

# Following God's Laws

## LOWER ELEMENTARY LESSON PLAN

**Theme:** Obedience

**Scripture:** Exodus 20:1-20

**Memory Verse:** Exodus 20:12 - 'Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.'

## The Children's Sermon

Sometimes we might put other things first in our lives, but what kind of things would that be? I have a few things in this little box, which might give us a hint.

- Money - some people worry about money way too much. God gives you everything you need.

- Toys - it's fun to play, but if we care more about our toys than our friends or family, that's not good.

- Phones or tablets - sometimes, we might spend too much time on these and not enough time talking to God or helping others.

God wants us to remember something very important called the Ten Commandments. The Ten Commandments are like a list of rules God gave us to live a good life. The first one is super important. It tells us to put God first, before anything else. That means before our money, our toys, and even our phones or tablets.

Now, why do you think God wants to be first? It's because He loves us so much and knows what's best for us. When we put God first, we're choosing to listen to Him and follow His path. It's like when you're playing a game, and you follow the rules so everyone can have fun. Putting God first makes life better for us and for everyone around us.

But how can we do that? How can we make sure God is first in our lives? Well, we can start by talking to Him every day. This is called praying. Just like you talk to your friends and tell them what's happening in your life, you can talk to God about anything and everything.

Another way is by reading the Bible. The Bible is like a letter from God to us. It has stories and lessons that help us learn more about God and how He wants us to live. It's like a treasure map that leads us to a happy life.

We can also show God He's first by how we treat others. Being kind, sharing, and helping are all ways to show God's love. When we do these things, we're like little lights shining brightly for everyone to see.

Remember, it's okay to have money, play with toys, or use phones and tablets. But these things should never be more important than God. The Ten Commandments remind us to keep God first, and when we do, everything else falls into place.

Let's think of ways we can put God first this week. Maybe you can help your parents without being asked, or you can spend a little time praying before bed. You could even read a Bible story and share it with a friend. There are so many ways to show God He's number one in our lives.

God loves us more than we can imagine. He's always there for us, listening and helping. When we put Him first, we're saying "thank you" to God for all He does. It's like giving God a big hug with our hearts.

So, let's remember the Ten Commandments and make a special effort to put God first. It's the best choice we can make, and it leads to a happy and blessed life.

Now, let's close our time together with a short prayer. You can repeat after me if you'd like.

"Dear God, help us to always remember the Ten Commandments and to put You first in everything we do. Thank you for loving us and guiding us. Amen."

Remember, kids, keeping God first is the best way to live. Let's make this week a great one by showing God He's the most important part of our lives. Thank you for listening, and have a wonderful day filled with God's love!

## Bible Memory Verse

**Exodus 20:12 - 'Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.'**

You Will Need:

- Colored construction paper
- Markers or crayons
- Stickers or glitter glue

Get Ready:

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

Do This:

1. Give each child a heart-shaped piece of construction paper and ask them to think of ways they can honor their parents. Examples could be helping with chores, listening when they speak, or saying 'thank you' and 'please.'
2. Have the children write or draw these ideas on their heart-shaped paper with markers or crayons. They can decorate their hearts with stickers or glitter glue to make them special.
3. Once everyone is done, gather the children in a circle and let them share their hearts, explaining how they plan to honor their parents. Encourage them to take their decorated hearts home and give them to their parents as a promise to obey and honor them.

## Bible Interactive Experience

You'll Need:

- A large poster board
- Markers or crayons
- Sticky notes
- A simplified version of Exodus 20:1-20 written out
- Small prizes or stickers

Get Ready:

1. Before class, write out a simplified version of the Ten Commandments on the poster board, leaving enough space between each commandment.

2. Number 10 sticky notes from 1-10, each corresponding to a commandment.
3. Hide the sticky notes around the classroom.

Do this:

1. Start by reading the simplified version of Exodus 20:1-20 together, discussing what obedience means and why it's important to follow God's rules.
2. Explain that they are going on a treasure hunt to find the hidden commandments. Once found, they must match the sticky note number to the correct commandment on the poster board.
3. After all the commandments have been found and correctly matched, discuss each one briefly, focusing on how we can obey these commandments in our daily lives.
4. Reward each child with a small prize or sticker for participating and encourage them to practice obedience every day, just like the Israelites were taught to do.

## Snack Activity: Mount Sinai Treats

You'll Need:

- Graham crackers
- Blue frosting
- Marshmallows
- Pretzel sticks
- Small plastic knives or spreaders

Get Ready: Lay out all your materials on a clean table. Make sure each child has a small plate and a plastic knife or spreader.

Do this:

1. Tell the children they will be making their own Mount Sinai to remember the story of Moses receiving the Ten Commandments and learning about obedience. Explain that the blue frosting represents the sky, the graham cracker is the mountain, the marshmallows are the clouds around the mountain, and the pretzel sticks are the stone tablets.
2. Have each child spread blue frosting on one side of a graham cracker using their plastic knife. This will be the base of their Mount Sinai.
3. Next, let them stick marshmallows on the top edge of the graham cracker to represent the clouds on Mount Sinai where God spoke to Moses.
4. Finally, have them break pretzel sticks in half and place them on the mountain as the Ten Commandments tablets. Encourage them to count out ten pieces to represent each commandment.
5. As they enjoy their snack, remind them that just as Moses listened to God and followed His commandments, we should also listen and obey God's words in our lives.

## Game Activity: Commandment Quest

You'll Need:

- 10 large paper stones (or cardboard cutouts)
- Markers or paint
- Tape

Get Ready: Write each of the Ten Commandments from Exodus 20:1-20 on a separate paper stone. Hide these 'commandment stones' around your classroom or play area. Make sure to number them for easy reference.

Do this:

1. Divide the children into two teams. Explain that they are going on a quest to find the Ten Commandments, just like Moses did on Mount Sinai.
2. When you say 'Go,' teams will search for the commandment stones. Each team must find all 10 commandments and bring them back to the starting point.
3. Once a team has collected all commandment stones, they must work together to put them in the correct order according to Exodus 20:1-20. The first team to correctly order the commandments and recite them together wins.

After the game, discuss the importance of obedience to God's commands and how following them helps us live better lives.

## Craft Activity: Obedience Tablets Craft

You'll Need:

- 2 pieces of grey construction paper
- 1 black marker
- Scissors
- Glue stick

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

Do this:

1. On one tablet, use the black marker to write the first five commandments from Exodus 20:1-20. Help the children understand that these commandments focus on loving and obeying God.
2. On the second tablet, write the last five commandments. Explain how these commandments teach us to love and respect others.

3. Glue the two tablets together at one edge so they can open like a book. Discuss with the children how obeying these commandments shows our love and obedience to God and others.

## Prayer Activity: Obedience Garden Prayer

You'll Need:

- A small pot for each child
- Soil
- Seeds (flowers or herbs)
- Watering can or cup
- Stickers and markers for decoration

Get Ready: Before the class, set up a table with the pots, soil, seeds, and decorating materials. Make sure there's enough for each child to have their own pot.

Do this:

1. Start by explaining that just like plants need water, sunlight, and good soil to obey their design and grow, we need to obey God's commands to grow in our faith. Mention how the Ten Commandments in Exodus 20:1-20 are rules given by God for us to live well.
2. Have each child decorate their pot with stickers and markers. Encourage them to write their name and a simple commandment they want to remember to obey, like 'Listen to my parents' or 'Tell the truth'.
3. Let each child fill their pot with soil, plant some seeds, and water them. Explain that obeying God's commands and growing in faith takes time and care, just like caring for their new plant.



4. Close with a prayer, asking God to help each child obey His commandments, just like they will take care of their plant to help it grow.