

Following God's Laws

UPPER 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:

- Construction paper
- Markers or crayons
- Stickers or glitter for decoration

Get Ready:

- Gather all materials and set up a work area for each child.
- Write the memory verse on a large piece of paper and display it where everyone can see.

Do This:

1. Ask the children to think of ways they can honor their parents and write these ideas around the edges of their construction paper.
2. In the center of the paper, have them write the memory verse using markers or crayons. Encourage creativity in how they decorate the verse.
3. Allow them to decorate the rest of the paper with stickers or glitter, emphasizing that the decoration should represent the love and respect they have for their parents. Finally, encourage them to share their work with the class and discuss how they can put their ideas into action.

Bible Interactive Experience

You'll Need:

- A printed copy of Exodus 20:1-20 for each child
- Large cardboard stones (10), each with one of the Ten Commandments written on it
- A "Mount Sinai" backdrop (can be a simple blue sheet or paper with clouds at the base to represent the mountain)
- Sticky notes and pens
- A small treasure chest or box
- Small prizes or treats

Get Ready:

- Set up the "Mount Sinai" backdrop in a corner of the room.

- Place the cardboard stones in front of the backdrop in a random order.
- Hide the treasure chest somewhere in the room, but not too difficult to find.

Do this:

1. Begin by giving each child a copy of Exodus 20:1-20 and ask them to read it silently or in pairs, focusing on the Ten Commandments.
2. Discuss briefly what obedience means and why it's important to follow God's commandments. Encourage them to think about how these rules apply to their lives today.
3. Challenge the children to find the correct order of the Ten Commandments as presented in Exodus. They must work together to arrange the large cardboard stones in front of "Mount Sinai" according to their correct sequence.
4. Once the stones are correctly arranged, ask each child to write on a sticky note one way they can obey one of the Commandments in their daily life. Have them stick their notes onto the corresponding cardboard stone.
5. Reveal that there's a hidden treasure in the room as a reward for their hard work and obedience. Give them clues to find it based on the Commandments (e.g., "Honor your father and mother" might hint that the treasure is near a picture of a family or a parenting book).
6. When the treasure chest is found, share the prizes or treats inside as a reminder that obedience to God's commandments brings blessings.

Snack Activity: Ten Commandments Trail Mix

You'll Need:

- A large bowl
- 10 different snack items (pretzels, cereal, marshmallows, chocolate chips, raisins, nuts, popcorn, gummy bears, crackers, and M&Ms)

- Scoops or spoons
- Small bags or cups

Get Ready: Gather all your snack items and place them in separate bowls. Each snack item will represent one of the Ten Commandments from Exodus 20:1-20.

Do this:

1. Read Exodus 20:1-20 together. Discuss each commandment and its importance. As you go through each commandment, assign one of the snack items to represent that commandment. For example, pretzels could represent the first commandment because their crossed shape can remind us to put God first, above all else.
2. After assigning a snack to each commandment, have the children use the scoops or spoons to take a bit of each snack and mix them in their bags or cups. As they do this, encourage them to think about what each snack symbolizes and how they can obey each commandment in their daily lives.
3. Once everyone has their Ten Commandments Trail Mix, say a prayer together asking for God's help to keep these commandments and to be obedient to His word. Then, enjoy the snack together as a reminder of God's laws and His love for us.

Game Activity: Commandment Quest

You'll Need:

- A large open space (indoor or outdoor)
- 10 pieces of cardstock or sturdy paper
- Markers
- Tape or something to secure the cards to the ground

Get Ready: Write each of the Ten Commandments from Exodus 20:1-20 on a separate piece of cardstock. Arrange them in a large circle or path in your open space, securing them to the ground so they don't move.

Do this:

1. Divide the children into two teams. Explain that they are on a quest to collect the Ten Commandments. The goal is to remember and obey God's laws, just as the Israelites were taught.
2. One child from each team will hop, skip, or run (you decide based on space and safety) from one commandment to the next in order. At each commandment, they must read it aloud to their team. If they can explain what it means in their own words, their team earns a point.
3. After the first player returns, the next player takes their turn. This continues until all team members have completed the quest. The team with the most points at the end, demonstrating their understanding and memory of the commandments, wins.

Note: Adjust the activity for space, number of children, and their familiarity with the commandments. This game encourages physical activity, teamwork, and a deeper understanding of Exodus 20:1-20.

Craft Activity: The Ten Commandments Stone Tablets

You'll Need:

- Two large pieces of grey construction paper
- Scissors
- Markers or paint
- A copy of Exodus 20:1-20

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

Do this:

1. Read Exodus 20:1-20 together, discussing the importance of each commandment and how they apply to our lives today.
2. On one tablet, write the first five commandments using markers or paint. On the second tablet, write the remaining five commandments. Encourage the children to decorate around the edges to make them look like stone.
3. Share why obedience to these commandments is important in our relationship with God and with others. Allow each child to share which commandment speaks most to them and why.

Prayer Activity: Obedience Rocks

You'll Need:

- Small rocks (one for each child plus a few extras)
- Permanent markers in various colors
- A large bowl or basket

Get Ready: Gather enough small rocks so that each child has one. Place them in a central location with permanent markers nearby. Ensure there's enough space for each child to work comfortably.

Do this:

1. Begin by reading Exodus 20:1-20 together as a class. Discuss the Ten Commandments and how they are rules given by God to show us how to live obediently.

2. Ask each child to think of one way they can obey God or their parents this week. It could be something like 'listening the first time,' 'helping without being asked,' or 'telling the truth.'
3. Give each child a rock and a marker. Have them write their obedience goal on the rock. Encourage creativity and allow them to decorate their rocks as a reminder of their commitment.
4. Once everyone is finished, gather the rocks in a large bowl or basket. Lead the children in a prayer, asking God to help them achieve their obedience goals. Mention how these 'Obedience Rocks' serve as tangible reminders of their commitment to follow God's commandments.
5. Encourage the children to place their rocks somewhere they'll see them daily, like on their desk or bedside table, as a reminder to follow through with their goal.