

Following The Rules

PRESCHOOL LESSON PLAN

Theme: Obeying God's law

Scripture: Exodus 20

Memory Verse: Honor your father and your mother. - Exodus 20:12

The Children's Sermon

You'll Need:

- **Ball or bat, Basketball, Volleyball**

I have here this morning 3 items used in 3 different sport activities.

- A bat (ball) - used in playing softball
- A basketball - used in the game of basketball
- And a volleyball to the games of volleyball.

Each one of these games has special rules that you must follow in order to play the game. I'm not a sports fan so I don't know all of the rules to one of these games but I do know some very important rules.

This morning I want to ask you some questions about the rules of these games. I'm sure you all know all about them and I need some help.

Let's look at softball for a minute. If I'm playing softball and it is my turn to bat. I swing at the first ball the pitcher throws the umpire says: "Strike 1". I get ready with my bat up and the pitcher throws another ball, the umpire says, "Strike 2". WOW! I just know I can

hit the next ball. Here it comes and I'm ready for it. I swing really hard but the umpire says, "Strike three you're out".

Hum, I'm not through, I want to bat again I don't want to be out. I want to continue to try to hit the ball, it's fun. I don't want to go back and set in the dug-out. That umpire is going to say, " you go right ahead and just keep on swinging at the ball, after all that is more fun". Surely he will understand I don't want to set in the dug-out and so will the other team as well as all the people who have come to see the ball game. That's what he will say, RIGHT?

OK, well how about basketball. Let's say in the middle of the game someone throws the ball to me. I've been playing the whole game. I'm tired; I don't want to dribble the ball down the court. I just want to carry the ball and try to throw it in the basket. I can do that right? No one will care if the referee won't call a walking violation on me right?

Let's try volleyball. It hurts when I serve the ball the right way, so I will just throw the ball over the net. I know my team will win that way. I can do that because I want to. RIGHT?????? You guys are no fun; you just want to play by the rules.

Boys, Girls, and adults, you know God has rules too. Most of the time, we think we don't have to follow His rules because there are other things we want to do, and His rules get in the way.

In order to please God, we must follow His rules. God's rules are found in Exodus 20. One of God's rules is Honor the Sabbath day and keep it Holy. Wow!! But God, Sunday is the only day I can go to Holiday World with my friends. But God, I was out late last night,

and I want to sleep in Sunday. But God, Sunday is the only day I have off to be with my family.

Do you think God is going to say, "OK, you can forget my Holy day"? NO! The Bible is full of God saying we must follow His rules or experience a loss in fellowship with Him. We must follow God's rules, and here they are.

1. Have no other gods above HIM.

Now, let's dive deeper into Exodus 20. Imagine you have a toy that you really, really like. You play with it all day and never want to put it down. But what if you liked your toy so much that you didn't listen to your mom or dad or didn't do your homework because of it? That toy would be like another god to you. God wants to be the most important in our lives, more important than toys, games, or anything else.

2. Do not make for yourself an idol.

This means not making anything else super, super important in your life, like that toy we talked about. It could be a video game, a TV show, or even wanting to win at sports all the time. God wants us to enjoy things, but not to love them more than we love Him.

3. Do not misuse the name of the LORD your God.

This one is about respect. Just like you wouldn't want someone to make fun of your name or say it in a mean way, God wants us to use His name with love and respect. It's a way to show Him that we know how amazing and powerful He is.

4. Remember the Sabbath day by keeping it holy.

This is like taking a special day each week to have a big, awesome party with God. It means we take a break from our regular work and play to spend time learning about Him, talking to Him, and thanking Him for all the good stuff in our lives. It's a day to rest and be happy with God.

5. Honor your father and your mother.

This rule is super important. It means listening to your mom and dad, helping them out, and doing what they ask because they take care of you and love you a lot. When you honor them, you are also showing honor to God.

6. Do not murder.

This one is really serious. It means we should never hurt others. But it also means we should be kind and not hurt people's feelings on purpose. We should try to be friends and help each other instead.

7. Do not commit adultery.

This is a rule for grown-ups, but it's about keeping promises, especially to family. It means moms and dads should love and be loyal to each other. For kids, it's about learning to be trustworthy and keeping promises to your friends and family.

8. Do not steal.

Pretty simple, right? If it's not yours, don't take it. Always ask if you can borrow something, and make sure to give it back. It's about being fair and honest.

9. Do not give false testimony against your neighbor.

This means don't tell lies about others. Always tell the truth, even if it's hard. Being honest makes you a good friend and someone others can trust.

10. Do not covet.

This one can be tricky. It means not being super jealous of what others have, like if your friend gets a new bike and you wish it was yours. Instead, be happy for them and thankful for what you have. God wants us to be content and grateful.

So, boys and girls, following these rules from the Exodus 20 sermon isn't just about doing what's right; it's about living in a way that shows love to God and to the people around us. It's like playing a game where everyone wins because we're all being kind, honest, and respectful.

Remember, God's rules are there to help us live the best life possible. They're like a big, warm hug from God, showing us how much He loves us and wants us to be happy and safe. So, let's try our best to follow them, not because we have to, but because we love God and we know He always wants what's best for us.

Bible Memory Verse

Honor your father and your mother. - Exodus 20:12

You Will Need:

- Colored paper
- Scissors
- Markers or crayons
- Stickers (optional)

Get Ready:

- Cut the colored paper into heart shapes, one for each child.
- Set up a table with the markers, crayons, and stickers.

Do This:

1. Give each child a heart-shaped piece of paper and ask them to think of something nice they can do to honor their parents.
2. Have them draw or write that idea on the heart with markers or crayons. If they're too young to write, they can dictate their idea to you or draw a picture.
3. Encourage them to decorate their heart with stickers or more drawings. Once they're done, tell them to give the heart to their parents as a way of showing honor and love, just like the Bible verse says.

Bible Interactive Experience

You'll Need:

- Colorful paper or cardstock
- Safety scissors
- Markers or crayons
- Glue sticks
- Images of simple symbols representing the Ten Commandments (e.g., heart for love, hands for not stealing)

Get Ready:

- Pre-cut colorful paper/cardstock into large, easy-to-handle shapes.
- Print or draw simple symbols that represent the Ten Commandments on separate pieces of paper.
- Arrange all materials on a table accessible to the children.

Do this:

1. Show the children the symbols one by one, briefly explaining each commandment in very simple terms, like "We listen to God," "We only worship God," and "We are kind to others."
2. Ask the children to choose their favorite symbol and hand them the corresponding piece of pre-cut paper or cardstock.
3. Encourage them to decorate their chosen symbol with markers or crayons and then glue it onto their piece of paper or cardstock, creating their own Commandment artwork.
4. As they work, reinforce the idea of obeying God's laws by relating each commandment to daily actions they understand, like listening to their parents, sharing with friends, and being gentle with others.
5. Display their artwork in the classroom as a reminder of God's laws and how we can follow them every day.

Snack Activity: Ten Commandments Trail Mix

You'll Need:

- A small bowl or cup for each child
- A variety of snack items (e.g., pretzels, small crackers, dried fruits, cereal pieces)
- A large spoon for serving

Get Ready: Before the activity, assign each snack item to represent one of the Ten Commandments. For example, pretzels could represent 'Do not steal' because their twisted shape can remind us not to twist the truth or take what isn't ours.

Do this:

1. Gather the children around a table where the snack items are spread out. Explain that each snack represents one of God's laws to us, just like the Ten Commandments. Briefly explain what each snack symbolizes.
2. Using the large spoon, help each child to serve themselves a bit of each snack item into their bowl or cup, discussing the corresponding commandment as you do so. For younger children, you might need to help them more directly.
3. Once everyone has their trail mix, remind the children that just like we need food to stay physically healthy, obeying God's laws keeps our hearts healthy. Encourage them to enjoy their snack while thinking about how they can follow God's laws every day.

Game Activity: Ten Commandments Hop

You'll Need:

- Sidewalk chalk
- A safe, flat area of pavement or sidewalk
- Pictures or symbols representing each of the Ten Commandments (optional)

Get Ready: Use the sidewalk chalk to draw a large hopscotch grid on the pavement. Number each square from 1 to 10, corresponding to the Ten Commandments. If using, place a picture or symbol in each square that represents each commandment.

Do this:

1. Explain to the children that each number represents one of God's laws to us, like how we should not steal or lie, and how we should honor our parents.
2. Have the children line up at the start of the hopscotch. Each child takes a turn tossing a small stone or bean bag to land on one of the numbered squares.
3. The child then hops through the hopscotch, skipping the square with their stone or bean bag. When they reach the end, they pick up the stone, hop back, and then share one way they can obey the commandment corresponding to the number they landed on (use simple terms for understanding, like 'share toys' for not stealing). If using pictures or symbols, ask them to guess which commandment the picture represents.
4. Repeat with each child having multiple turns, encouraging them to think of different ways to obey God's laws in their daily lives.

Craft Activity: Ten Commandments Stone Tablets

You'll Need:

- Two pieces of grey construction paper
- Scissors
- Markers or crayons

Get Ready: Pre-cut the grey construction paper into two tablet shapes, resembling the stone tablets of the Ten Commandments for younger children. Older children (4-5 years) can try cutting their own with guidance.

Do this:

1. Help the children write 'Obey God' on the top of one tablet. For younger children, you can write it out lightly for them to trace over.

2. On the other tablet, draw simple symbols or write single words that represent some of the Ten Commandments, like 'love,' 'listen,' and 'share.' Use symbols like hearts for love, ears for listen, and two hands for share.
3. Encourage the children to decorate around their words and symbols with markers or crayons to make their stone tablets colorful and unique.

Prayer Activity: Little Hearts Obey God

You'll Need:

- A simple illustration or poster of the Ten Commandments
- Colorful stickers
- A small basket or box

Get Ready: Before the activity, place the illustration or poster at the children's eye level.

Do this:

1. Gather the children around the Ten Commandments illustration and explain that these are rules God gave us because He loves us and wants us to be happy and safe.
2. Mention a few commandments in very simple terms, such as 'We should listen to God,' 'We should be kind,' and 'We should share with others.'
3. Ask the children to think of ways they can obey God's laws in their daily lives. For each example they give, let them put a sticker on the illustration as a symbol of their commitment to obey God. Encourage them to say a simple prayer, like 'Help me to listen and obey, God.'
4. Collect the prayers in a small basket or box, and pray together, asking God to help everyone remember to obey His laws.