



# WEEK 2

## PRESCHOOL 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

#### THIS WEEK AT A GLANCE

### **WELCOME TIME**

- **ACTIVITY** | Ten Commandment Balloons
- **ACTIVITY** | Knock It Down

### **TEACHING TIME**

- **MUSIC** | Worship Time
- **THE BIG IDEA** | We can thank God for being God.
- **BIBLE STORY** | Exodus 19:16-25; 20:1-11
- **ACTIVITY** | Ten Commandment Race
- **PRAYER**

### **DISCUSSION TIME**

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Change the Rules
- **MEMORY VERSE** | Psalm 56:3

### **PLAY TIME**

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Ten Commandments Says
- **ACTIVITY** | Bowling



# WEEK 2

## PRESCHOOL 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

## **WELCOME TIME**

### **ACTIVITY | Ten Commandment Balloons**

- Welcome, everyone! We're on the second week of our series, *Thanks*, where we're talking about being thankful! Today, we're learning about something you may or may not have heard of: The Ten Commandments. The word 'commandments' means rules. God gave the Israelites some rules to help them live the way God wanted them to. We'll learn more about that in a few minutes.
- First, let's play a game to learn about the commandments. Here are ten balloons – one for each of the Ten Commandments. Let's see if we can work together to keep all ten balloons on the parachute.
- **INSTRUCTIONS:** *Blow up ten balloons. Write the numbers one through ten on each balloon with a permanent marker. Have kids each hold a handle of a parachute or bed sheet and stand apart so it is taut. Encourage the kids shake the parachute as you add each balloon—each time naming one of the Ten Commandments.*
- Everyone worked really hard to keep all Ten Commandments up in the air!

### **ACTIVITY | Knock It Down**

- We are going to play a game of bowling today and learn about the Ten Commandments. Each pin will represent a commandment from God.
- **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.

- **Do you have rules you have to follow at home or school?**
- **Where else do you have rules?**
- **Why do you think we have rules?**
- Today, we’re going to look at a couple really important rules or commandments that God gave the Israelites.

## TEACHING TIME

### MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can sing any songs you’d like, but for this lesson we like, “Thank You Lord” by Spring Harvest and “When I Am Afraid (Psalm 56:3)” by Lantern Music.

### 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, read it to the kids.
- 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 what God did for the Israelites next!
- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- **What was it like at 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 there is no one else like God!
- God gave Moses a list of commandments, or rules, for the Israelites.
- **Why do you think God gave them the Ten Commandments?** To show them how to love God and how to love others. Love is more important than rules. God loves us, so the commandments are a plan to help us love God and love others.
- The first four commandments are focused on God – who God is, and how to worship God.
- **Can anyone remember what the first four commandments are?**
- God wants us...

- #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! We have help learning how to love God when we think about the commands God give us! We can thank God for being God.

### ACTIVITY | Ten Commandment Race

- God gave Moses these important commandments. Let's see which team can race to get all ten and put them in order. This might be a little hard to do, but you can do it!
- **INSTRUCTIONS:** *Print two sets of the Ten Commandment Race printables (in your Week 2 folder). Divide the kids into two teams and have them line up at one end of the room. At the other end of the room, set out the Ten Commandments cards in two piles. Mix the commandments up so they aren't in numerical order. Have the kids run down to the piles one at a time, get a commandment card, and run back to their line, then tag the next person to go. When a team has all ten cards, have them work together to put them in order.*
- God gave the Israelites the Ten Commandments to help them live. God loves us so much and wants to help us love. We can thank God for being God.

### PRAYER

- Let's spend time talking with God in prayer.
- Dear God, thank You for loving us so much! Thank You for helping us love you. We thank You for being powerful and mighty, and also loving. Amen.

## DISCUSSION TIME

### DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** *Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!*
- **Who did God call to the top of Mount Sinai?** (Moses.)
- **What did God give Moses there?** (The Ten Commandments.)
- **What are the Ten Commandments?** (Rules God gave the Israelites.)
- **What do the first four commandments focus on?** (Loving God.)
- **What are the first four commandments?**
  - #1 Put God first.
  - #2 Worship only God.
  - #3 Respect God's name.
  - #4 Rest and worship God on the Sabbath.

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Write the numbers one through ten on rocks and have the kids join you in a circle on the floor. Pass the rocks out and tell the kids to pass them around the circle when you say, "Go." After a few seconds of passing, call out, "Stop," and have the kids freeze. Then, call out a number.*

Whoever has the rock with that number, read that commandment to them and ask them to share one way to obey or follow that commandment.

- #1 - Put God first.
- #2 - Worship only God.
- #3 - Respect God's name.
- #4 - Honor the Sabbath.
- #5 - Respect your parents.
- #6 - Don't hurt anyone.
- #7 - Be faithful to your husband or wife.
- #8 - Do not steal.
- #9 - Tell the truth.
- #10 - Don't wish for other people's stuff.

### ACTIVITY | Change the Rules

- **INSTRUCTIONS:** Have the kids start playing the game "Simon Says," but after a few rounds, change the rules so the kids who do it correctly are out. Then, go back to the real way of playing. Change the rules until it gets too confusing.
- God gave the Ten Commandments because God loved the Israelites. God wasn't trying to make their lives hard.
- Rules are helpful. The rules in this game changed, and it was very frustrating and hard to play the game!
- **What are some examples of rules that help us?**

### MEMORY VERSE | Psalm 56:3

- **INSTRUCTIONS:** Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .

**WHEN I AM AFRAID** (cover mouth with hands, eyes wide open)

**I WILL PUT MY TRUST** (bring both arms, palms up, from above your head to your sides)

**IN YOU** (point up).

## PLAY TIME

*While you're waiting for parents to pick up their kids...*

### ACTIVITY | Coloring Page of the Week

- **INSTRUCTIONS:** Give the kids a coloring page, plus markers or crayons. As they color, remind them God gave the Ten Commandments as a plan for how to live.

### ACTIVITY | Ten Commandments Says

- The Ten Commandments were a plan from God to help us. Let's play a game to remind us what they mean.

- **INSTRUCTIONS:** *Have the kids stand on the other side of the room. Read the statements below and tell the kids that if a statement says something that goes with the Ten Commandments, they can take a step forward. If it isn't something that goes with the Ten Commandments, they can take a step backward.*
- *You can use statements such as:*
- *Don't spend time with God.*
- *Say God's name when you are talking to God or about God.*
- *Never worship God.*
- *Spend more time watching TV than thinking about God.*
- *Have a special day to rest and spend time with God.*
- *Love your friends more than God.*
- *Trust God.*
- *Come to church.*

#### **ACTIVITY | Bowling**

- **INSTRUCTIONS:** *Let the kids play with bowling sets. As they set up the ten bowling pins, say the Ten Commandments with them. You can also do "mini bowling" by letting the kids set up ten markers at one end of a table, and trying to knock them over with small balls.*

*Encourage your preschoolers to help clean up the room while they wait for their parents.*