

# MOSES 4 – TEN COMMANDMENTS Exodus 20



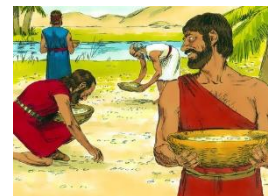
We learnt last time how God looked after the Israelites when they left Egypt. Even though Pharaoh had let them go, he regretted it and sent his army after them. But God made a path through the Red Sea and got them safely to the other side.



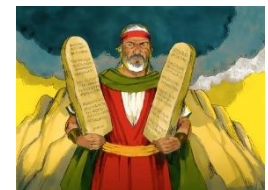
Now they were well and truly safe to continue their journey. God had provided a cloud to follow and that was still with them. They had so much to look forward to and yet one month after they left Egypt, the Bible says, 'The whole community complained to Moses and Aaron!' They had sore feet, they didn't know how long their journey would take and the food they brought with them was running out. They were fed up! God knew it was difficult for them and he said he would provide food for them. He said, 'I'm going to rain down food from heaven for you'.

Each day the people picked up as much as they needed, then on the 6<sup>th</sup> day each week they had to pick up enough for two days so that they could rest on the 7<sup>th</sup> day. In the evening, huge numbers of quails flew in and covered their camp. This was meat for them – a bit like having barbecued chicken every night!

In the morning flaky white pieces of food covered the ground. It was their breakfast. They called it manna and it was a bit like wafers flavoured with honey.



After another month of travelling from Egypt, they arrived at Mount Sinai and set up camp. Moses went up the mountain to pray to God and he was given a list of rules for them all to live by. We know them as the Ten Commandments.

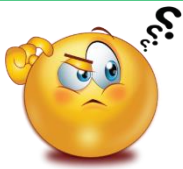


**You Tube** Video: [The Ten Commandments](#)

The Ten Commandments were important for the Israelites. They needed clear rules about what was a good way to live and what they should not do. God continued to appear and give instructions, but it was only to Moses. No one else was allowed to go anywhere near God.

At that time, only a few people heard directly from God. When Jesus died on the cross, he made it possible for each of us to have a close relationship with God. If we have decided to follow him, Jesus says that he is inside us. It is really hard to understand how it could be possible, but so good to know that it means he hears us whenever we talk to him and helps us live our lives well. When we trust God without fully understanding everything, we call it 'Faith'.

**You Tube** Song: [I will trust in you](#)



## something to think about...

God gave Moses some more regulations on how they should live, but over the next centuries religious leaders added lots more until there were 613 laws! They had become impossible to follow, so when Jesus came, he simplified everything down to two commandments: 'Love God and love each other'. He said all the rules they had been trying to follow were based on these two commandments.

Let's see how those original ten fit into what Jesus said:

'Love God'	'Love People'
1. Worship God	5. Honour your parents
2. Don't worship anything else	6. Do not murder
3. Don't say God's name in a bad way	7. If you're married, stay together
4. Keep Sundays special	8. Do not steal
	9. Do not tell lies
	10. Be thankful. Don't be jealous.

*Q: Do you think the original ten commandments are still relevant to us today?  
Is it easier or more difficult to follow what Jesus said?*

**YouTube** Song: [Ten Commandment Boogie](#)



Dear Jesus

I know that what you said about loving God and loving others is the best way to live, but it is very hard to do. Please help me to love you more each day and always put you first in my life.

Please help me to love other people even when it's difficult. Help me to treat them the same as I would like to be treated.

Thank you that you hear me whenever I talk to you. Amen

**YouTube** Song: [Love one Another](#)



**ACTIVITY TIME:** Download and print the activity.  
You will need pens and pencils, and a blank sheet of A4 paper

# *THE TEN COMMANDMENTS*

1. Worship God

2. Don't worship anything else

3. Don't say God's name in a bad way

4. Keep Sundays special

5. Honour your parents

6. Do not murder anyone

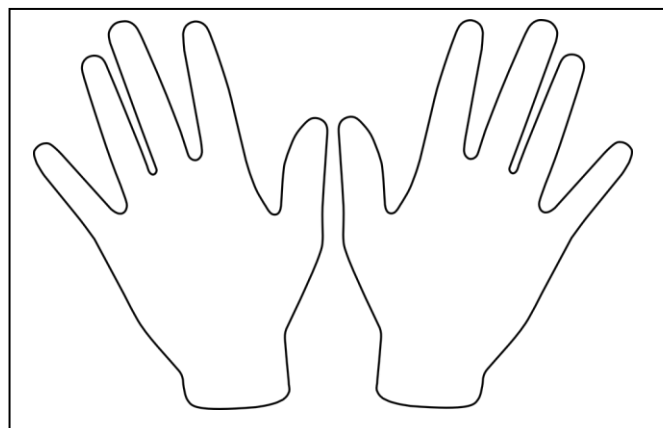
7. If you're married, stay together

8. Do not steal

9. Do not tell lies

10. Be thankful. Don't be jealous

*On a separate piece of paper draw round your hands or your leader's hands. Copy one commandment onto each of your fingers and thumbs. Cut out the title 'The ten commandments' and stick it onto the page.*



## Moses and the ten commandments

N	T	B	U	J	U	T	J	F	W	N	I	O	A	F	M	U
L	P	J	O	Z	M	A	I	Q	T	O	E	Z	R	F	W	H
S	H	I	P	V	N	J	C	N	O	P	J	G	Y	T	I	K
O	T	Z	H	T	M	O	U	N	T	A	I	N	Q	L	G	V
S	M	N	T	S	T	E	Y	C	P	O	N	P	G	M	Y	M
E	P	E	E	P	R	F	F	X	R	M	D	O	O	S	Y	S
T	H	H	V	R	U	O	J	A	P	P	D	Y	L	R	G	Q
I	A	G	A	M	A	Q	W	V	Q	L	M	H	S	A	V	P
L	C	N	O	W	U	P	S	K	A	Y	K	A	B	V	M	A
E	D	Z	S	T	N	E	M	D	N	A	M	M	O	C	N	M
A	E	G	B	E	S	F	X	Q	C	M	T	P	P	T	P	H
R	S	J	R	O	L	Z	G	R	C	A	A	R	S	E	C	I
S	E	Q	M	U	C	P	A	U	C	F	M	W	E	N	R	G
I	R	R	E	R	O	G	O	B	Y	Z	L	P	H	O	H	L
L	T	U	S	D	Z	N	I	E	Q	C	L	P	I	R	M	X
U	P	X	N	L	S	F	O	Q	P	S	G	C	B	N	U	U
L	Z	M	F	W	F	N	W	H	J	J	K	W	D	N	G	D

PARENTS    WORSHIP    HONOUR    PEOPLE    DESERT  
 TEN    COMMANDMENTS    GOD    MOUNTAIN    CAMPING  
 ISRAELITES    MOSES



# Answers

## Moses and the ten commandments

N	T	B	U	J	U	T	J	F	W	N	I	O	A	F	M	U
L	<b>P</b>	J	O	Z	M	A	I	Q	T	O	E	Z	R	F	W	H
<b>S</b>	H	<b>I</b>	P	V	N	J	C	N	O	P	J	G	Y	T	I	K
O	<b>T</b>	Z	<b>H</b>	T	<b>M</b>	<b>O</b>	<b>U</b>	<b>N</b>	<b>T</b>	<b>A</b>	<b>I</b>	<b>N</b>	Q	L	G	V
<b>S</b>	M	<b>N</b>	T	<b>S</b>	T	E	Y	C	P	O	N	P	<b>G</b>	M	Y	M
<b>E</b>	P	<b>E</b>	P	<b>R</b>	F	F	X	R	M	D	<b>O</b>	O	S	Y	S	
<b>T</b>	H	H	V	<b>R</b>	U	<b>O</b>	J	A	P	P	<b>D</b>	Y	L	R	G	Q
<b>I</b>	A	G	A	M	<b>A</b>	Q	<b>W</b>	V	Q	L	M	H	S	A	V	P
<b>L</b>	C	N	O	W	U	<b>P</b>	<b>S</b>	K	A	Y	K	A	B	V	M	A
<b>E</b>	<b>D</b>	Z	<b>S</b>	<b>T</b>	<b>N</b>	<b>E</b>	<b>M</b>	<b>D</b>	<b>N</b>	<b>A</b>	<b>M</b>	<b>M</b>	<b>O</b>	<b>C</b>	N	M
<b>A</b>	<b>E</b>	G	B	<b>E</b>	<b>S</b>	F	X	Q	<b>C</b>	M	T	P	P	<b>T</b>	P	H
<b>R</b>	<b>S</b>	J	<b>R</b>	<b>O</b>	<b>L</b>	Z	G	R	C	<b>A</b>	A	R	S	<b>E</b>	C	I
<b>S</b>	<b>E</b>	Q	<b>M</b>	<b>U</b>	C	P	A	U	C	F	<b>M</b>	W	E	<b>N</b>	R	G
<b>I</b>	<b>R</b>	R	E	R	<b>O</b>	G	<b>O</b>	B	Y	Z	L	<b>P</b>	H	O	H	L
L	<b>T</b>	U	S	D	Z	<b>N</b>	I	<b>E</b>	Q	C	L	P	<b>I</b>	R	M	X
U	P	X	N	L	S	F	<b>O</b>	Q	<b>P</b>	S	G	C	B	<b>N</b>	U	U
L	Z	M	F	W	F	N	W	<b>H</b>	J	J	K	W	D	N	<b>G</b>	D