



WEEK 2

ELEMENTARY LESSON OUTLINE

THANKS!

BIG IDEA

We can thank God for being God.

THE BIBLE

The Ten Commandments Part 1: Exodus 19:16-25, 20:1-11
(Matthew 22:35-40, Deuteronomy 6:5-6)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | Ten Commandments Balloons
- **ACTIVITY** | Knock It Down
- **POLL** | How Many Rules
- **OBJECT LESSON** | Breakfast Time
- **THE BIG IDEA** | We can thank God for being God.
- **BIBLE STORY** | Exodus 19:16-25; 20:1-11
- **OBJECT LESSON** | Vegetable Sundae
- **ACTIVITY** | What's Number One?
- **ACTIVITY** | Name Swap
- **VIDEO** | Honor the Sabbath
- **SCRIPTURE** | Matthew 22:35-40
- **ACTIVITY** | DIY Gratitude Journal
- **RESPONSE** | Commandments Journal
- **MEMORY VERSES** | Psalm 56:3; Matthew 6:33

SMALL GROUP TIME

- **DISCUSSION**
 - What happened when God met Moses on the mountain?
 - How many of the first four commandments can you remember?
 - How can you show your thankfulness and love for God?
 - What does it mean to thank God for being God?
 - What is one thing you will do this week to put God above everything else in your life?
- **SCRIPTURE** | Deuteronomy 6:5-6
- **ACTIVITY** | Mirror Image
- **MEMORY VERSES** | Psalm 56:3; Matthew 6:33



WEEK 2

ELEMENTARY LESSON GUIDE

THANKS!

BIG IDEA

We can thank God for being God.

THE BIBLE

The Ten Commandments Part 1: Exodus 19:16-25, 20:1-11
(Matthew 22:35-40, Deuteronomy 6:5-6)

LARGE GROUP TIME

WHAT? *What are we talking about today*

ACTIVITY | Ten Commandments Balloons

- Welcome back, everyone! We're on the second week of our series, "Thanks," where we're talking about being thankful! Today we're learning about the Ten Commandments, which are ten rules God gave the Israelites.
- Here are ten balloons that represent the ten commandments we're going to learn about. Let's see if we can work together and use the towel to keep all ten balloons in the air.
- **INSTRUCTIONS:** *Before the service, blow up ten balloons and write the numbers one through ten on each balloon with a marker. Have the kids hold a towel or sheet and stand apart so it is taut. If you have a lot of kids, use more than one towel and set of balloons. Encourage the kids to shake the towel or sheet and bounce the balloons as you add the balloons one at a time. Continue for 30 seconds after you've added all the balloons, and replace any balloons that fall.*

ACTIVITY | Knock It Down

- Now, let's play a game of bowling and learn more about the Ten Commandments. Each pin will represent one of the commandments.
- **INSTRUCTIONS:** *You can play this with regular size bowling or take it up a notch and do giant bowling using this [bowling set](#). You could make your own bowling pins with empty water bottles. Print the Knock it Down printable and cut the slips apart. Tape each one onto a bowling pin. Set up the bowling pins in a bowling pyramid formation and choose one kid to fix the pins when they get knocked down. Tape a line about ten feet from the bowling pins (farther away for older kids). Let the*

kids take turns rolling a ball to try and knock down the pins. Have the other kids line the lane and pretend to be “bumpers” and nudge the ball back into the lane if it starts to roll out. Give each kid two tries to knock down the pins. When they knock one down, have them read the commandment on that pin.

- **FOR KID WITH SPECIAL NEEDS:** Provide support for kids who are sensitive to noise levels. When other students are up and moving, it may cause students with special needs to be anxious or over stimulated. Let them know ahead of time that these activities may be loud. Offer noise-reduction headsets. If they don’t want to participate in any of these activities, have quiet activities ready.

POLL | How Many Rules

- Do you have more than ten rules at home? Does anyone have fewer than ten rules at home? Can you list some of the rules at your house?
- Where else do you have to follow rules?
- Why do you think we have rules?
- Today we’re going to look at a few important rules God gave the Israelites.

SO WHAT? Why does it matter to God and to us?

OBJECT LESSON | Breakfast Time

- I love a good breakfast, but I need some help getting mine ready today. **Could you help me prepare my breakfast?**
- **INSTRUCTIONS:** Lay out a bowl, a spoon, a box of cereal, and milk on a table. Have the kids give you step-by-step instructions for making your breakfast. Follow their instructions; do not do anything you’re not instructed to do. For example, if they tell you to pour the cereal, don’t open the box; just pretend to pour. If they don’t tell you to pour the cereal into a bowl, just start pouring it onto the plastic table.
- **FOR PRETEENS:** Choose a preteen before the service and explain the activity to them. Then, let them be the one to come up and pretend to prepare and eat the breakfast, while you give the instructions.
- When we’re making a bowl of cereal, there are some things that have to come first. We have to open the box and cereal bag before we can pour the cereal, we have to have a bowl before we can pour the cereal and milk, and we have to open the milk before we begin pouring the milk onto our cereal.
- Today, we’re going to learn about the importance of keeping God first by looking at the first four commandments.

THE BIG IDEA | We can thank God for being God.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
 - Ask the kids to give you a drumroll by stomping their feet or patting their laps.
 - Shout the Big Idea, then point to the kids and have them shout it back (Change it up by using funny voices, different volumes, or inflections).
 - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
 - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a “hunt” for it. When it’s found, ask someone to come up and read it.
- This week’s Big Idea: **We can thank God for being God.**

BIBLE STORY | Exodus 19:16-25; 20:1-11

- Last week, we learned about the Israelites wandering in the desert and complaining to God because they wanted more food. **Do you remember what God did for them?** God provided food from heaven! We're going to learn about another reason to thank God today. Let's listen to find out what God did for the Israelites next.
- **INSTRUCTIONS:** *Look up the story in your Bible and encourage the kids to do the same. Read it!*
- **Can you imagine what it was like to be in the presence of God? What did the Bible say it was like on the mountain when God came to meet with the Israelites?** There was thunder, lightning, clouds, smoke, fire, the sound of trumpets, and a trembling mountain. God is powerful and mighty!
- God gave Moses a list of commandments, or rules, for the Israelites.
- **Why do you think God gave them the Ten Commandments?** To show people how to love God and how to love others. Love is more important than rules. God loves us and wants to help us love God and love others.
- The first four commandments are focused on God – who God is, and how we can worship God.
- **Can anyone remember what the first four commandments are?**
 - #1 Put God first.
 - #2 Worship only God.
 - #3 Respect God's name.
 - #4 Rest and worship God on the Sabbath.
- God loves us so much and wants our love and worship. We can thank God for being God, our almighty, powerful protector! Let's do some fun activities to help us learn more about these first four commandments and why they're important.

OBJECT LESSON | Vegetable Sundae

- **INSTRUCTIONS:** *Before the service, make a vegetable sundae using broccoli, carrots, and any other vegetables. Top it with whipped cream, chocolate syrup, and sprinkles. Pull out the vegetable sundae and see how the kids react. Act confused, pretending like you don't understand why they aren't excited about the sundae.*
- **FOR PRETEENS:** *Let them help make the sundae, and for even more fun, let them try it!*
- **What's your favorite dessert?**
- I have brought a special dessert today: a sundae! It's so delicious! It has chocolate syrup, candy bar pieces, and sprinkles. It even has whipped cream and a cherry on top!
- **What do think about my vegetable sundae? Why is it not the same as a regular sundae? Would you want to eat this?**
- The Israelites made imitation – that's another word for 'fake' – gods and pretended they were the real thing. They weren't real gods because there is only **one** true God. God's first commandment is that there is only one God, and we should put God first. We can thank God for being the one, true God.

ACTIVITY | What's Number One?

- **INSTRUCTIONS:** *Print the What's Number One printable, and cut the cards apart. Tape them to the wall or a white board in a random order. Let the kids help you put them in order from what they think is most important to least important. You could also print out one paper per kid and let them*

cut and arrange their own, or let each small group do one together. They might not all agree on the importance of every item, and that's okay.

- **FOR PRETEENS:** Let them come up with their own list of things that might be important in their lives and write them on index cards or sticky notes. Then, have them trade lists with each other and rank each item in order of importance.
- Here is a list of some different things we might think are important. Let's work together to put them in order of most important to least important.
- We all place different values on different things. **Was it easy to put everything in order with so many different people and different opinions?** To some people, basketball might be very important, but to others, it's not important at all.
- Sometimes, it's hard to choose what's most important. The one thing we should never forget is to remember that God is the most important. God's second commandment reminds us only God is worthy of our worship.

NOW WHAT? What does God want us to do about it?

ACTIVITY | Name Swap

- **INSTRUCTIONS:** Give the kids crayons, markers, and name tags and have them write their names on them. Let them decorate their name tags and make them fun, then have them switch name tags with someone else and wear their new name tag and pretend it's their new name. Tell them to introduce themselves to five other kids in the room with their new name.
- **FOR PRETEENS:** Let them make up silly names for themselves to write on their name tags. Don't tell them ahead of time they'll be trading with each other. Have them write a funny action that starts with the same letter as their name, such as "Jumpy Joe" or "Spinning Sarah." When they trade, they have to do that action.
- **How did it feel to call yourself by a different name? Did you hear other people using your name? How did you feel hearing your name used and you knew it wasn't right?**
- Just like it felt weird for us to hear our name used incorrectly, we shouldn't use God's name incorrectly. That means when we say, "God," we should be either talking to God or about God.
- One of the ways we show our love for God is using the name God with respect.

VIDEO | Honor the Sabbath

- **INSTRUCTIONS:** Show the kids [this](#) video on YouTube.
- **We can all be pretty busy sometimes, can't we?** Sometimes, life is so busy with school, sports, games, friends, and electronics. Did you know God rests and wants us to rest, too? The fourth commandment says to rest and worship on the Sabbath. **What does that mean?**
- It means we take one day a week and think about God, God's goodness, and everything God has done for us. We can worship and think about God on other days, too, but one day a week can be special. It can be Sunday, or another day!
- **Is it easy for you to rest one day a week? If not, why not?**
- **What day can you make room to rest with God?**
- **What is one thing you can stop doing to be able to make space for time to rest and thank God?**

SCRIPTURE | Matthew 22:35-40

- **INSTRUCTIONS:** *Look up the verse and read it!*
- **FOR KIDS WITH SPECIAL NEEDS:** *Have the Scripture written down or printed out for a convenient reference as they answer the questions. Many students with special needs may be strong readers, but may not comprehend the meaning of what they read as easily. Abstract questions are often very hard to answer for kids with special needs.*
- These verses tell us to love God with everything we have — our heart, our soul, and our strength.
- Jesus sums up the rules like this: love God and love others.
- **How can we love God with everything we have?**
- One way we show our love for God is how we treat other people.
- **What does Jesus mean when He tells us to love our neighbors as ourselves?**
- The Ten Commandments we've learned today show us how to love God and love others. When we love God and people, we want to keep those commands.
- The Ten Commandments are a plan to help us love others.
- We can't keep the Ten Commandments perfectly on our own, but Jesus showed us how to love God and love others perfectly.
- We can thank God for being God, giving us a plan, and showing us how to love.

ACTIVITY | DIY Gratitude Journal

- The Israelites needed to be thankful for all God did for them. We have so much to thank God for too. Let's make a gratitude journal to help us remember to be thankful each day.
- **INSTRUCTIONS:** *Give each kid 15 pages of the Gratitude Journal Printable, and one blank page to be the cover of their journal. Have them fold the journal pages in half like a book, then punch holes in the sides of the book. You can give each kid binder rings to hold their books together, or staple them. Let them decorate the covers. Have them take them home and write in their journal every day three things they are thankful for.*
- **FOR KIDS WITH SPECIAL NEEDS:** *Make one ahead of time so you have a finished product to show them. Work on it with the student one-on-one with clear, step by step instructions and modeling.*
- **Is it easy to think of things to be thankful for each day?** Take your gratitude journals home and write down three things you're thankful for every day for the next 30 days. Try to think of different things every day if you can. At the end of the 30 days, let's see how God changes our hearts when we focus on thankfulness and gratitude.

RESPONSE | Commandments Journal

- **INSTRUCTIONS:** *Give the kids paper and pens.*
- Today, we've learned we can thank God for being God. God is the only true God and the way we love God should be greater than our love for anyone or anything else. The first four commandments are a plan that show us how to love God.
- Let's write or draw on our paper the commandment that is the hardest for us to keep or remember each day, and the one that's the easiest.
- Write your thoughts to God about why this commandment is hard for you, and ask God's help to better show your love for God.

MEMORY VERSES | Psalm 56:3; Matthew 6:33

- **INSTRUCTIONS:** Give every kid memory verse magnets or stickers. Then, work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming folder and give them to your small group leaders, if you'd like.

SMALL GROUP TIME

DISCUSSION

- **What happened when God met Moses on the mountain?** (God gave Moses the Ten Commandments.)
- **How many of the first four commandments can you remember?** (Put God first, worship only God, respect God's name, rest and worship on the Sabbath.)
- **How can you show your thankfulness and love for God?**
- **What does it mean to thank God for being God?**
- **What is one thing you will do this week to put God above everything else in your life?**

SCRIPTURE | Deuteronomy 6:5-6

- **INSTRUCTIONS:** Look up the verse in your Bible and encourage the kids to do the same. Read it!
- **Why do you think it's important to love God with all our heart, soul, mind, and strength?**
- **What do you think it means to keep God's commandments on our hearts?**
- **What is one thing you can do this week to keep the commandments on your heart?**

ACTIVITY | Mirror Image

- **INSTRUCTIONS:** Have the kids get in pairs, then choose one to be the leader and the other the mirror image. Tell the leader to do different motions and make faces for 30 seconds while the mirror will copy everything the leader does. Then, have them switch roles and do it again.
- **For those who were the mirror images, did you find imitating your partner easy or difficult? Why?**
- When we think about how we can better show our love for God, we can look to the example of Jesus and imitate Him. Jesus is the only one who kept all the commandments perfectly.
- We can thank God for being God. And we can thank God for Jesus who shows us how to live.

MEMORY VERSES | Psalm 56:3; Matthew 6:33

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