

# EXODUS

## **“The Israelites at Mount Sinai”**

Series Objective:

Students will learn:

- Exodus was the name for the Israelites leaving Egypt
- Israel camped at Mt. Sinai
- Israel worshipped a Golden Calf
- Israel viewed the Promised Land

Series Theme Verse: “The Lord is my God, and I will praise him.” - Exodus 15:2

Lesson Objective: For students to understand that God wanted Israel to be God’s people and set standards for them to live by, like the Ten Commandments.

Lesson Passage: Exodus 19-20

Materials Needed: Bibles, theme verse on a poster

Lesson Plan: Remind students that last week, God helped Israel cross the Red Sea safely and evade Pharaoh’s army. Since then, they have been wandering the desert and now come to at mountain known as Sinai. It is here that our story picks up as the Israelite people camp in the desert at the base of the Mountain of Sinai.

Talking Points: Exodus 19-20 (No need to read all of Exodus 20 because you will go over the Ten Commandments more in depth in “The Story Retold). Also, feel free to skip 19:15 when reading the story.

- What is the name of the Mountain that Israel camped at? (Sinai)
- Who went up on the mountain and talked with God? (Moses)
- What did God tell Moses that would be special about Israel? (They would be God’s people, a nation that was holy, or set apart from other nations)
- Did Moses tell this to the people of Israel? (Yes)
- Did the people agree to follow God and the rules of God? (Yes)
- Since the people agreed to God’s calling to be God’s holy nation, what was God going to do? (Speak to the nation from a dense cloud)
- When God showed up, what would happen if anyone touched the mountain? (They would be put to death since the ground was holy)
- What accompanied the dense cloud of God? (Thunder and lightning and a trumpet blast)
- What did God give the people of Israel at Mt. Sinai? (The Ten Commandments, or rules to live by so they would be holy and different from other nations)
- Remind students that God wants us to be holy and follow God’s rules, too.

The Story Retold:

- The Ten Commandments are ten rules that God made. God wrote them down on stone tablets. One way to memorize the TEN Commandments is by using our TEN fingers.

1. Hold up 1 finger. This means that God comes first. So the first commandment is “You shall have no other gods before Me.”



2. Hold up 2 fingers. Two gods is too many gods! If you have two gods, one of them must be an idol. So the second commandment is “Do not worship idols.”



3. Hold up 3 fingers. It looks like a “W.” W is for “Watch your words.” God’s name is holy, and we should only use it when we are talking to Him, or about Him. Never in a bad or silly way. So the third commandment is “Do not take the Lord’s name in vain.”



4. Hold up 4 fingers. What is the thumb doing? He’s resting! So the fourth commandment, to “Remember the Sabbath and keep it holy.”



5. Hold up 5 fingers. It looks like I’m making a promise. So the fifth commandment is “Honor your parents.”



6. Hold up 6 fingers. It looks like the finger is shooting the hand. So the sixth commandment is, “Do not murder.”



7. Hold 7 fingers. The fingers look like people getting married. When people get married, they make promises. So the 7th commandment is, “Do not commit adultery.”



8. Hold up 8 fingers. It looks like bars to a jail cell. So the 8th commandment is, “Do not steal.”



9. Hold up 9 fingers. It looks like the thumb is telling lies about the fingers on the other hand. So the ninth commandment is, “Do not bear false witness.”



10. Hold up 10 fingers and wiggle them. It looks like I’m coveting. That means you are saying, “Give me that! Give me this!” So the 10th commandment is, “Do not covet.”



#### The Story and Me:

- Have the Series theme verse written on a poster or white board.
- Remind students of the Series Theme Verse and that God wanted the people of Israel to be God’s people and only worship God.
- Explain the different words in the verse to the students and let them come up with motions for each word in the verse (“The Lord” might be pointing up).
- Say the verse together using the motions.