

# ***Upper Elementary***


## ***Ten Commandments***

All scripture quotations are taken from the World English Bible, 2020.


## Checklist

- ☐ Compass
- ☐ Toy gemstone (or real, such as a diamond ring or earring)
- ☐ Dirt or mud
- ☐ Long stick (limbo)


Topic:	Ten Commandments
Intro:	<p>Show children the compass. Ask them to describe what it does. It guides us in the right direction. Without a compass, hiking in the woods would be very dangerous. Now we have GPS, too. But that is basically just a very fancy computerized compass. God gave us a compass, too. Do you know what it is? (the Bible/the ten commandments) God's word guides us in the right direction. And one of the best 'short versions' of His word, is the ten commandments.</p>
Exodus 19:1-6	<p>In the third month after the children of Israel had gone out of the land of Egypt, on that same day they came into the wilderness of Sinai. When they had departed from Rephidim, and had come to the wilderness of Sinai, they encamped in the wilderness; and there Israel encamped before the mountain. Moses went up to God, and Yahweh called to him out of the mountain, saying, "This is what you shall tell the house of Jacob, and tell the children of Israel: 'You have seen what I did to the Egyptians, and how I bore you on eagles' wings, and brought you to Myself. Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be My own possession from among all peoples; for all the earth is Mine; and you shall be to Me a kingdom of priests and a holy nation.' These are the words which you shall speak to the children of Israel."</p>
	<p>God has always had a special plan for the world. He knew He would send His son to earth to die for our sins. Jesus was born into a special family, in a special nation. He was an Israelite, or Hebrew. God used this nation to show the world what He is like. He says the whole world is His, but with this one nation, He would have a special relationship.</p>



### The Ten Commandments




**Compass (noun)**  
1. An instrument for finding directions by a magnetized needle pointing north.



Exodus 19:1-6  
In the third month after the children of Israel had gone out of the land of Egypt, on that same day they came into the wilderness of Sinai. When they had departed from Rephidim, and had come to the wilderness of Sinai, they encamped in the wilderness; and there Israel encamped before the mountain. Moses went up to God, and Yahweh called to him out of the mountain, saying, "This is what you shall tell the house of Jacob, and tell the children of Israel: 'You have seen what I did to the Egyptians, and how I bore you on eagles' wings, and brought you to Myself. Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be My own possession from among all peoples; for all the earth is Mine; and you shall be to Me a kingdom of priests and a holy nation.' These are the words which you shall speak to the children of Israel."

God commanded the Israelites to obey His \_\_\_\_\_ and keep His \_\_\_\_\_.

Exodus 19:16-19	On the third day, when it was morning, there were thunders and lightnings, and a thick cloud on the mountain, and the sound of an exceedingly loud trumpet; and all the people who were in the camp trembled. Moses led the people out of the camp to meet God; and they stood at the lower part of the mountain. All of Mount Sinai smoked, because Yahweh descended on it in fire; and its smoke ascended like the smoke of a furnace, and the whole mountain quaked greatly. When the sound of the trumpet grew louder and louder, Moses spoke, and God answered him by a voice.
	Have you ever seen someone famous, like a sports player, actor or singer, being announced? There may be colored lights, smoke coming from the ground, special music and a big spotlight. This is to get everyone's attention. Do you think the way God appeared to Moses on the mountain got his attention? What about the attention of the people down below? What would you think if you saw all that is described here?




Exodus 19:16-19

On the third day, when it was morning, there were thunders and lightnings, and a thick cloud on the mountain, and the sound of an exceedingly loud trumpet; and all the people who were in the camp trembled. Moses led the people out of the camp to meet God; and they stood at the lower part of the mountain. All of Mount Sinai smoked, because Yahweh descended on it in fire; and its smoke ascended like the smoke of a furnace, and the whole mountain quaked greatly. When the sound of the trumpet grew louder and louder, Moses spoke, and God answered him by a voice.

2

**i** Where is Mount Sinai? There are a few locations that archaeologists and biblical scholars debate is the right mountain. The mountain that has been given the name Mount Sinai is in the Sinai Peninsula of Egypt. In Arabic (the language of Egypt) it is called Jabal Musa, which means 'The Mountain of Moses.' It is 7,497 feet tall and surrounded by taller mountains.



Exodus 20:1-3	God spoke all these words, saying, "I am Yahweh your God, who brought you out of the land of Egypt, out of the house of bondage."
	God wants to be first in our hearts. Is there anything in your life right now that is more important than God? If so, that thing is taking away from your love for God. How can you keep God first in your life?
Exodus 20:4-6	"You shall not make for yourselves an idol, nor any image of anything that is in the heavens above, or that is in the earth beneath, or that is in the water under the earth: you shall not bow yourself down to them, nor serve them, for I, Yahweh your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and on the fourth generation of those who hate me, and showing loving kindness to thousands of those who love me and keep My commandments."
	Can we see God? (no, though God the Son took on a human body for a time on earth) God is invisible. He is not a statue made by human hands. Everyone else at that time worshiped statues of pretend gods. They bowed down to statues and prayed to them. The Bible tells us that a statue cannot be God. God made us, we cannot make gods.

**The First Commandment**

Exodus 20:1-3

God spoke all these words, saying, "I am Yahweh your God, who brought you out of the land of Egypt, out of the house of bondage."

2

Originally, the Israelites were the only ones to worship only the one, true God. All other people around them worshipped many gods. They believed their gods acted like humans and would often lie, cheat and steal in the stories about them.

**The Second Commandment**

Exodus 20:4-6

"You shall not make for yourselves an idol, nor any image of anything that is in the heavens above, or that is in the earth beneath, or that is in the water under the earth: you shall not bow yourself down to them, nor serve them, for I, Yahweh your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and on the fourth generation of those who hate me, and showing loving kindness to thousands of those who love me and keep my commandments."

The people all around the Israelites worshipped idols. They made statues out of wood, metals and stone. Many had the heads of animals.

Exodus 20:7	"You shall not misuse the name of Yahweh your God, for Yahweh will not hold him guiltless who misuses His name.
gemstone & dirt	"Oh my..." we know what comes next. People say God's name all the time to show that they are excited, scared, happy, angry or just trying to sound cool. You may hear your friends say it, but the Bible tells us not to use God's name in such a casual way. Saying God's name when we're not really talking about God is like taking a beautiful gemstone and covering it with mud. (If using toy gemstone, cover it in dirt/mud, if using real jewelry, just pretend you are going to.)
Exodus 20:8-11	"Remember the Sabbath day, to keep it holy. You shall labor six days, and do all your work, but the seventh day is a Sabbath to Yahweh your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates; for in six days Yahweh made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore Yahweh blessed the Sabbath day, and made it holy.
	The Sabbath day was a day God set aside for the children of Israel to rest and worship Him. It is similar to Sunday when many families take special time to attend church. God also knew that rest is important for our bodies. If He didn't give them this rule, many people would keep working to make as much money as possible, and then they might get sick from too much work. Scientific studies actually show that the body needs to rest about once a week.

The Third Commandment

Exodus 20:7

"You shall not misuse the name of Yahweh your God, for Yahweh will not hold him guiltless who misuses His name."

3

יהוה

God's name written in Hebrew

The Fourth Commandment

Exodus 20:8-10a

"Remember the Sabbath day, to keep it holy. You shall labor six days, and do all your work, but the seventh day is a Sabbath to Yahweh your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates; for in six days Yahweh made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore Yahweh blessed the Sabbath day, and made it holy."

Sabbath (noun)

1. The seventh day, on which the Israelites were to stop all work.
2. Originated from the Hebrew word Sabbat, which means to stop or to keep.

Exodus 20:12	"Honor your father and your mother, that your days may be long in the land which Yahweh your God gives you."
	God wants us to live happily with our families. Parents are put in charge because they have lived longer. They have had more practice at life and have learned many lessons their children have not had time to learn yet. Parents are not perfect. Even with all their experience, they may still mess up. If this happens, we should respect our parents. If we disagree with their decisions, we have to be respectful about it, and accept that they have the final say. The Bible later called this rule the first commandment with promise. God promises to reward us for respecting our fathers and mothers.
Exodus 20:13	"You shall not murder."
	This one is easy. Is anyone here a murderer? Nope! We know it is wrong to kill another person. But Jesus, and later John, compared hating someone to murder.
Matthew 5:21-22a	"You have heard that it was said to the ancient ones, 'You shall not murder;' and 'Whoever murders will be in danger of the judgment.' But I tell you that everyone who is angry with his brother without a cause will be in danger of the judgment."
1 John 3:15	Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.
	That means that if you hate someone, it is like murdering them in your heart. That could easily make each of us a murderer. Have we ever felt hate toward a classmate, sibling, teacher or even a parent? It's okay to get upset, and in some cases it's okay to feel anger, but when we feel hate toward a person, we are breaking this commandment.

4

The Fifth Commandment

Exodus 20:12

"Honor your father and your mother, that your days may be long in the land which Yahweh your God gives you."

The Sixth Commandment

Exodus 20:13

"You shall not murder."

Matthew 5:21-22a

"You have heard that it was said to the ancient ones, 'You shall not murder;' and 'Whoever murders will be in danger of the judgment.' But I tell you that everyone who is angry with his brother without a cause will be in danger of the judgment."

1 John 3:15

Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

If you \_\_\_\_\_ someone, it is like \_\_\_\_\_ in your heart.



Exodus 20:14

"You shall not commit adultery."

God has a plan for families. He wants moms and dads to love each other. He wants them to have happy marriages. Right now, you are too young to get married so you cannot break this commandment. But can you do anything to help? Let your parents know how much you appreciate them. Maybe you can make them a card or gift for their anniversary. Ask them to tell you what it was that made them fall in love with each other. Learn from the Christian married couples you know, so when you are older, you will understand how to treat your husband or wife.

Exodus 20:15

"You shall not steal."

Did you ever walk into a bank and rob it? (no) But what about taking two cookies when your mom said you were only allowed one? What about grabbing your favorite game at playtime when it was someone else's turn to choose first? What about downloading a song illegally? God wants us to be honest. That means even the tiny things that we think don't really matter. Nothing is too small of a thing to matter to God.

Exodus 20:16

"You shall not give false testimony against your neighbor."

Would you like it if your brother or sister told your parents you hit him or her when you didn't? What if a classmate told the teacher you cheated off his test when that was untrue? No one wants other people telling lies about them. So you should never say something untrue about anyone else. Even if it will get you out of trouble, even if it's to get back for telling on you, even if they did something wrong another time but didn't get caught.

Exodus 20:17a

"You shall not covet."

Are you happy with what you have? Even if you are very blessed with things, there will always be someone out there with nicer clothes, toys, games, bikes, etc. God wants us to be content. Content means almost the same thing as happy. It means that you are satisfied and not longing for more. Like when you're not hungry, but you're not stuffed, either. You're just content.

The Seventh Commandment

5

Exodus 20:14

"You shall not commit adultery."



The Eighth Commandment

Exodus 20:15

"You shall not steal."



The Ninth Commandment

Exodus 20:16

"You shall not give false testimony against your neighbor."



The Tenth Commandment

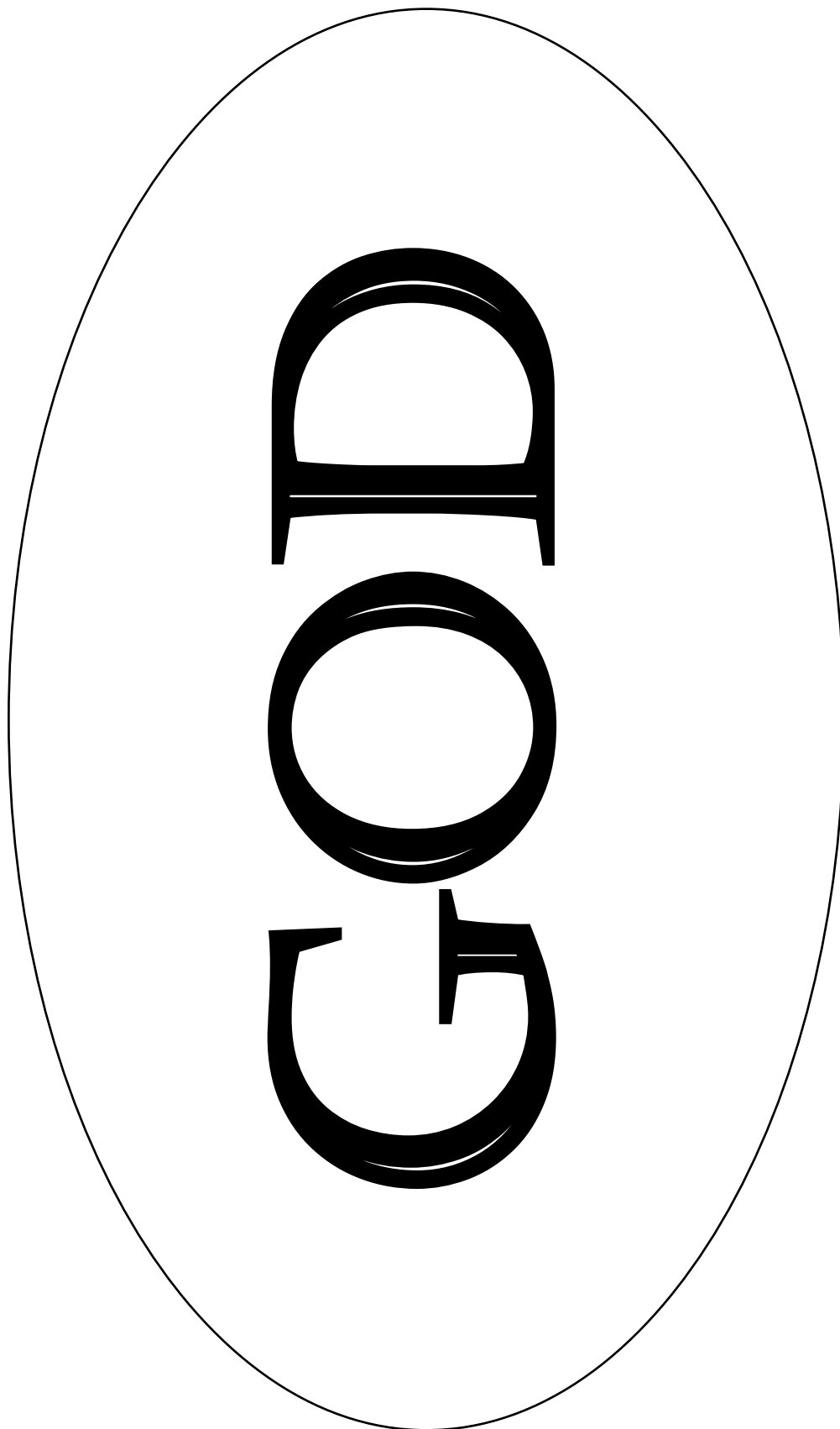
Exodus 20:17a

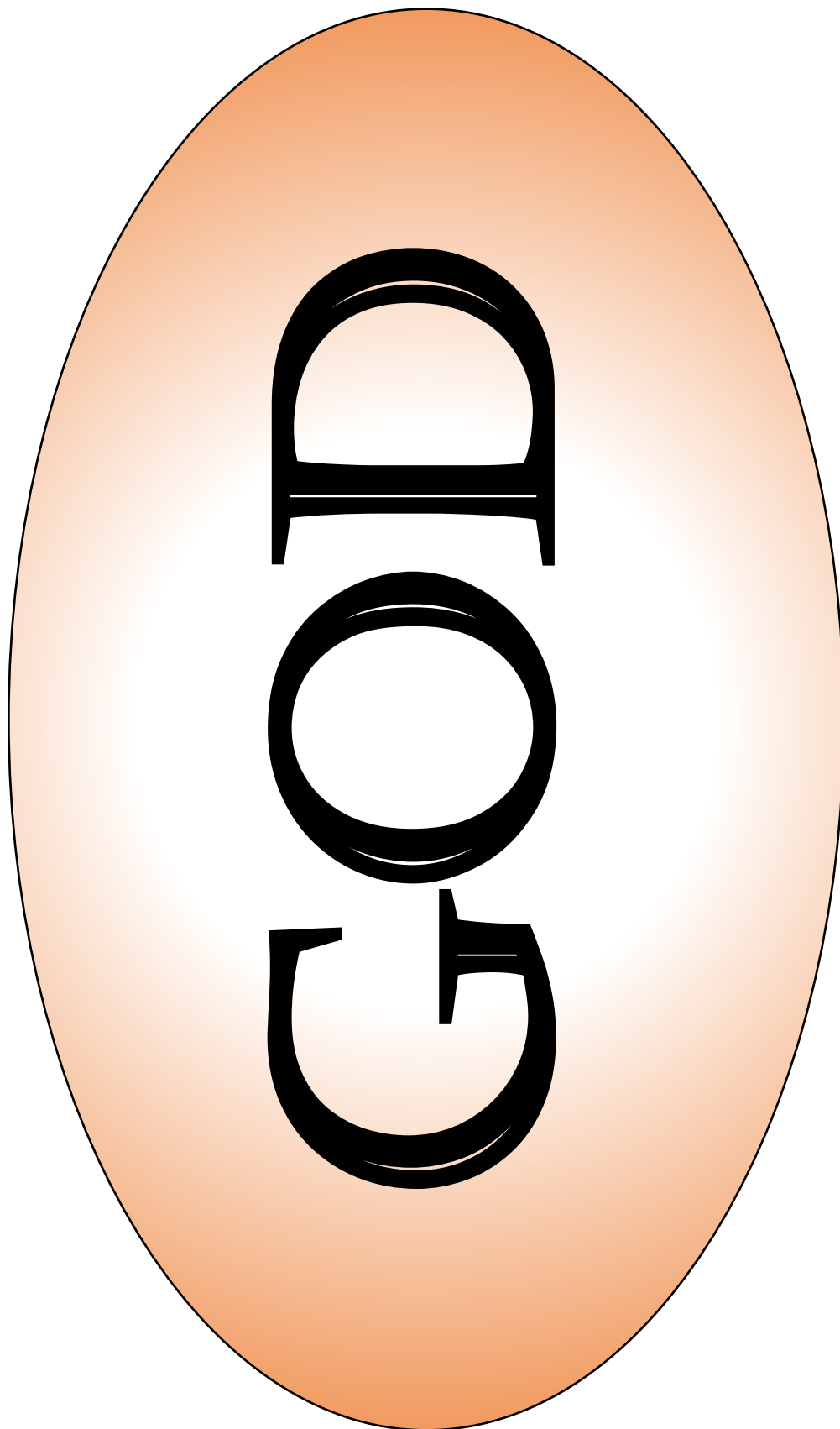
"You shall not covet."

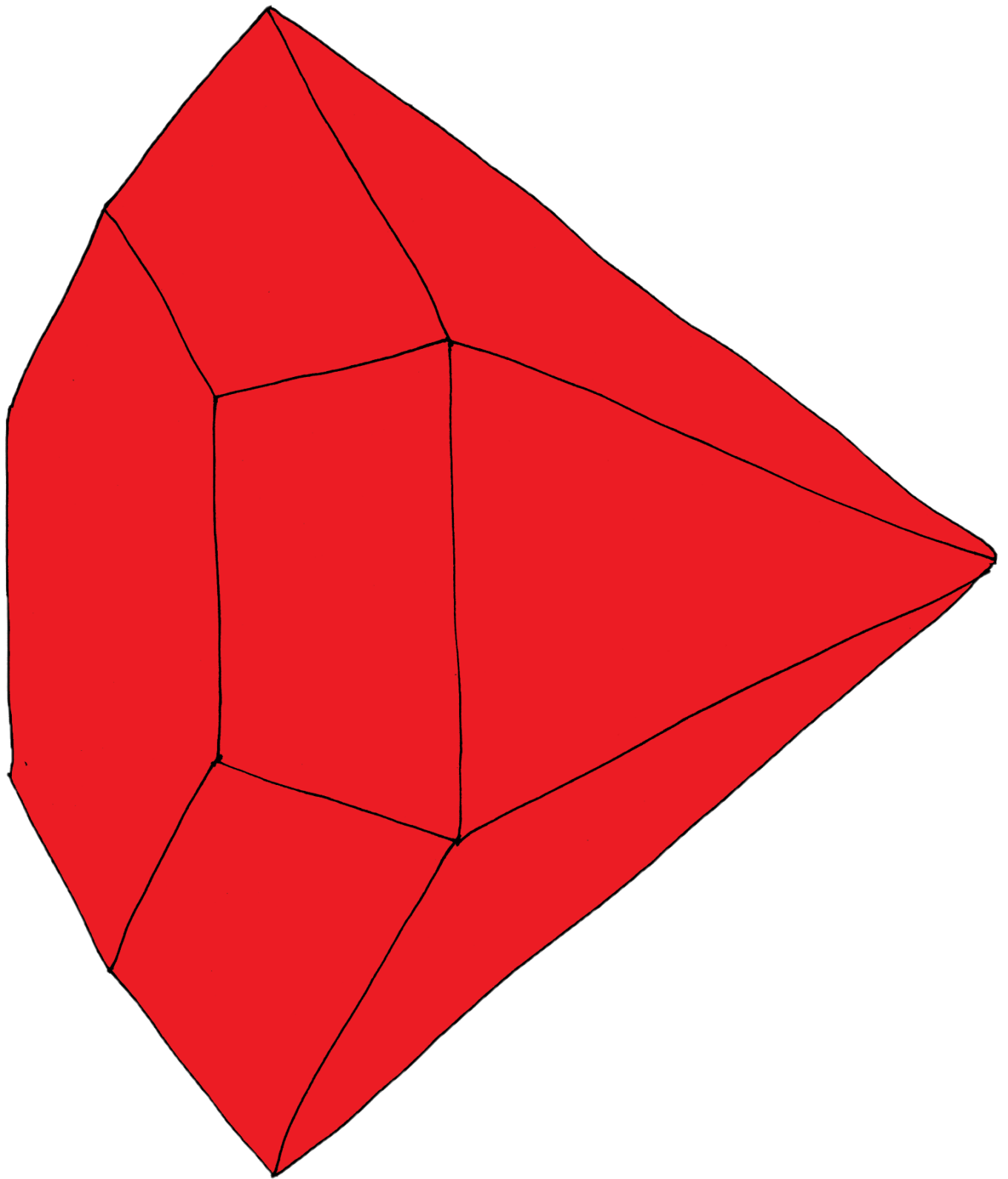




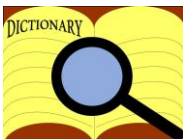
Limbo Stick	<p>Have children take turns going under the limbo stick (standard limbo rules). Whoever can make it under on all rounds will win a ticket to the best place ever! Lower it each time, until it is impossible for anyone to go under. No one wins the ticket. When the stick was up high, it was easy. But as it got lower, it was harder to make it. Eventually, it was impossible. Some of the commandments are easy to follow, others are harder. It is impossible for any of us to follow all the commandments all the time. We are not perfect. But Jesus is. He lived a perfect life and obeyed all these commandments every day He lived. He never sinned, ever. Think about getting into Heaven like getting under the limbo stick. You can only enter if you're perfect, which means none of us could enter. But Jesus offers for us to enter on His ticket. He is the only one who could win the limbo contest. We can only enter Heaven through Him, not on our own.</p>
Closing:	<p>Sit on the floor in a circle. Roll a ball to a child The child will say one of the commandments and roll the ball back to you. Keep doing this with different children until you have covered all the commandments.</p>





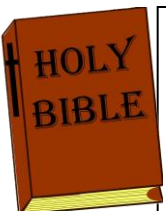


# The Ten Commandments



## Compass (noun)

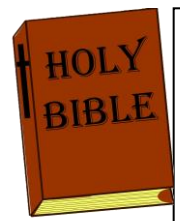
1. An instrument for finding directions by a magnetized needle pointing north.



### Exodus 19:1-6

In the third month after the children of Israel had gone out of the land of Egypt, on that same day they came into the wilderness of Sinai. When they had departed from Rephidim, and had come to the wilderness of Sinai, they encamped in the wilderness; and there Israel encamped before the mountain. Moses went up to God, and Yahweh called to him out of the mountain, saying, **“This is what you shall tell the house of Jacob, and tell the children of Israel: ‘You have seen what I did to the Egyptians, and how I bore you on eagles’ wings, and brought you to Myself. Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be My own possession from among all peoples; for all the earth is Mine; and you shall be to Me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.”**

God commanded the Israelites to obey His \_\_\_\_\_ and keep His \_\_\_\_\_.



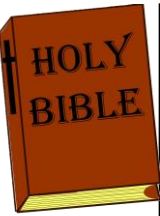
## Exodus 19:16-19

On the third day, when it was morning, there were thunders and lightnings, and a thick cloud on the mountain, and the sound of an exceedingly loud trumpet; and all the people who were in the camp trembled. Moses led the people out of the camp to meet God; and they stood at the lower part of the mountain. All of Mount Sinai smoked, because Yahweh descended on it in fire; and its smoke ascended like the smoke of a furnace, and the whole mountain quaked greatly. When the sound of the trumpet grew louder and louder, Moses spoke, and God answered him by a voice.



Where is Mount Sinai? There are a few locations that archaeologists and biblical scholars debate is the right mountain. The mountain that has been given the name Mount Sinai is in the Sinai Peninsula of Egypt. In Arabic (the language of Egypt) it is called Jabal Musa, which means 'The Mountain of Moses.' It is 7,497 feet tall and surrounded by taller mountains.





Exodus 20:1-3

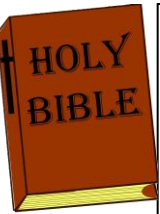
God spoke all these words, saying, **"I am Yahweh your God, who brought you out of the land of Egypt, out of the house of bondage."**



Originally, the Israelites were the only ones to worship only the one, true God. All other people around them worshiped many gods. They believed their gods acted like humans and would often lie, cheat and steal in the stories about them.



## The Second Commandment



Exodus 20:4-6

**"You shall not make for yourselves an idol, nor any image of anything that is in the heavens above, or that is in the earth beneath, or that is in the water under the earth: you shall not bow yourself down to them, nor serve them, for I, Yahweh your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and on the fourth generation of those who hate me, and showing loving kindness to thousands of those who love me and keep my commandments."**



The people all around the Israelites worshipped idols. They made statues out of wood, metals and stone. Many had the heads of animals.





Exodus 20:7

“You shall not misuse the name of Yahweh your God, for Yahweh will not hold him guiltless who misuses His name.”

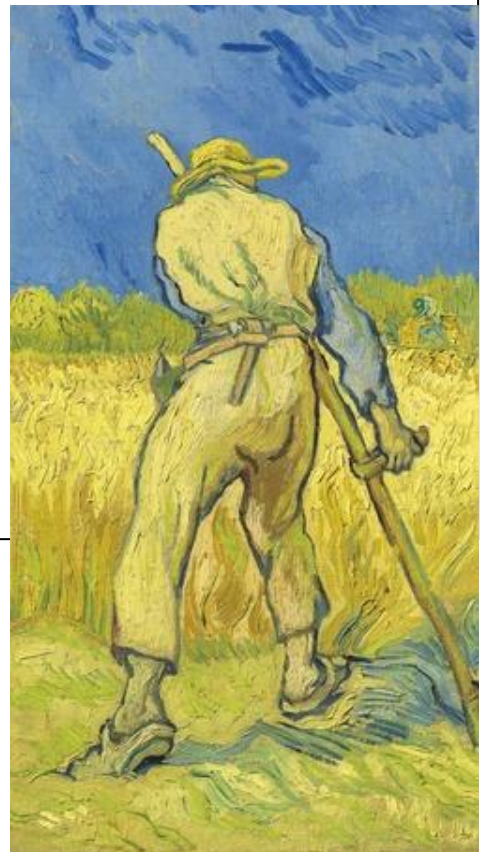
יהוה

God's name written  
in Hebrew

## The Fourth Commandment

Exodus 20:8-10a

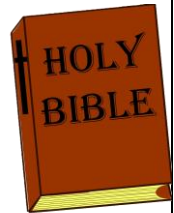
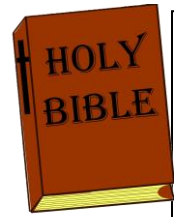
“Remember the Sabbath day, to keep it holy. You shall labor six days, and do all your work, but the seventh day is a Sabbath to Yahweh your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates; for in six days Yahweh made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore Yahweh blessed the Sabbath day, and made it holy.”

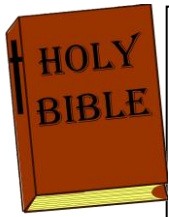


**Sabbath** (noun)

1. The seventh day, on which the Israelites were to stop all work.
2. Originated from the Hebrew word Sabbat, which means to stop or to keep.

The Reaper, by Vincent Van Gogh, 1889

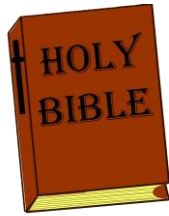




Exodus 20:12

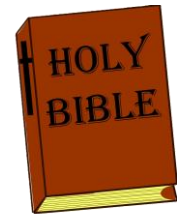
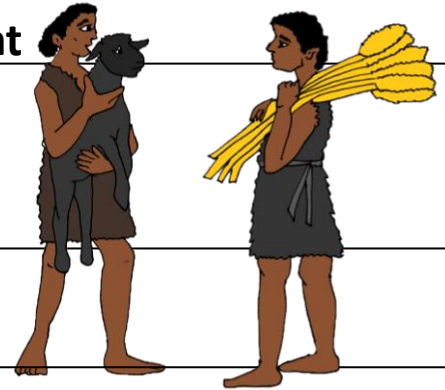
“Honor your father and your mother, that your days may be long in the land which Yahweh your God gives you.”

## The Sixth Commandment



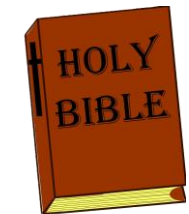
Exodus 20:13

“You shall not murder.”



Matthew 5:21-22a

“You have heard that it was said to the ancient ones, ‘You shall not murder;’ and ‘Whoever murders will be in danger of the judgment.’ But I tell you that everyone who is angry with his brother without a cause will be in danger of the judgment.”



1 John 3:15

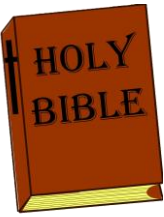
Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

If you \_\_\_\_\_ someone, it is like

\_\_\_\_\_ in your heart.

## The Seventh Commandment

5

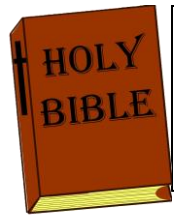


Exodus 20:14

**"You shall not commit adultery."**



## The Eighth Commandment

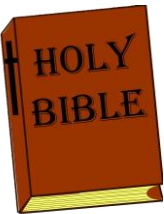


Exodus 20:15

**"You shall not steal."**

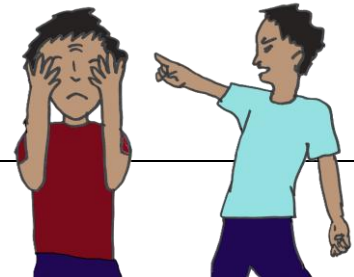


## The Ninth Commandment



Exodus 20:16

**"You shall not give false testimony against your neighbor."**

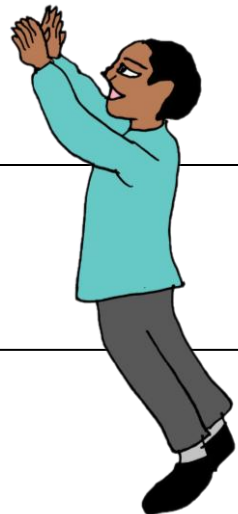
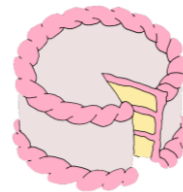


## The Tenth Commandment



Exodus 20:17a

**"You shall not covet."**



# TEN COMMANDMENTS

**NAME:** \_\_\_\_\_

Mount, Sinai, Moses, Israelites, commandments, respect,  
honesty, worship

emoss \_\_\_\_\_

nomtu \_\_\_\_\_

phwsoir \_\_\_\_\_

niisa \_\_\_\_\_

estrailesi \_\_\_\_\_

sceeptr \_\_\_\_\_

noythes \_\_\_\_\_

scmdmoamnten \_\_\_\_\_

# The Ten Commandments



Name: \_\_\_\_\_

Q	W	E	S	I	N	A	I	I	R	T
I	U	R	E	D	R	U	M	S	Y	T
O	P	L	S	K	J	H	G	R	H	E
D	W	C	O	V	E	T	F	A	O	S
C	O	M	M	A	N	D	M	E	N	T
S	R	A	A	Z	X	C	G	L	O	I
L	S	R	M	N	B	Y	V	I	R	M
K	H	R	J	H	P	G	F	T	D	O
Y	I	I	T	T	A	B	L	E	T	N
U	P	A	D	R	E	W	Q	S	S	Y
I	O	G	P	O	A	D	F	G	H	J
Z	X	E	C	V	L	B	N	M	L	K

MARRIAGE

WORSHIP

COMMANDMENT

TABLET

MOSES

ISRAELITES

EGYPT

IDOL

TESTIMONY

SINAI

COVET

MURDER

HONOR