

Ten Commandments

The Ten Commandments are a set of rules for us to live our life according to. They help us to be fair, kind, look after each other and ultimately follow God's way. God gave us these rules and so we must follow them. The commandments tell us how to live our lives each day. They are based on natural law, the rules that are written in us by God that express dignity of all people.

- 1) Start with a psalm, prayer, focus point. For example: 'You make known to me the path of life; in your presence there is fullness of joy' (Psalm 16:11).
- 2) Read Exodus 20:1-17 'The Ten Commandments'. Use your own children's Bible or use the resources below:

<https://www.biblegateway.com/passage/?search=Exodus+20%3A1-17&version=ICB>

https://www.youtube.com/watch?v=db-IE_f2U5I&list=PL4A73DDEE675FBC39&index=38

<https://www.youtube.com/watch?v=rcEjNcwZt5M>

- 3) Key questions:

- When is our special day or rest? Why do we keep this Holy?
- Why do you think God gave us the 10 commandments?
- What would our world look like without his commandments?
- If you were to create 10 rules, would they be similar or different to God's ones?
- What does it mean to take God's name in vain?

- 4) Choose an activity from below as a follow up task:

- Retell the 10 Commandments in a child- friendly way and record into your book
- Make some salt dough

(<https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>), shape into hearts/ hands and engrave each shape with a commandment and string together using string or ribbon.

- Write a poem, psalm or song to teach people the 10 commandments.
- Write a set of instructions to teach people how to be a follower of God using scripture to explain
- Create a scroll and present the 10 commandments on this using scripture of in your own words
- Create a game to help you memorise the 10 commandments

- 5) Think about a calming end to your activity- song, picture, prayer, psalm.

The Ten Commandments- Exodus 20

1 No other gods besides God.	2 No idols, worship only God.
3 Always treat God's name with respect.	4 Have a day to rest and thank God every week.
5 Obey your parents.	6 Do not hurt others with words or actions.
7 Keep your promises to others and God.	8 Do not steal from others.
9 Always tell the truth.	10 Do not be jealous or envious of others.
The Greatest Commandment  Love the Lord your God with all your heart and with all your soul and with all your mind.	

