



FAITH AT HOME

Aldersgate Church ~ St. Louis Park, MN

Week of October 9, 2022: Exodus 19:3-7; 20:1-17

Memory Verse

Exodus 20:3 - *"You shall have no other gods before me."*

A Family Prayer

Thank you, God, for each new day.

Thank you, God, for the life we have.

Thank you, God, for families and friends.

Thank you, God, for loving us.

Forgive us, God, when we fail you.

Forgive us, God, when we make mistakes.

Forgive us, God, when we give into fear.

Forgive us, God, when we are selfish.

O God, you love us and you offer us a new start, a clean slate.

Help us to put the past behind us. Give us courage to face the future and whatever it holds.

In the name of your Son we pray. Amen.

The Story: The 10 Commandments

The Israelites had been traveling in the desert for about 3 months when they came to Mount Sinai. They were going to stay there for a while because they had good shelter from the mountain.

God called to Moses from the mountain, and Moses went up to Him. This was not easy because Moses was over 80 years old. God reminded Moses of how God freed the Israelites from Pharaoh, and how the devastation in Egypt demonstrated God's power and might. Then God told Moses that if the people obey God's covenants, their nation would be great and holy in God's sight. Then God told Moses to have the people cleanse themselves and be ready, because in three days the Lord will come down on the mountain. The people should not attempt to go up or even touch the mountain.



So on the third day, there was thunder and lightning with a loud trumpet blast. The mountain was covered with a thick cloud of smoke, because the Lord came onto it with fire. The whole mountain trembled and all the people were afraid. No one was allowed to go to the mountain except Moses. This was the time that God gave Moses the Ten Commandments.

Activity (any age)

You will need: a favorite family (board) game

Before the start of the game, discuss the rules and why they are important and why they are necessary.

Crafts (any age)**Hand Tracing**

You will need: paper large enough to trace around child's hand; pen, pencil, marker

Trace your child's hands or have them do so. On each finger write down one of the commandments (shortened version). Repeat the commandments and discuss what they mean.

Painted Stone

You will need: smooth stones, rocks large enough for child to paint, acrylic paint

The 10 Commandments were etched in stones. Have your child paint on the stone such as a heart as a symbol of God's love for us, our love for God, or a rainbow as a symbol of God's promise.

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Family discussion: Commandments are rules. They are laws. Laws teach us right from wrong. There are many places with rules. Do your children play sports? What rules do they have for the sports they play? There are rules at school. Have them tell you about rules at school. What rules do you have in your family? What are you allowed to do and what are you not allowed to do? Maybe you have some simple rules such as you need to leave wet shoes and boots on a mat. Maybe you have a rule about bedtime. Every family needs some rules for things to run smoothly. These rules are probably not written down. When God spoke to Moses, he wrote down the 10 rules called commandments on a tablet so that all could see the rules and know that they were from God.

What are the 10 Commandments in simple terms with practical examples?

1. Put God first : God should be the most important thing in our life.
2. No fake gods: Who do we worship? Do we look up to sports heroes or movie stars? Role models are fine but we need to emphasize that they are not God.
3. Respect God's name: Do not swear.
4. Respect God's day of rest: Spend time on Sundays to go to church, pray, relax.
5. Respect your parents: Listen to your parents. Do what they tell you to do.
6. Do not kill people: Also, do not hurt people.
7. Respect marriage: When people get married, they make a promise to be together. We should help people keep their promises.
8. Do not steal: Respect what other people have. Do not take what does not belong to you.
9. Do not lie: Tell the truth.
10. Do not be jealous: Give thanks for what you have.

Prayer: Thank you for giving us rules to live by. Help me to follow your rules. Amen