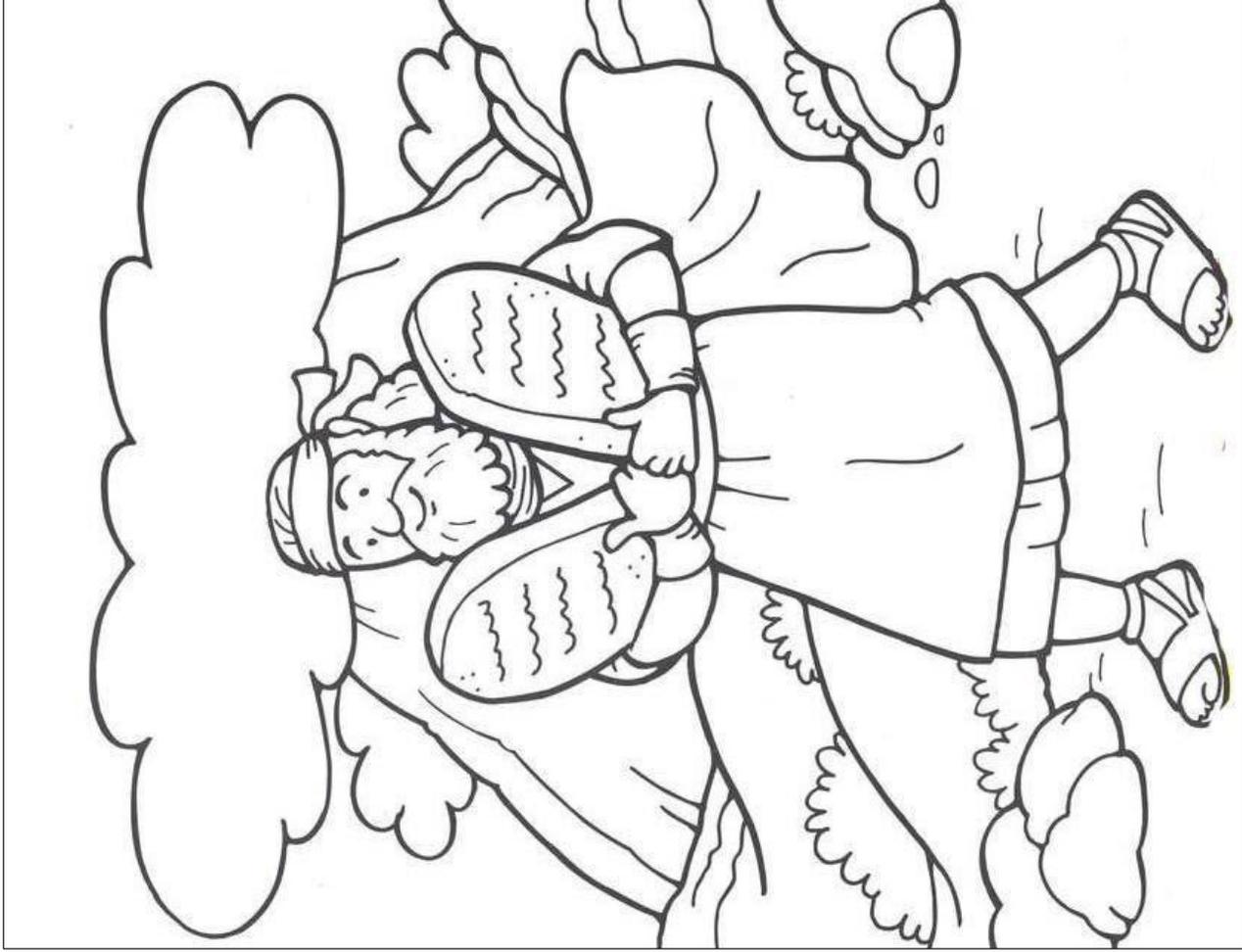
Younger Kids: I let the kids crinkle their papers to make them look more rugged. We trace the kids' hands on the tablets and then let them put sticker numbers on the fingers. Be aware to give the numbers out one by one or they will go everywhere!



The Ten Commandments

Exodus 20

- 1.) You shall have no other gods before me.
- 2.) You shall not make for yourself idols and worship them.
- 3.) You shall not misuse the name of the Lord your God.
- 4.) Remember the Sabbath by keeping it holy.
- 5.) Honor your father and mother.
- 6.) You shall not murder.
- 7.) You shall not commit adultery.
- 8.) You shall not steal.
- 9.) You shall not give false testimony against your neighbor.
- 10.) You shall not covet anything that belongs to your neighbor.

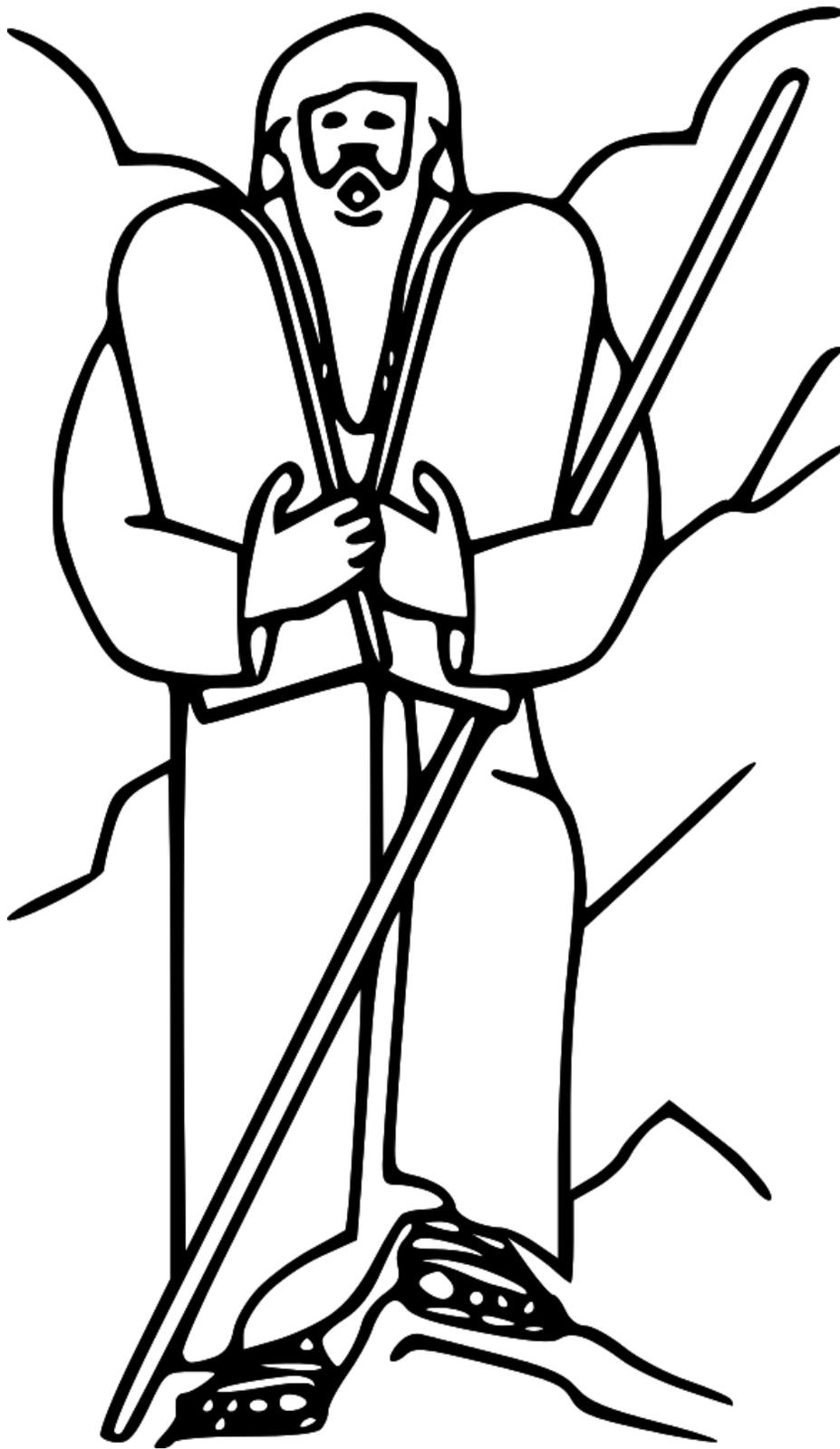


Moses and The Ten Commandments



The LORD said to Moses, "Come up to me on the mountain and stay here, and I will give you the tablets of stone with the law and commandments I have written for their instruction."

Exodus 24:12



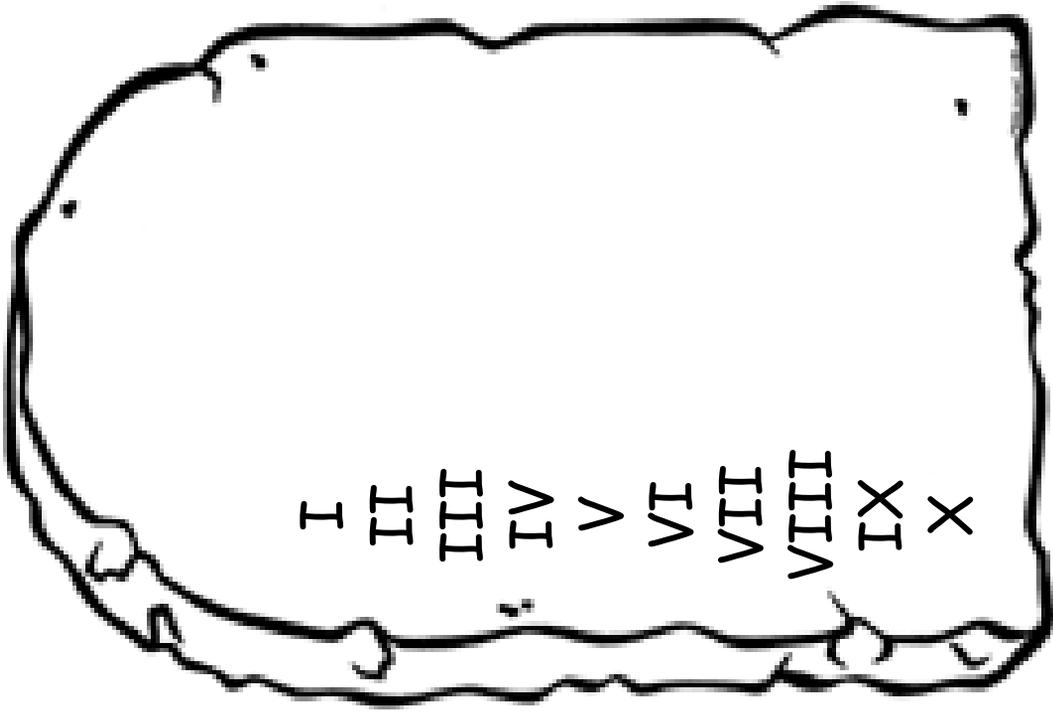
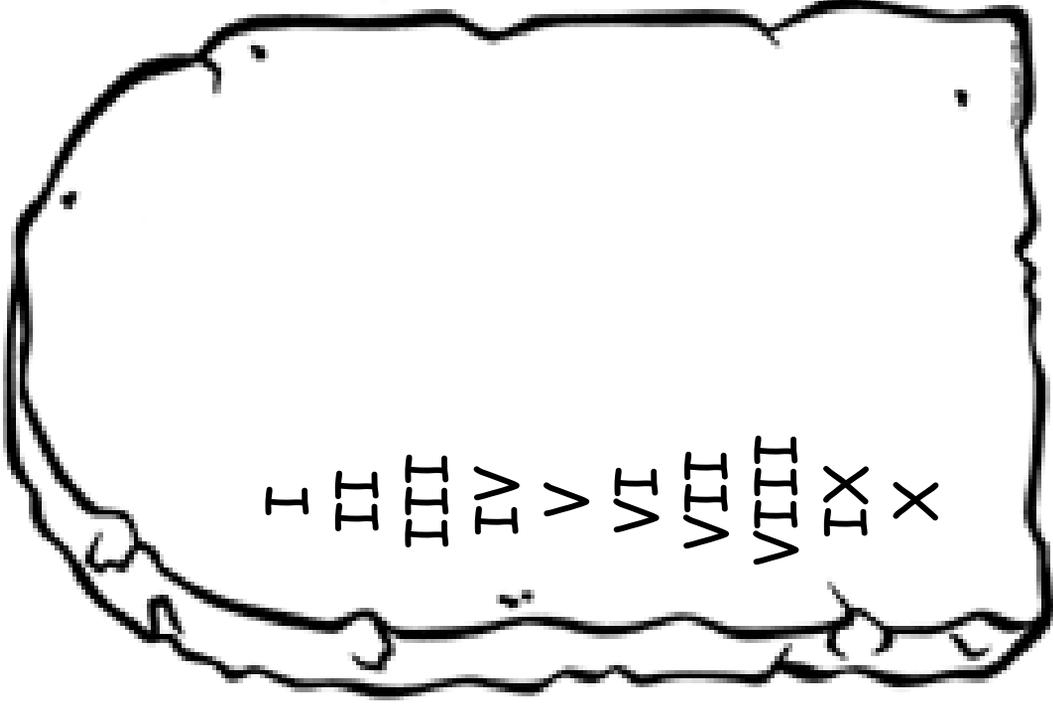
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The Ten Commandments
Exodus 20:1-17

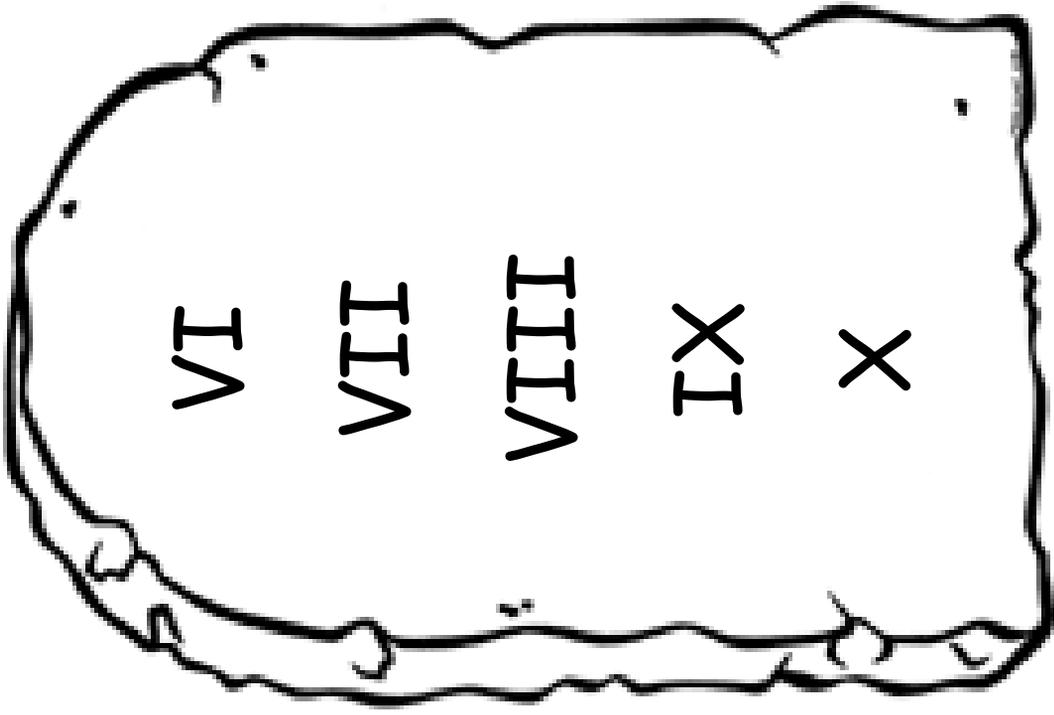
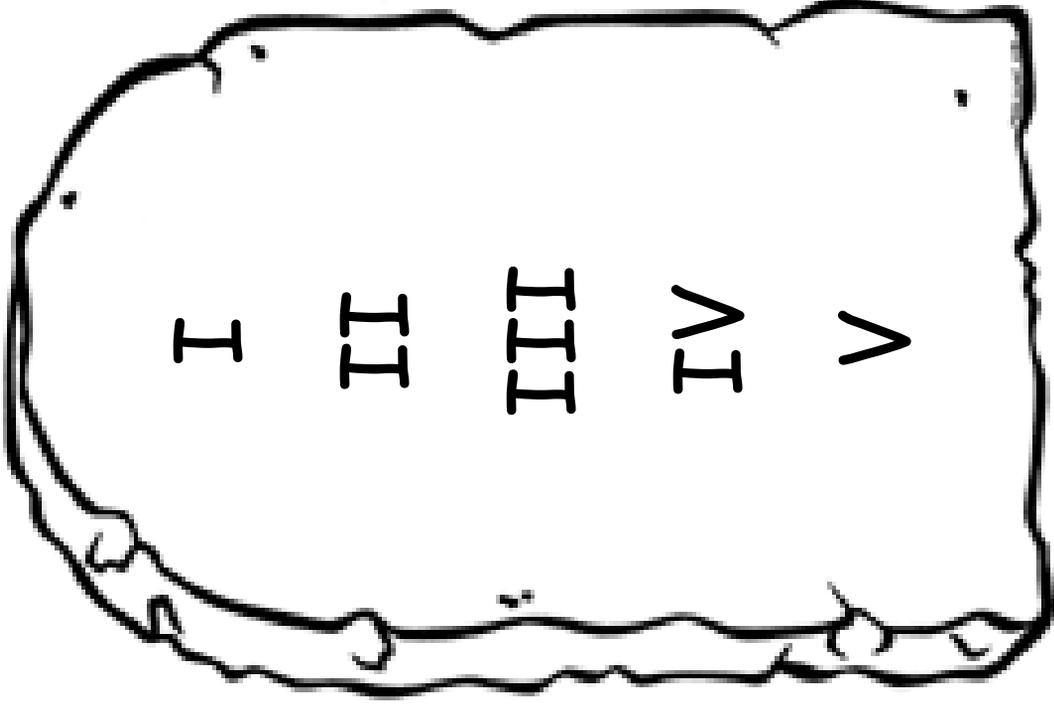
The Ten Commandments



“Moses turned and went down the mountain with the two tablets of the covenant law in his hands... The tablets were the work of God; the writing was the writing of God, engraved on the tablets.”

Exodus 32: 15-16

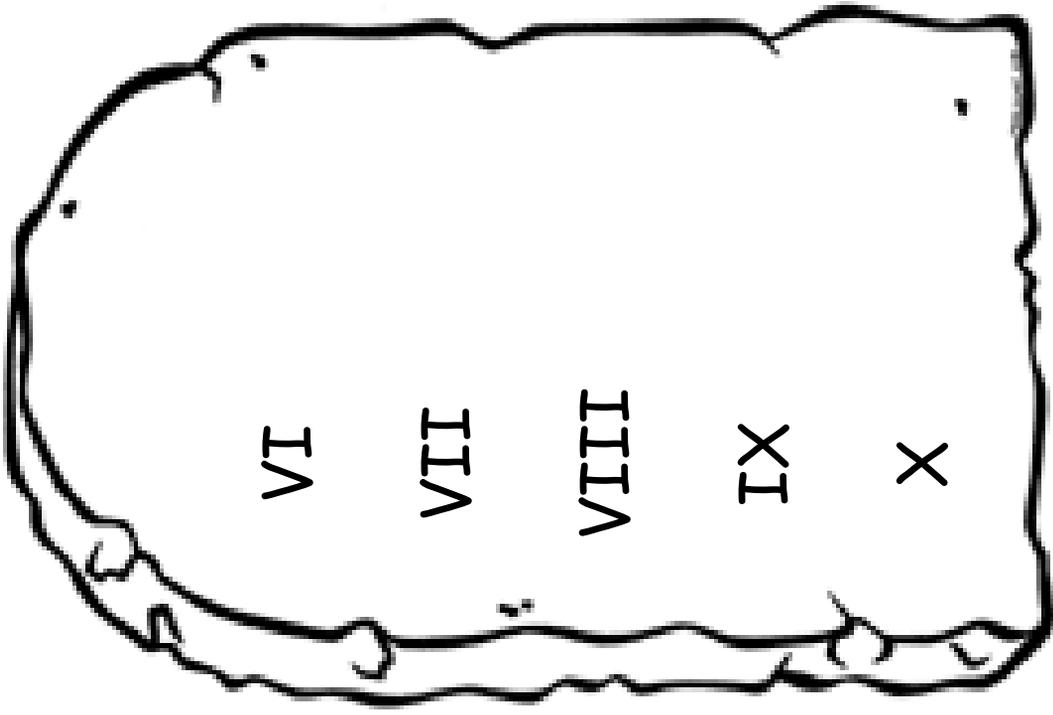
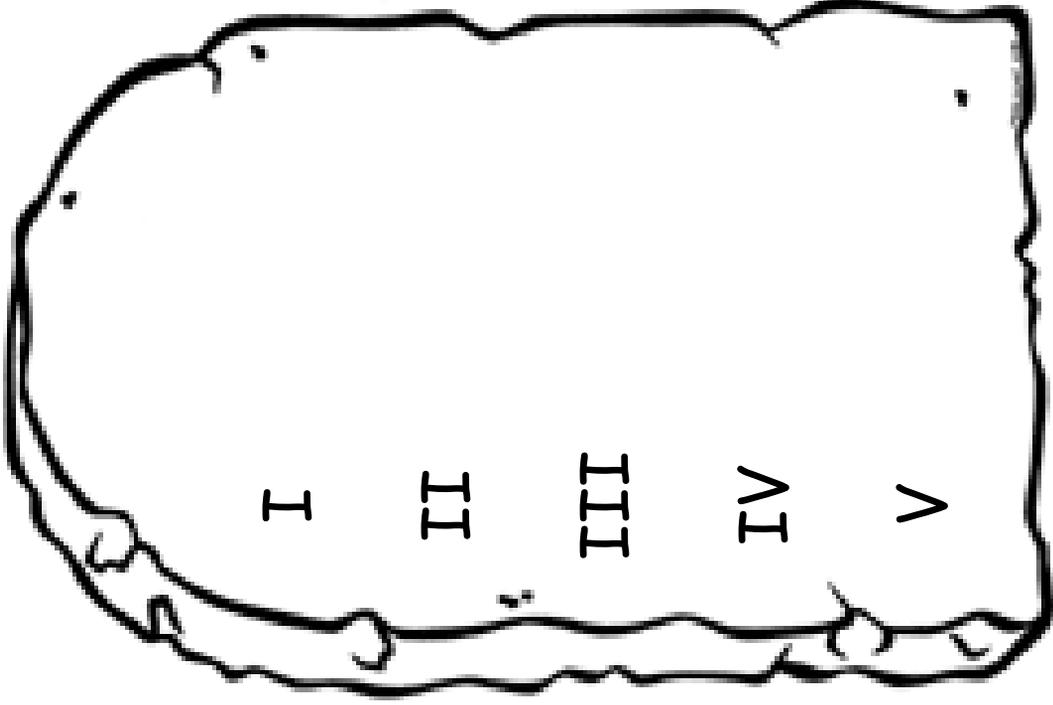
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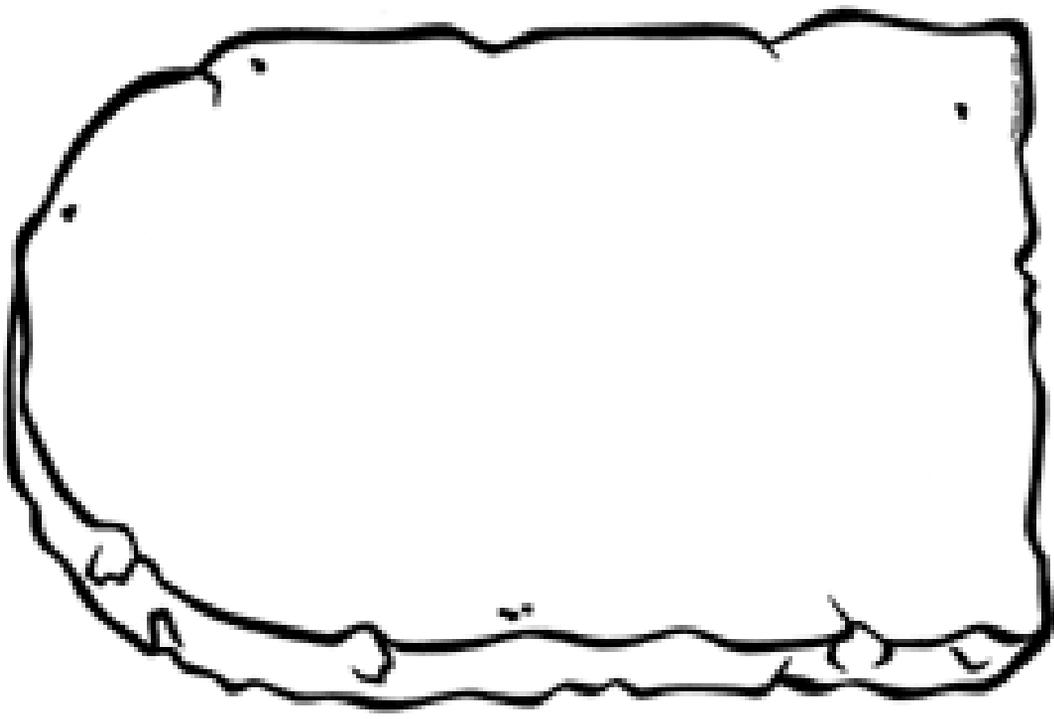
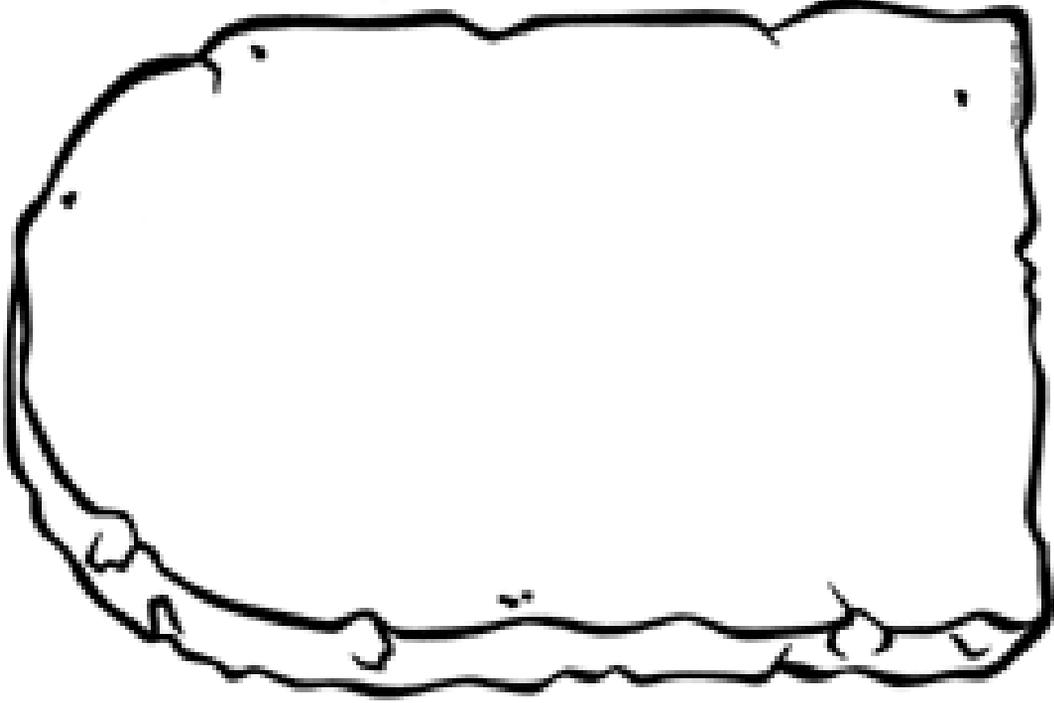
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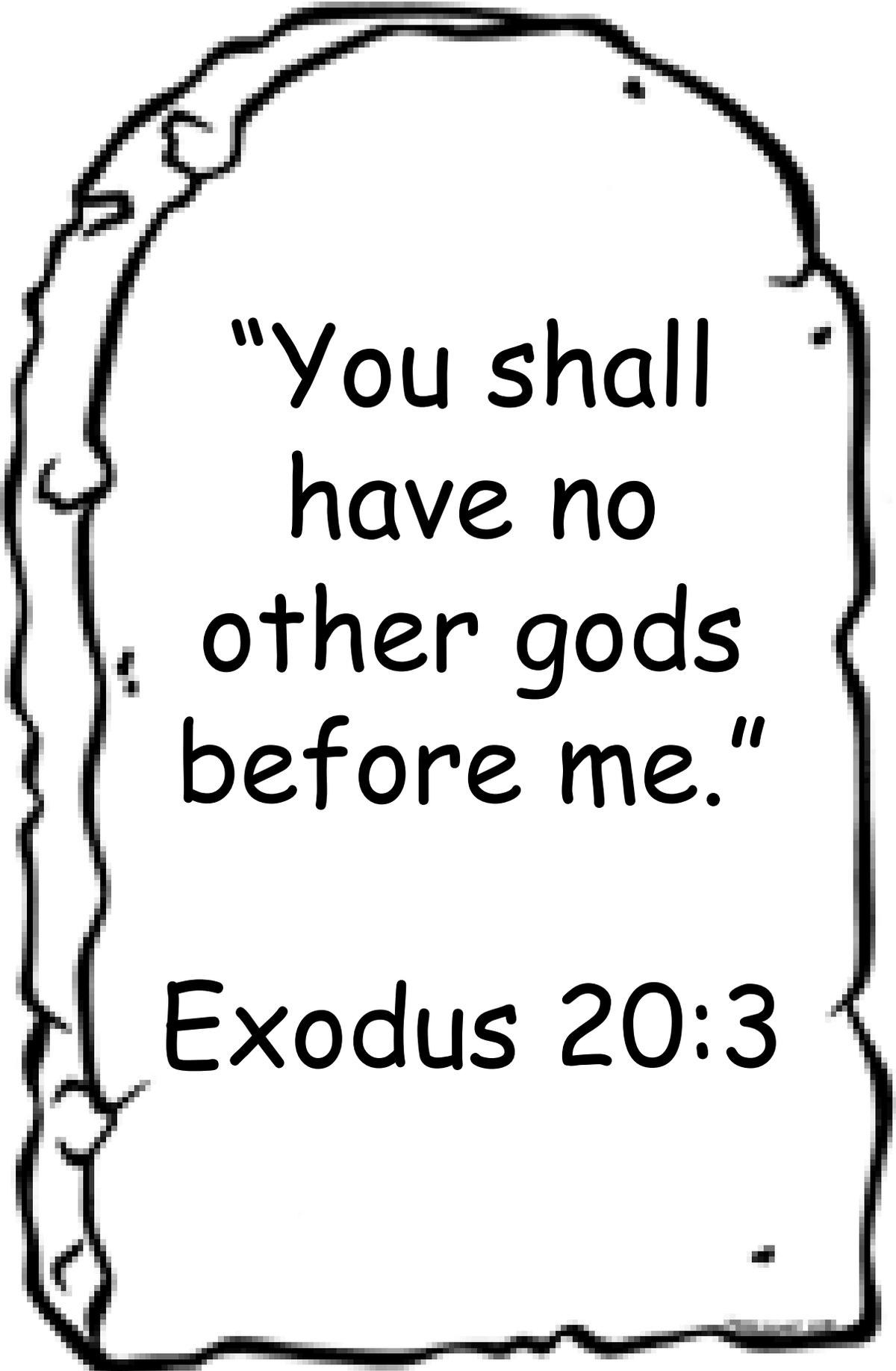
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Exodus 32: 15-16



"You shall
have no
other gods
before me."

Exodus 20:3