

Following The Rules

LOWER ELEMENTARY LESSON PLAN

Theme: Obeying God's law

Scripture: Exodus 20

Memory Verse: Honor your father and your mother, so that you may live long in the land the Lord your God is giving you. - 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, so that you may live long in the land the Lord your God is giving you. - 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 markers, crayons, and stickers.

Do This:

1. Give each child a heart-shaped paper and ask them to think of one way they can honor their parents this week.

2. Have them write or draw that idea on the heart and decorate it with markers, crayons, and stickers.
3. Encourage them to share their heart with the class, explaining how their idea shows honor to their parents. Then, they can take their heart home to give to their parents as a reminder of their commitment to obey God's command.

Bible Interactive Experience

You'll Need:

- A large poster board
- Markers or colored pencils
- Sticky notes
- A simple, child-friendly version of Exodus 20 printed out

Get Ready:

1. Before class, write each of the Ten Commandments from Exodus 20 on separate sticky notes.
2. Place the sticky notes randomly on the poster board.
3. Have the child-friendly version of Exodus 20 available for reading.

Do this:

1. Start by reading the child-friendly version of Exodus 20 aloud to the children, explaining briefly what each commandment means in a way they can understand.
2. After reading, ask the children to come up one by one and choose a sticky note from the poster board without looking at the commandments written on them.
3. Once everyone has a sticky note, go around the room and ask each child to read their commandment (help them if needed) and place it in the correct order on another

section of the poster board. As they do this, briefly discuss how this commandment helps us obey God and how it can be applied in their lives.

4. After all the commandments are correctly ordered on the poster board, conclude with a group discussion on why it's important to obey God's laws and how doing so helps us live better lives.

Snack Activity: Ten Commandments Trail Mix

You'll Need:

- A large bowl
- 10 different snack items (such as pretzels, raisins, M&Ms, popcorn, cereal, nuts, dried fruits, crackers, chocolate chips, and marshmallows)
- Small cups or bags for serving

Get Ready: Gather all your snack items and make sure you have enough for each child to have a little of each. Think of each snack item as representing one of the Ten Commandments from Exodus 20, and prepare a short, simple explanation for each. For example, pretzels can represent 'Pray always,' raisins can be 'Remember to rest on the Sabbath,' and so on.

Do this:

1. Start by explaining to the children that just as we need food to keep our bodies healthy, we need God's laws to keep our hearts and actions healthy. Briefly introduce the Ten Commandments from Exodus 20.
2. Invite the children to help you make the Ten Commandments Trail Mix. As you add each ingredient to the bowl, share the commandment it represents. Encourage the children to repeat the commandment after you.

3. Once all the ingredients are mixed, serve the trail mix in small cups or bags. As the children enjoy their snack, remind them that obeying God's laws helps us live happily and healthily, just like eating good food does.

Game Activity: Ten Commandments Treasure Hunt

You'll Need:

- Ten small boxes or envelopes
- Paper and pens
- Small prizes or treats
- A list of the Ten Commandments (simplified for kids)

Get Ready: Write each of the Ten Commandments on a piece of paper and place each one in a separate box or envelope. Hide these around your play area, indoors or outdoors, making sure they are safe but challenging to find. Prepare a simple, child-friendly explanation or example of each commandment to share as they are found.

Do this:

1. Divide the children into teams or let them play individually, depending on your group size. Explain that they are going on a treasure hunt to find God's Ten Commandments, which are special rules to help us live happily and safely.
2. Start the hunt! As each team or child finds a commandment, gather everyone to open it and read it aloud. Share the child-friendly explanation or example of how to obey this commandment in daily life.
3. After all ten commandments are found and discussed, celebrate with a small prize or treat for everyone. Emphasize that the real treasure is learning and deciding to follow God's laws because they protect us and guide us to be good to one another.

Craft Activity: Ten Commandments Stone Tablets

You'll Need:

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

Get Ready: Before the activity, read Exodus 20 together and discuss the Ten Commandments and why obeying God's laws is important. Prepare an example of the stone tablets to show the children what they will be making.

Do this:

1. Cut the grey construction paper into two tablet shapes. They don't have to be perfect, as real stone tablets are rough and uneven.
2. On one tablet, write commandments 1-5 with markers or crayons. On the other tablet, write commandments 6-10. Help the children if they need assistance with writing.
3. Decorate the edges of the tablets with the markers or crayons to make them look like they have been chiseled from stone.
4. Discuss each commandment briefly as they write them down, explaining in simple terms what each one means and how it helps us to live in a way that pleases God.

Prayer Activity: God's Laws in My Heart

You'll Need:

- A large poster board

- Markers or crayons
- Sticky notes

Get Ready: Write each of the Ten Commandments from Exodus 20 on the poster board clearly. Make sure to leave some space around each commandment for sticky notes.

Do this:

1. Start with a short prayer, asking God to help us understand and obey His laws.
2. Read each of the Ten Commandments aloud with the children. After reading each one, discuss in simple terms what it means to obey that commandment today. For example, 'Honoring your father and mother means listening and doing what they ask because they care for you.'
3. Give each child a few sticky notes. Ask them to think about ways they can obey God's laws in their daily lives. They can draw or write their ideas on the sticky notes.
4. Have the children come up one by one to stick their notes around the related commandment on the poster board. As they do, encourage them to say a short prayer, asking God to help them follow that specific law in their lives.