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# The Ten Plagues

*Scripture: Exodus 7:14-12:32*

**Theme: God is greater than any false god or power**

*1st-3rd Grade (Ages 6-8)*

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Free curriculum for small and rural churches

## Lesson Overview

Sunday School Lesson Overview: God's Rules Show Us His Love (The Ten Commandments , Exodus 20:1-17)  
 Introduction (Engage): Start by asking: "What's one rule you follow every day? Why?" Let kids share, maybe something like "No cutting in line" or "Help with toys." Then say, "God gave His people rules to show them how to live with Him. Today, we'll see how these 'Ten Commandments' tell us about God's love, and why we need Jesus to help us follow them!" Lesson Body: God gave Moses 10 big rules (called Commandments) to help His people live right. These aren't just "don't do this" orders, they're love in action! For example: - No stealing: God says, "You belong to Him!" (This reminds us to treasure what He's given us.) - No lying: Lying hurts others, but God wants us to tell the truth, just like He always tells us the truth (the Bible!). These rules show us God's character: He's fair, kind, and protective. But here's the secret: We can't do them perfectly on our own! Even the best kids mess up. That's why God sent Jesus, He took the punishment we deserve so we could start fresh with Him. Application (Reflect & Apply): Ask: "How can we show God we love Him today?" Simple ways: - Honor parents (like Jesus did with His own dad, Joseph). - Help others (share toys, pray for friends). - Think before acting (ask, "Is this kind?"). End with: "God's rules aren't scary, they're His way of saying, 'I love you! Here's how to live.'" Thank Jesus for covering our mistakes!" Encouragement for Teachers: Keep it interactive! Use: - Hand motions (e.g., clap for "No killing," wiggle fingers for "No stealing"). - Role-play (e.g., pretend to lie or steal, then act out truthfulness). - Prayer time: "God, help us follow You better!" Tip: For kids who struggle with rules, tie it to their personal needs: "If God gave you a rule about homework, it's so you'd finish it well, just like He wants you to serve Him!"

## Bible Story

God Gives Us Rules to Live By A long time ago, when God led His people, Israel, out of Egypt, He gave them a special way to follow. One day, He called Moses up to a mountain where the sky looked like a big, golden cloud. There, God spoke to Moses and said, "Make me a people who will obey my rules, or I will punish them." God then

gave Moses ten important rules, called the Ten Commandments, to help His people live in a way that showed love to God and others. These rules were not just about what not to do but also about what to do, like how to treat others kindly and honor God.

**The First Three Rules: Love God First** The first three rules were about worshiping only God and not letting anything else come first in our lives. God said, "You shall have no other gods before Me." This means we should only worship God and not rely on things like money, toys, or even our own abilities to make us happy. The next rule says, "You shall not make an idol." God said, "I am the only true God, so you must not make statues or pictures to worship." Finally, "Remember the Sabbath day to keep it holy." This meant the people were to rest on the seventh day and honor God with their families and friends. These rules showed that God wants us to put Him first in every part of our lives.

**The Last Seven Rules: Treat Others Well** The last seven rules were about how we should treat others. God said, "You shall not murder." This means we should never hurt anyone, even if they are mean to us. "You shall not commit adultery" means we should stay faithful to our spouse, whether married or not. "You shall not steal" teaches us to be honest and kind with others' things. Then, God said, "You shall not bear false witness against your neighbor." This means we should never lie or tell lies about someone else. "Honor your father and mother" reminds us to obey our parents, who love us and teach us how to live. And "You shall not covet" means we should not want what belongs to others too much, God wants us to be happy with what we have.

**Why These Rules Matter** The Ten Commandments are like a big, kind map God gave to His people to show them how to live in peace and love. They remind us that God loves us so much that He wants us to be good, fair, and honest. When we follow these rules, we show that we trust God to guide us. This lesson teaches us that God's way is the best way, just like how a good road leads to a happy home, God's rules lead us to live with joy and trust in Him. Let's try to remember these rules and choose to follow them every day!

## Key Verse

### Exodus 12:12

God is with us, just like a friend who watches over us! Imagine you have a superhero friend who keeps you safe, even if you're scared of something big. God is like that, but even more special, He loves you so much that He wants you to stay kind, brave, and true to Him. The verse tells us that God is checking on us, not to make us nervous (like if we were caught doing something wrong), but to help us be good. When we feel afraid, we can remember: God is right there, watching over us, and He wants us to trust Him and do what's right, just like a little superhero! God's love is stronger than fear! Sometimes, when we hear scary things or feel nervous, it's easy to think, "What if I make a mistake?" But God doesn't want us to be afraid, He wants us to be brave and kind! His "test" isn't about punishing us but teaching us how to live well. Just like you'd ask a grown-up for help if you were afraid of a big task, God asks us to ask Him too. When we follow God's rules (like being fair, honest, and kind), we're building a strong heart that trusts Him. What can we do today? You can show God you trust Him by doing kind things, even when it feels hard! Maybe you share your toys with a friend, tell the truth, or pray a little every day. God loves when we try our best, even if we mess up sometimes, just like we all do. Remember: His love is like a big, cozy hug that helps us feel safe. The next time you feel afraid, whisper to yourself, "God is here, and He's watching over me!" A fun way to remember: Draw a big "G" (for God) and write around it: "I trust God with my heart!" You can also make a silly dance to praise God when you feel brave! God doesn't want us to be scared, He wants us to be happy, safe, and full of love!

## Activities

### Activity 1:

Children create small "commandment stones" to help them remember God's rules from the Ten Commandments. This activity reinforces the idea that God gives clear instructions (like the stone tablets) to help us live well.

1. Read the Lesson (3 min): Ask, "God gave Moses two big stone tablets with His rules on them. Today, we'll make our own 'God's Way Stones' to remember His commands!"
2. Cut a Plate in Half (5 min): Fold each paper plate in half and cut out a circle from the center (like a tiny plate). Let each child write or draw one commandment (e.g., "Honor your parents") inside the circle with a crayon.
3. Glue the "Stone" (3 min): Glue the written commandment to the folded side of the plate so it looks like a stone. Add a small rock or clay stamp if using them.
4. Keep & Share (2 min): Each child keeps their stone in their Bible or backpack as a reminder. Ask, "How can this stone help you remember God's rule today?"

### Activity 2:

Kids move through a simple game where they act out one commandment at a time, learning that God's rules help us stay safe and kind. It's active and fun while reinforcing the lesson!

1. Review the Commandments (2 min): Say, "God gave us 10 clear rules, let's act them out like an obstacle course!"
2. Set Up the Course (3 min): Use chalk to draw a path (e.g., hop for "Honor your parents," crawl for "Don't steal," stop to pray for "Remember the Sabbath").
3. Take Turns (5 min): Call out one commandment at a time. Kids must act it out before moving to the next spot. Pause to pray: "God, help us follow You!"
4. Reflect (3 min): Ask, "Which rule was hardest to act out? Why?" Wrap up with a group prayer: "Thank You for Your rules, God."
5. Note: Both activities use simple, hands-on materials and focus on remembering (

### Discussion Questions

- Here are four open-ended discussion questions for early elementary children (ages 6, 8) about the Ten Commandments, based on Exodus 20:1, 17. Each question encourages them to explore the story, think about God's teachings, and relate them to their own lives in simple, meaningful ways:
  - 1. What Kind of Leader Would You Be If You Were Like Moses?
    - Exodus 20:2 tells us that God gave the Ten Commandments to Moses so that the Israelites would know how to live. If you were a leader (like Moses was), what rules would you make to help people be kind, safe, and respectful? Why do you think God wanted the people to follow these rules?
    - (Encourage them to imagine being a leader and think about how rules help people be better friends, families, and followers of God.)
  - 2. What Would You Do If Someone Made You Feel Angry or Sad?
    - The Fourth Commandment says, "You shall not kill." What does that mean in your everyday life? When have you felt so angry that you wanted to yell or push someone? What happened next? How can we use our words and actions to stay kind, even when we're upset?
    - (Help them connect the commandment to real-life situations, like playing with friends or arguing with siblings.)
  - 3. How Can We Show Respect to Others Like God Wants Us To?
    - The Fifth Commandment says, "Honor your father and mother." Later in the Bible, we see people disobeying this and God correcting them. What are some ways we can show respect to our parents, teachers, or even grown-ups who are kind to us? Why do you think God wants us to listen and care for them?
    - (Discuss how respect looks different in different situations, like at home, school, or church.)
  - 4. What Happens When We Follow God's Rules, Or Don't?
    - God gave the Ten Commandments to help us live in a way that brings Him joy and keeps us safe. If you were part of the Israelites, what would you have done if you broke one of the rules? How did Moses and the people

respond when they needed God's help? How can we do the same today when we make mistakes?

- (Encourage them to think about how God's love is like a guide, sometimes we follow it well, sometimes we forget, but He always forgives us!)
- These questions invite exploration, connection to Scripture, and practical reflection for young learners! Would you like any adjustments to fit a specific focus (e.g., more focus on forgiveness or kindness)?

## Prayer Focus

*Prayer for God's Kind and Wise Way Dear God, We come to you today because you gave us Ten special rules to help us live in a way that honors you. You taught Moses these commands in the mountain, and we want to follow them, just like you want us to. Help us to remember that you're always watching over us, and you want us to choose kindness, fairness, and love every day. Thank you for guiding us with your Word. Show us how to treat others with respect, like you taught us. Help us to listen to you, even when it's hard, because you want us to grow in your way. Remember, these Ten Commandments are like a guidebook, just like a map helps us find our way, your rules help us find the right path. Lord, sometimes it's easy to forget, but we pray you remind us to be honest, kind, and patient. Help us to make choices that honor you, just like the people in the Bible did when they followed your rules. Amen. Simple Application for Kids (Teacher's Follow-Up): "Think of one way today that you can follow God's way, maybe sharing with a friend, saying 'please' and 'thank you,' or helping someone else. Let's pray that God helps us do that!" (Pause for a quick group response or action.)*

### >> Missions Spotlight

The Karen people of Myanmar (Burma) have a tradition called the 'Law of the Ancestors', moral codes passed down for generations. When missionaries share the Ten Commandments, the Karen immediately understand the concept of God's holy standards.

### -> To the Cross

The Ten Commandments show us God's perfect standard, and our inability to keep it. That's why we need Jesus, who perfectly kept the law for us and took the punishment we deserved. The law is our tutor that leads us to Christ (Galatians 3:24).