

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 2 • Unit 4 • Week 1

MOSES AND THE TEN COMMANDMENTS

OBJECTIVE:

To show that God gave His Ten Commandments with great power to His chosen people, Israel. In the covenant God made with them, they agreed to keep the Ten Commandments, and God promised blessings if they did.

ATTENTION GETTER:

In advance, write the word "covenant" on a card and prepare an official looking paper stating the following:

This is an agreement between (teacher's name),
and all who put their name herein.
If you listen carefully at Sabbath School today,
I, (teacher's name) will give you a treat.

Do: Read the paper and have each child sign it. Then sign it yourself.

Say: By signing this you have made a promise that you will listen carefully at Sabbath School today. When I signed it, I promised to give you a treat for listening.

Ask: Have you ever made a promise to someone?
Did you keep it?
If someone makes a promise to you, do you want him or her to keep it?

Say: An agreement or a promise between people is sometimes called a covenant.

Do: Hold up a card with the word "covenant" written on it.

BIBLE LESSON:

Say: In the Bible God made an agreement, or covenant, with some special people called Israelites. The agreement went something like this: If the Israelites obeyed God's commandments, they would be blessed. That is, that they would receive good things to make them happy. They would be so happy that other people would see them and ask, "Why are you so happy?" The Israelites would answer, "Because we obey the commandments of the one and only God." Then, because the other people would want to be happy too, they would also want to keep the commandments given by God. Soon all the world would be happy, because everyone would be obeying God's commandments.

Ask: How do you think God would let the Israelites know about His commandments?

Say: God came to the Israelites at a big mountain called Sinai. When He was there it was holy, and the people could not touch it, or they would die. So, they came near, but did not touch the mountain. They wanted to hear what God would tell them. They had said they would obey all that He said, because they knew that He had great power, and could do anything. But they did not know how scary that power could be.

God came to that mountain in fire, and the smoke covered that huge mountain. At the same time thunder rolled, and lightning flashed all around the mountain. Then they heard the sound of the trumpet that grew louder, and louder, and louder! In a voice like thunder, God spoke to all the Israelites the words of His Ten Commandments.

They held their ears and trembled. The mountain shook and rumbled. The people were very afraid. They were so afraid that they did not want to hear the voice of God anymore! They thought they would die if they heard anymore.

Moses, their leader, said, "Don't be afraid, for God has come in this way to show you His awesome power, so that from now on you will be afraid to disobey Him."

The people wanted God to talk to Moses, and Moses would tell them what He said. So, Moses went up the mountain, and God told Moses with His own voice His laws and statutes.

God gave us the Ten Commandments as a gift. If we keep them, if we obey them, they are a blessing to us. Jesus, the Son of God, obeyed them. When He was on earth Jesus said, "If you love Me, keep My Commandments" (John 14:15).

Ask: Can you tell me what these Ten Commandments say?

Answer: 1. One God—no other gods. 2. Don't worship with idols. 3. Use God's name only in a good way, not a bad way. 4. Keep the Sabbath. 5. Obey your father and mother. 6. Do not murder. 7. Be faithful to your mate. 8. Do not steal. 9. Do not lie. 10. Do not covet.

Ask: In the covenant between God and His special people, what did the people say they would do?
Answer: That they would keep His Commandments.

Ask: What did God promise He would do?
Answer: He would bless them.

Ask: What is a blessing?
Answer: Good things that make you happy.

Ask: Can you think of some good things God has given to you that make you happy?

LESSON APPLICATION:

In advance, mount the outline of a traffic light on one sheet of stiff paper and mount the outline of a mountain and lightning on another sheet. Make a copy of the matching activity for each student.

Do: Hold up the traffic light as you read from the matching activity the reasons why we have traffic lights. Then hold up the mountain and lightning as you read the reasons why we have God's Commandments. Have children draw lines between the matching phrases.

Say: Now that you have kept our covenant by listening carefully, I will keep my promise and give you a treat. Keeping promises is very important. God always keeps His promises.

Do: Give a treat to each child.

MUSIC:

Sing the following words to the tune of "Brother John."

ARE YOU HAPPY?

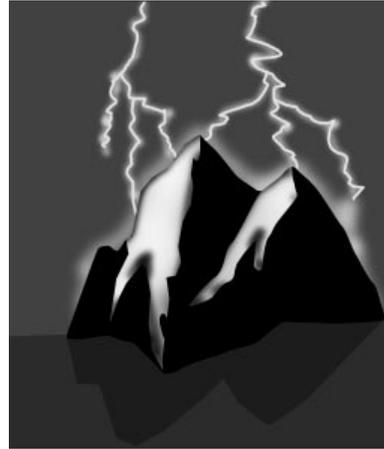
Are you happy?
Are you happy?
God is here.
God is here.
Keeping laws is working.
Keeping laws is working.
Yes! Yes! Yes!
Yes! Yes! Yes!

MEMORY VERSE:

Revelation 22:14 "Blessed are those who do His commandments."

OBEYING GOD'S COMMANDMENTS IS LIKE OBEYING A TRAFFIC LIGHT

Draw lines to match what is similar between obeying traffic lights and obeying God's commandments.



Why we have traffic lights:

They show someone cares for us.
So we don't get killed.
To make cars go smoothly.
They tell us when to stop and when to go.
They tell us when danger is close.
They are easy to see.
Everyone should obey them.

Why we have God's commandments:

They keep us from danger.
They are easy to know.
Everyone should obey them.
They make our lives run smoothly.
They show God cares for us.
So we avoid death from sin.
They tell us what to do and not to do.

family activity

THE POINT:

Today we learned that God gave His Ten Commandments to His chosen people with great power.

ASK ME...

Where and how did God give His Ten Commandments to His special people?

What does “blessed” mean?

FAMILY TOGETHER TIME:

When you stop at a traffic light, remember how obeying the light is like keeping God’s commandments.

Talk about the blessings that come from obeying each of the Ten Commandments:

1. One God—no other gods.
2. Don’t worship with idols.
3. Use God’s name only in a good way, not a bad way.
4. Keep the Sabbath.
5. Obey your father and mother.
6. Do not murder.
7. Be faithful to your mate.
8. Do not steal.
9. Do not lie.
10. Do not covet.

MEMORY VERSE:

Revelation 22:14 “Blessed are those who do His commandments.”

