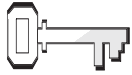
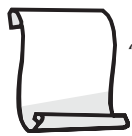


A Picture of God



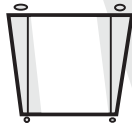
References

Exodus 19; 20:1-20;
Patriarchs and Prophets,
pp. 303-314



Memory Verse

"Great peace have those
who love your law, and
nothing can make
them stumble"
(Psalm 119:165).

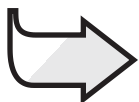


Objectives

The children will:
Know that they can
see God's love,
promises, and
protection in each
commandment.

Feel thankful for the gift of
God's commandments that
guide in our daily lives.

Respond by loving and accepting
the gift of God's commandments
to guide them each day.



The Message

God's commandments
help us understand
Him.

Monthly Theme

God reveals Himself to us.

The Bible Lesson at a Glance

God comes down onto Mount Sinai and speaks the Ten Commandments to the children of Israel. They are in awe and gain new respect and reverence for God and His commandments. They now have a better picture of what God is like and what He expects His people to be like.

This is a lesson about grace.

God wants us to live happy, abundant lives. Since He made us, He knows best what we need to be happy and safe. His Ten Commandments are a summary of His loving advice for happy living. He shares a piece of His character with us, so we may enjoy the benefits of a transformed life patterned after His.

Teacher Enrichment

"The popular name [Ten Commandments] in this, as in so many instances, is not that of Scripture. There we have the 'Ten Words.' The circumstances in which the Ten great *Words* were first given to the people surrounded them with an awe which attached to no other precept" (*Smith's Bible Dictionary*, p. 685).

"God purposed to make the occasion of speaking His law a scene of awful grandeur, in keeping with its exalted character. The people were to be impressed that everything connected with the service of God must be regarded with the greatest reverence" (*Patriarchs and Prophets*, p. 303).

Room Decorations

See Lesson 1.

Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students; hear pleased/troubled	none
1 Readiness Options	up to 10	A. <i>Ten Commandment Tablets</i> B. <i>Who Am I?</i>	modeling clay, toothpicks picture of someone famous, poster board, tape
Any Time Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	inexpensive gift for each child <i>Sing for Joy</i> <i>Children's Mission</i> offering container; music for "Wonderful, Wonderful" (<i>Sing for Joy</i> , no. 39) none
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	recording of thunder sound; bright, flashing light to simulate lightning; booming adult voice to say the Ten Commandments; trumpet blast (if possible), Bible cardboard cut in shape of Ten Commandments tablets, beanbag, memory verse written so all can see Bibles, 20 balloons, paper, straight pins
3 Applying the Lesson	up to 15	<i>Commandment Groups</i>	paper, pencils; white or chalkboard, markers (optional); Bible
4 Sharing the Lesson	up to 15	<i>Now I See Jesus!</i>	picture of Jesus for each child (see p. 140), waxed paper, tape

***Prayer and Praise may be used at any time during the program.**

TEACHING THE LESSON

Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Have them begin the Readiness Activity of your choice.

1

Readiness Activities

Select the activity most appropriate for your situation.

You Need:

- modeling clay
- toothpicks

A. Ten Commandment Tablets

Provide each child with a lump of modeling clay with which to fashion a small replica of the Ten Commandment tablets. Encourage them to use the toothpicks to carve the Roman numerals I to X on the front and their initials on the back. Place these aside to be used in next week's lesson. You may also want to make a few extras for children who might be present next week but aren't this week.

Debriefing

Say: **Our Bible story this week is about God's Ten Commandments.** Ask: **What do you know about God's commandments?** (They help me to live a better life; don't know; they are too strict, etc.) **God's commandments tell us about Him. Who can say one of the commandments?** Take answers. **What do you think that commandment tells us about God? Today's message tells us that . . .**



GOD'S COMMANDMENTS HELP US UNDERSTAND HIM.

Say that with me.

You Need:

- picture of someone famous
- poster board
- tape

B. Who Am I?

In advance, glue the picture onto poster board or light cardboard to stiffen it. Cut apart the picture so you can reassemble it during class, one feature at a time. For example, cut off the hair; cut out the eyes, nose, and mouth; etc.

In class, hold up the least-recognizable part of the picture so the class can see it. Say: **Do you know who this is?** Tape it to the board or to the wall. Add another piece of the face and continue to ask: **Do you know who this is?** until the children guess it correctly.

Debriefing

Ask: **Is it easy to recognize someone, even someone you know well, when you can't see all of them? But each time I added another piece of the face, it became clearer whose picture this is, didn't it? God's commandments are like that. God knew that after 400 years of slavery, the Israelites wouldn't recognize Him. So He gave them a picture of Himself in the Ten Commandments. Each one of them is like the hair or the nose or the eyes on the picture of _____. It tells us more about who God is. And that leads me to today's message.**



GOD'S COMMANDMENTS HELP US UNDERSTAND HIM.

Say that with me.

Prayer and Praise

Any
Time



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Review the memory verse and allow time for sharing experiences from last week's lesson study. Give a special warm greeting to visitors and introduce each by name. Acknowledge birthdays or special events.

Gather the class around you and give them all a special surprise—a pencil, small toy, etc. Tell them how glad you are to see them each week, and how blessed you are that God has asked you to teach them more about Him. Before class, make a list of at least one unique attribute of each child and share it as the others listen in. Explain the reason for the surprise: they are so special, and you just like to be with them.

You Need:

- inexpensive gift for each child



Suggested Songs

"Teach Me, Lord" (*Sing for Joy*, no. 110)

"Trust in the Lord" (*Sing for Joy*, no. 111)

"Trust and Obey" (*Sing for Joy*, no. 113)



Mission

Use a story from *Children's Mission* at <https://am.adventistmission.org/mq-children>.



Offering

Say: **Our lesson today is about the Ten Commandments and how they help us know what God is like. Many people all over the world don't know God, or they don't understand what He is really like. While we sing "Wonderful, Wonderful" (*Sing for Joy*, no. 39), bring the money that you want to share to help these people know our wonderful Lord.**

You Need:

- offering container
- *Sing for Joy* songbook



Prayer

Say: **Let's thank God for His grace in giving us the gift of the Ten Commandments to help us know Him. Then let's pray this prayer together from Psalm 119:18-33: "Open my eyes that I may see wonderful things in your law. . . . Teach me, Lord, the way of your decrees" [NIV]. Amen.** Pause after each phrase and have the children repeat it.

Bible Lesson

You Need:

- recording of thunder sound
- bright, flashing light to simulate lightning
- adult male with booming voice
- trumpet blast, if possible
- Bible

Experiencing the Story

Lead the children in responding with an action for each of the Ten Commandments as they are read. (Commandments are quoted from NIV.)

If possible, appoint an adult or teen to lead the responses.

When “the voice” says the:

When “the voice” says the:	They respond with:
1st Commandment	Look up and fold hands in prayer.
2nd Commandment	Shake heads as they bow.
3rd Commandment	Put finger over lips to shush them.
4th Commandment	Hold Bibles and sit still as if in church.
5th Commandment	Hug imaginary parents.
6th to 10th Commandments	Shake heads NO!

Read or tell the story.

God loved the Israelites. He wanted them to know Him and to know that He loved them. He wanted to keep them safe from all the bad things He knew could happen to them. He wanted to help them live happy lives.

He knew what they needed to be happy, so He gave them the Ten Commandments. Before He gave them to the Israelites, He reminded them who He was and how He had brought them out of Egypt. As He came down to Mount Sinai, a thick cloud covered the mountain. The people saw thunder and lightning, and heard a very loud trumpet blast. *[Do the thunder, lightning, and trumpet.]* The mountain shook. There was smoke

and fire as God descended. Everyone in the camp trembled. *[Tell the children to tremble.]*

From the top of the mountain God spoke the words of the first commandment *[adult voice]:* “**You shall have no other gods before me.**” *[thunder and lightning]* *[Children look up and fold hands in prayer.]* God had shown His power to the Israelites. He wanted them to respect His power by making Him the most important thing in their lives.

Then God said *[adult voice]:* “**You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them.**” *[thunder and lightning]* *[Children shake heads as they bow.]* For a long time the Israelites had been in Egypt where people worshipped many different kinds of idols. They no longer knew how to worship God. God knew that these idols couldn’t help anyone.

Giving the third commandment, God said *[adult voice]:* “**You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name.**” *[thunder and lightning]* *[Children put finger over lips to shush them.]* When we love someone, we don’t use their name in a way that is disrespectful or hurtful. We must not use God’s name in a bad way by swearing.

God’s fourth commandment is *[adult voice]:* “**Remember the Sabbath day by keeping it holy.**” *[thunder and lightning]* *[Children hold Bibles and sit still, as if in church.]* God knows that if we are too busy, we might forget about Him. God gave His people the Sabbath day as a special time to rest. To get to know Him

better. To remember the wonderful way He created us and cares for us.

When God gave the fifth commandment, He said *[adult voice]*: **“Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.”** *[thunder and lightning]* *[Children hug imaginary parents.]* God gave us parents to love us, to care for us, and to help us learn right from wrong. God wants us to love our parents. To care for them when they get older. To respect them and to obey them. God knew that living in loving families is best for us.

The next four commandments tell us how we should act toward other people *[adult voice]*: **“You shall not murder.”** *[thunder and lightning]* *[Children shake heads NO!]* God alone can give life and He wants us to respect and protect it.

“You shall not commit adultery.” *[thunder and lightning]* *[Children shake heads NO!]* God wants our families to be happy. He wants parents to be married to each other and to love each other in a special way they don’t share with anyone else.

“You shall not steal.” *[thunder and lightning]* *[Children shake heads NO!]* God wants us to respect the things that belong to others.

“You shall not give false testimony against your neighbor.” *[thunder and lightning]* *[Children shake heads NO!]* God’s words are true, and He wants all our words to be true too.

The last commandment tells us how we should feel when other people have nice things that we don’t have *[adult voice]*: **“You shall not covet . . . anything that belongs to your neighbor.”** *[thunder and lightning]* *[Children shake heads NO!]* To covet means to want something that belongs to someone else. But God tells us that He will give us what we need. He wants us to focus on Him, not on

other people and what they have.

God gave these commandments to the Israelites to help them understand Him. God knew the Israelites would be happier if they followed His rules.

The Ten Commandments still help us understand what God is like. They still give us a picture of a God who loves us and wants what is best for us.

Debriefing

Say: **Imagine that you heard God speak the Ten Commandments from the mountain. How did you feel?**

(scared; thrilled; I would respect God and His commandments even more) **If you love Jesus, what will you do?** Read aloud John 14:15. (Keep His commandments.) **How can we keep His commandments?** Read aloud Philippians 4:13. (We can do all that God asks us to do through Christ who gives us strength.) **Why did God give us the Ten Commandments?** (So we can understand what He is like and be more like Him.) **Let’s say today’s message together:**

GOD’S COMMANDMENTS HELP US UNDERSTAND HIM.



Memory Verse

In advance, divide the large sheet of cardboard into 15 squares. Print one word of the verse (Psalm 119:165, NIV) in each square. Print the reference in a square of its own.

Have the children take turns tossing a beanbag onto the squares in the correct order of the memory verse. Each child gets one turn. If the beanbag does not land in the correct square, the next child tries the same word.

For a more challenging game, prepare two games and have two teams working against the clock.

(Adapted from Barbara Manspeaker, compiler, *Children—Ideas for Ministry*, [Lincoln, Nebr. AdventSource, 1999], p. 1.)

You Need:

- large sheet of cardboard cut in the shape of the Ten Commandments tablets
- beanbag
- memory verse written in large letters where all can see

You Need:

- Bibles
- 20 balloons
- paper
- straight pins

Bible Study

In advance, write a shortened, simplified summary of each of the Ten Commandments on a single sheet of paper. For example:

- Have no other gods.
- Worship only God.
- Respect God's name.
- Remember the Sabbath.
- Honor your parents.
- Do not murder.
- Do not commit adultery.
- Do not steal.
- Do not lie.
- Do not covet.

Cut the commandments into small individual strips of paper. Insert one each into 10 balloons. Blow up the balloons and tie them off.

On a sheet of paper write the corresponding text where each of the Ten Commandments is found:

- | | |
|----------------|--------------|
| Exodus 20:3 | Exodus 20:13 |
| Exodus 20:4-6 | Exodus 20:14 |
| Exodus 20:7 | Exodus 20:15 |
| Exodus 20:8-11 | Exodus 20:16 |
| Exodus 20:12 | Exodus 20:17 |

Cut the above texts into small individual strips of paper; insert one text into each of 10 other balloons. Blow up the balloons and tie them off. Hang the 20

balloons around the room.

Give the children turns bursting a balloon with a straight pin. Each will keep the piece of paper they find in the balloon. When all the balloons have been popped, the children who have Bible texts read them. They then try to find another child who has the shortened commandment that goes with their Bible text.

Debriefing

Ask: **Which commandments help us know how to love God?** (commandments 1-4) **Which commandments help us know how to love people?** (commandments 5-10)

What do you think the world would be like if no one knew the Ten Commandments? (dangerous, unloving, unhappy) **What do you think the world would be like if everyone followed the Ten Commandments?**

Read aloud Psalm 19:7, 8a. **Do you want to have joy in your heart that comes from following the Lord's commandments? If you do, raise your hand.** (Allow time for a response.) **God will help you keep His commandments so you can know Him and be more like Him. What are you going to remember? Let's say today's message:**



**GOD'S COMMANDMENTS
HELP US UNDERSTAND HIM.**

3

Applying the Lesson

Commandment Groups

Divide the class into 10 groups. (A group may be one student.) Give each group one of the commandments written on a small piece of paper. If you have fewer than 10 students, give each more than one commandment. Allow children two minutes to think of ways to put that commandment into use in their daily lives, or to describe a situation when that commandment would apply. For example, for the first commandment, students may think of things they might be tempted to put before God, such as watching TV, sports heroes, getting money, etc.

At the end of the two minutes, bring the groups together to report to the full class. Write their answers for all to see and discuss.

Debriefing

Ask: **What does the commandment you worked on tell you about God?** (Accept answers.) **Why is it sometimes hard to keep God's commandments?** Read aloud Romans 8:7, 8. (We are naturally sinful and against God's law. But Jesus can change us to want to be like Him.) **What do you desire to do with God's law?** (To keep it with all my heart; don't know, etc.) Read aloud Psalm 119:97. **Jesus can help you to say that and mean it. If that is your wish, raise your hand.** (Wait for a response.) **Let's say our message together:**



**GOD'S COMMANDMENTS
HELP US UNDERSTAND HIM.**

You Need:

- paper
- pencils
- chalk/white board and markers (optional)
- Bible

4

Sharing the Lesson

Now I See Jesus!

Before showing the pictures to the children, tape a piece of waxed paper over the top and bottom of one picture, leaving sides unattached. With your fingers, pull the waxed paper away from the sides. This will obscure the picture. Ask the children if anyone can identify it. Then place the waxed paper flush with the picture and repeat the question. As they recognize the picture, explain that God gave us His law to help us see what He and Jesus are like. Give each child a picture and a piece of waxed paper. Let them repeat the activity and take their picture home and give it to someone.

Debriefing

Ask: **What will you say and do when you give your picture to someone?** (Show the picture when it is not clear and then make it clear. Then tell them that God gave us the commandments to help us to see more clearly what He is like.) **How have God's commandments helped you make wiser choices?** (Accept answers.) **Share your experience as you give your picture to someone. Remember:**



**GOD'S COMMANDMENTS
HELP US UNDERSTAND HIM.**

You Need:

- a picture of Jesus for each child (see p. 140)
- waxed paper
- tape

Closing

Say Psalm 119:97 as a closing prayer ("Oh, how I love your law!").

A Picture of God

References

Exodus 19; 20:1-20; Patriarchs and Prophets, pp. 303-314

Memory Verse

“Great peace have those who love your law, and nothing can make them stumble” (Psalm 119:165).

The Message

God’s commandments help us understand Him.

Mika jumped up and down with excitement as she looked at the letter from her grandma. In the letter was a picture of Grandma in her new garden. It helped Mika see exactly how Grandma looked now, and it reminded her of the fun things they had done. Letters, photos, phone calls, and video chats help you remember what that person is like. In today’s lesson God gave the Israelites some words that helped them know what He is like.

This was the day. God had told the Israelites to get ready; He was coming to Mount Sinai to talk to them. For two days they had been getting ready, washing their clothes, and above all, staying away from the mountain. God had forbidden them to touch it.

Thunder and lightning and a thick, dark cloud hung over the mountain. Suddenly a loud trumpet blasted! The people trembled. Moses led the people to the foot of the mountain.

Smoke covered the mountain, and the earth shook. The sound of the trumpet grew louder and louder. Then God spoke. “I am the Lord your God, who brought you out of Egypt, out of the land of slavery” (Exodus 20:2).

First, God reminded the Israelites who He was. He loved them. He wanted them to know and love Him too. He knew

what they needed to be happy. So He came to Mount Sinai to give them the Ten Commandments.

God spoke, “You shall have no other gods before me” (verse 3). God wanted

them to respect His power, to make Him

the most important thing in their lives.

Then God said, “You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them” (verses 4, 5). For a long time the Israelites had been in Egypt, where people worshipped many idols. They had forgotten how to worship God.

God spoke again. “You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name” (verse 7). When we love someone, we are careful to respect their name.

For the fourth commandment, God said: “Remember the Sabbath day by keeping it holy” (verse 8). God gave us the Sabbath as a special time to rest and to get to know Him better. He also wants us to remember the wonderful way He created us and cares for us.

When God gave the fifth commandment, He said: “Honor your father and your mother, so that you may live long in the land the Lord your God is giving you” (verse 12).

God gave us parents to love us, to care for us, and to help us learn right from wrong. In return, God wants us to respect them, and obey them. God knew that living in loving families is best for us.

The next four commandments were short, telling the Israelites how they were to act toward other people.

“You shall not murder” (verse 13).

God alone can give life, and He wants us to respect and protect it.

“You shall not commit adultery” (verse 14). God wants happy families. He wants parents to be married to each other and to love each other in a special way they don’t share with anyone else.

“You shall not steal” (verse 15). God wants us to respect the things that belong to others.



"You shall not give false testimony against your neighbor" (verse 16). God's words are true, and He wants our words to be true.

The last commandment told the Israelites how they should feel when other people have nice things that they don't have. "You shall not covet . . . anything that belongs to your neighbor" (verse 17). God wants us to focus on Him, not on other people and what they have.

God gave these commandments to the Israelites to help them understand Him and what is important to Him. And God knew the Israelites would be happier if they followed His rules.

Even today God's rules still tell us what is important to Him. The Ten Commandments still help us understand what God is like. They still give us a picture of a God who loves us and wants what is best for us.

Daily Activities

Sabbath

- If possible, go outside with your family and read your Bible lesson story. Imagine that you are looking up at Mount Sinai while God spoke the Ten Commandments.
- Read Psalm 119:165 together. Explain it to your family.
- Sing "Trust and Obey" (*Sing for Joy*, no. 113). Do you want to trust and obey God?

Sunday

- Read Exodus 19:1-12, 16-20 during family worship. Make a picture of the mountain when God gave the Ten Commandments.
- Why did God want the Israelites to know His commandments? How do they help us today?
- Say your memory verse to an adult.

Monday

- During family worship, read Exodus 20:1-6.
- Draw the Ten Commandment tablets on big paper. You will add to this poster all week. Ask a family member to help you. On another paper, rewrite the first two commandments in your own words. Be positive and write without using the word *not*. Hint: Write the first commandment like this: 1. "Put God first in everything." Copy that to the top left of your tablet. Add a picture symbol beside the words. Do the same with the second commandment.
- Say your memory verse, then tell what it means.

Tuesday

- With your family read Exodus 20:7-11. Rewrite the third and fourth commandments in your own words (be positive) and add them to the left side of the commandment tablet made yesterday.
- Act out any two commandments.
- Say your memory verse to a friend.

Wednesday

- Read Exodus 20:12, 13 during family worship. Rewrite and add the fifth and sixth commandments to the right side of your commandment tablets. Remember, be positive!
- Play "Ten Commandment Hopscotch." Make a hopscotch game with 10 squares. For each turn, throw the stone to a different square. As you hop over it, say the commandment for that number and tell what it means. End by saying your memory verse together.

Thursday

- With your family, read Exodus 20:14, 15. Rewrite the seventh and eighth commandments using positive words and add them to your commandment tablets.
- Ask your family to tell what the Ten Commandments are like. (For example, The Ten Commandments are like a guardrail on a steep mountain road.) Tell why.
- Sing your memory verse to a tune that you know, or make up a new tune.

Friday

- During family worship, read Exodus 20:16, 17. Add the ninth and tenth commandments to your commandment tablets. Remember to write them in a positive way! Then talk about all Ten Commandments. Say or sing your memory verse.
- Make and cut out two red paper hearts. Put a picture of Jesus on one and the Ten Commandments on the other. Put glue around the edges of the hearts and join them together. Be sure the picture of Jesus and the Ten Commandments are inside. Say to Jesus, "I have hidden your word in my heart that I might not sin against you" (Psalm 119:11).