



Session Twenty-Four: God's Loving Rules for Life

Today's Point:

God gave us the Ten Commandments to help us love Him and love others.

Bible Passage:

Exodus 20:3–17

(God gives Moses the Ten Commandments on Mount Sinai)

Today's Bible Skill:

- Learn that Exodus is the 2nd book of the Old Testament
- Understand that Exodus 20 contains the Ten Commandments
- Practice saying all Ten Commandments in child-friendly words

Kid-Friendly Ten Commandments Recap:

1. Put God first
2. Worship only God
3. Respect God's name
4. Keep God's day special
5. Obey your parents
6. Do not hurt others
7. Keep your promises
8. Don't steal
9. Tell the truth
10. Don't want what others have

Bible Truth Activity:

Game: “Commandment Toss”

Object of the game: Help kids learn and review the Ten Commandments through movement.

Materials:

- Soft ball or beanbag
- A numbered list of the 10 Commandments posted on the wall

Directions:

1. Kids take turns tossing the ball at the list.
2. Wherever it lands, read that number’s commandment and talk briefly about what it means.
3. Then, have kids act out an example of how to follow that commandment.

Say:

These rules aren’t just a list of “don’ts.” They help us say “yes” to what is right and loving. God gave us these commandments so we can live in peace with Him and others.

Bible Discovery Discussion:

Ask the kids:

- Which commandments are about loving God? (1–4)
- Which ones are about loving others? (5–10)
- Why do you think God gave these rules to His people?

Say:

The Ten Commandments show us what’s right and wrong—but more than that, they show us what God is like. He is holy, loving, fair, and good. And He wants us to live like Him, through Jesus. Jesus followed all these commandments perfectly and helps us follow them too!

Bible Verse Activity – “Commandment Song”

(Sing to the tune of “*This Old Man*”)



God gave us, rules to know,
How to live and how to grow.
Ten commandments, wise and true,
To show us what we ought to do!

Repeat and insert kid-friendly commandments one by one using hand motions.

Say:

When we sing and move, we remember better! God gave us these commandments to help guide us every day.

Bible Skills Activity: “Mount Sinai Build”

Materials:

- Blocks or cups to build a mountain
- “Tablet” cutouts with commandments written on them
- Toy figure for Moses (optional)

Instructions:

1. Let the kids build a “mountain” on a table or floor.
2. One by one, “send Moses up” to receive the commandments.
3. For each one, pause and explain what it means in real life.

Say:

God met with Moses on Mount Sinai and gave him these rules—not to be mean, but because He loves His people and wants them to know how to live His way.