

# Following The Rules

## UPPER 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:

- Construction paper
- Markers or crayons
- Stickers or glitter glue

Get Ready:

- Cut construction paper into large heart shapes, one for each child.
- Set up a crafting station with markers, crayons, stickers, and glitter glue.

Do This:

1. Have each child write 'Honor your father and your mother' on one side of the heart and Exodus 20:12 on the other side.
2. Encourage the children to decorate their hearts with markers, crayons, stickers, and glitter glue as a way to make a special gift for their parents.

3. Discuss the importance of honoring parents and ways they can show honor and respect daily. Encourage them to give the decorated heart to their parents as a reminder of this commandment.

## Bible Interactive Experience

You'll Need:

- A printed list of the Ten Commandments (Exodus 20:1-17) for each child
- Cardstock and markers
- Scissors
- A small box or container for each child
- Glue or tape

Get Ready:

- Print or write out the Ten Commandments on individual strips of paper.
- Cut cardstock into pieces that can be folded into small boxes (one per child).
- Set up a crafting station with markers, scissors, glue/tape, and the pre-cut cardstock and Commandments strips.

Do this:

1. **\*\*Introduction to the Ten Commandments\*\***: Start by discussing the importance of the Ten Commandments and how they guide us to live in a way that honors God. Explain that these rules were given to Moses on Mount Sinai and are still relevant today.
2. **\*\*Crafting the Commandment Boxes\*\***: Give each child a set of the Ten Commandments strips and a piece of cardstock. Instruct them to decorate their cardstock with markers, drawing symbols or words that remind them of God's laws.

After decorating, guide them on how to fold their cardstock into a small box using glue or tape to hold it together.

3. **\*\*Filling the Boxes\*\***: Once the boxes are made, have the children carefully place their Ten Commandments strips inside. As they do this, encourage them to say each commandment out loud and discuss what it means in their own words. This helps reinforce their understanding and personal connection to God's laws.

4. **\*\*Reflection and Sharing\*\***: After all the commandments are placed in their boxes, gather the children in a circle. Invite them to share one commandment they feel is particularly important and why. This encourages them to reflect on how each commandment applies to their lives.

5. **\*\*Commitment to Obey\*\***: Conclude the activity with a group prayer, asking God to help each child remember and obey His commandments. Encourage the children to keep their Commandment Boxes in a place where they will see them every day, as a reminder of their commitment to live according to God's laws.

## Snack Activity: Tablets of the Ten Commandments

### Cookies

You'll Need:

- 1 package of sugar cookie dough
- Flour (for dusting)
- Rolling pin
- Knife
- Edible markers or icing pens

Get Ready: Preheat your oven according to the sugar cookie dough package instructions. Lightly flour a clean surface for rolling out the dough.

Do this:

1. Roll out the sugar cookie dough on the floured surface until it's about 1/4 inch thick. Using a knife, cut out tablet shapes (rectangles with rounded tops) to represent the tablets of the Ten Commandments. Place these on a baking sheet.
2. Bake according to the package instructions, then allow the cookies to cool completely.
3. Once cooled, use the edible markers or icing pens to write out the Ten Commandments on the cookies. You can write '1' to '10' to symbolize each commandment, or if space allows, write short versions of each commandment on the cookies. This activity not only allows for a creative snack time but also opens up discussions about the importance of obeying God's laws as outlined in Exodus 20.

## Game Activity: Ten Commandments Relay

You'll Need:

- 10 large poster boards
- Markers
- Tape
- A wide open space, preferably outdoors

Get Ready: Write each of the Ten Commandments from Exodus 20 on a separate poster board. Use large, readable letters. Then, tape each poster board to different spots around your play area, making sure they are spread out.



Do this:

1. Divide the children into two teams. Explain that they will be participating in a relay race to collect the Ten Commandments. The goal is to remember and obey God's laws as they do so.
2. One at a time, a team member must run to a poster board, read the commandment out loud to a teacher or leader, and explain one way they can obey that commandment in their daily life. Once approved, they take the poster back to their team's starting point and tag the next team member to run.
3. The game continues until one team has successfully collected and explained all Ten Commandments. The first team to do so wins. Emphasize that while it's a race, understanding and committing to obey God's laws is the true goal.

## Craft Activity: Tablets of the Ten Commandments

You'll Need:

- Two pieces of grey or stone-colored construction paper
- Scissors
- Markers or paint
- A black pen

Get Ready: Cut the construction paper into two tablet shapes, resembling the tablets of the Ten Commandments.

Do this:

1. On one tablet, write the first five commandments from Exodus 20 using the black pen. Encourage the children to decorate around the edges with markers or paint to make it look like stone.

2. On the second tablet, write the remaining five commandments. Similarly, decorate the edges.
3. Discuss the importance of each commandment and how they can apply these laws in their daily lives. Encourage the children to place their crafted tablets in a spot at home where they will see them daily as a reminder to obey God's law.

## Prayer Activity: The Ten Commandments Prayer Path

You'll Need:

- A large roll of paper
- Markers or crayons
- Sticky notes

Get Ready: Create a large path on the roll of paper, dividing it into ten sections, each representing one of the Ten Commandments from Exodus 20. Write each commandment at the start of its section.

Do this:

1. Have the children read Exodus 20 together, discussing the meaning of each commandment briefly.
2. Ask the children to walk the path you've created on the paper. At each section, they should pause and think about what that commandment means in their lives.
3. Provide sticky notes and markers. At each commandment, the children should write a prayer or a pledge on how they can better obey that commandment in their daily lives. They will stick their notes in the corresponding section of the path.
4. Once everyone has completed the path, gather the children to share their thoughts and prayers if they feel comfortable doing so. Conclude with a group prayer, asking for God's help in keeping His commandments.