

BIBLE LESSON BOOKLET

OCTOBER



COMMANDMENTS 1 & 2 EXODUS 20:1-6

Load up the bus because we are setting out on our road trip to discover The Ten Commandments— that's just a fancy word for 'rules' — God wants us to live by! The whole story is found in the book of the Bible called Exodus, and our first stop is a placed called Mount Sinai. So, in this story, God is speaking to Moses, who was up on the peak of Mount Sinai — he liked mountains, too! — to hear from God about the

ways God wanted the people to live. Today, we are going to look at the

The first commandment God gave Moses was to not have other gods before the one, true God, or in other words, to always put God first. The second was similar. Don't worship idols. Idols are things people pay more attention to than they pay attention to God. The Ten Commandments help first two rules. us live the life God wants us to live. If we believe in God, we should always put God first. That means that no one and nothing should be more important to us than God.

QUESTION??

What is one way you can put God first this week?





COMMANDMENTS 3 & 4 EXODUS 20:7-11, 32:1-14

Today, we will look at commandments three and four, which we also find in the

book of Exodus. Remember, God is speaking to Moses here. The third commandment tells us not to misuse God's name.

I'm sure some of you have heard that it means you shouldn't throw God's name around mindlessly (i.e., OMG). We should treat God's name with the utmost respect. Another way we can misuse God's name is when we call ourselves followers of God,

but don't act like it. Like, refusing to show love for others even though God IS love. We can misuse God's name when we misrepresent what God's name stands for. But it's more than that.

Whoa!

The fourth commandment tells us to keep the Sabbath day holy, which means to Do you like to rest? It's hard sometimes, isn't it? Especially when there are so many

set aside a day, like Sunday, for worship and rest.

fun things we want to do! But it's so important to slow down and remember to

spend time with God. God also says to keep this Sabbath day holy. Does that mean we are supposed to do nothing but pray and read the Bible all day? Not exactly. It

need to mean it. Pretending to worship might LOOK it sometimes, but it is anything means that when we worship God, we

Both of these commandments help us remember that we can worship God in so many ways: by singing, dancing, praying, respecting God, reading the Bible, obeying what God says, and of course, taking a day to slow down, go to church, BUT holy.

and rest

QUESTION??

Why do you think it's important to set aside a day for God?





COMMANDMENTS 5, 6, & 7 EXODUS 20:12-14

We're on the road for week three of our virtual road trip to hear more about The Ten Commandments or rules God wants us to live by. These are the first four we talked

about so far - let's review them together:

- No idols. (Worship God only) Put God first.

Next up, we have commandments five, six, and seven. Each of these We can show our love to our parents and other grownups who take care of us by commandments are about loving people, especially our families. listening to their advice and treating them with love and kindness. They want what's best for us, so obeying them would be the wise thing to do! We can show our love to our siblings and other family members by not filling ourselves with negative emotions toward them. It's understandable to get frustrated and annoyed sometimes. It's okay to feel hurt. But God doesn't want us to stay that way because that is more harmful to us. We can ask God to show us how to love them like God does, and make things right with the people who upset us. We can also show love to people we make commitments to —like when people get

Our families aren't perfect, but God loves each of our family members anyway . . . married — and keep the promises we make to them.

and we can do the same!

QUESTION??

Who in your family has been a good example of showing love? How have they done that?





COMMANDMENTS 8, 9, & 10 EXODUS 20:15-17

We are nearing the end of our road trip where we're hearing about the Ten Commandments and what they mean for us. So far, we talked about seven of them:

- No idols (worship God only). God first.
- Respect God's name. Worship and rest on God's day.

 - Honor your parents.

Let's take a look at the remaining three commandments. rules are all about living in community with others and loving them. God wants us to love people. But how? Well, we can show love by respecting people's things and not taking what doesn't belong to us. We can show love by choosing to be honest at all times and resisting the urge to say things that are not true, or things we don't have all the facts about. happy for someone when they have something good happens to them, instead of being jealous and wanting it for ourselves. To be completely honest, only God can perfectly love everyone. But because we love God, we have to try to love the people God loves, too! It's a good thing God gives us these examples of things to do — and not to do — as ways to show our love to others!

QUESTION??

Do you find it easy or hard to love everyone? What makes it easy? What makes it hard?

