

The Law at Sinai

Wednesday Plan

SCRIPTURE

Exodus 19–20

MEMORY VERSE

Exodus 20:2

OPTIONAL VIDEO

Moses and the Ten Commandments

<https://southside.cc/759-876>

We love God by obeying him.

For the Teacher

Wednesday night reinforces what the kids learned on Sunday. Don't re-teach all ten commandments — they heard them. Tonight is about what obedience *looks like* in a kid's actual week.

KEY TRUTH

We love God by obeying him.

Same bottom line as Sunday, by design. Wednesday uses the exact same sentence the kids heard on Sunday. Repeat it. Have them say it back. Don't paraphrase or soften it — the repetition is the point.

Rescue still comes first. If anything from Sunday's prep is worth re-reading tonight, it's this. The commandments are not rules to earn God's love. They are how rescued people live. Exodus 20:2 — "I am the LORD your God, who brought you out of the land of Egypt" — sits *before* the commandments on purpose. Keep that order in your mouth. Tonight you'll have several places to say it.

What to skip. Don't re-read Exodus 19. The kids did Sunday. Tonight you'll only re-read Exodus 20:1–2 (the rescue framing) and hit a few of the commandments inside the activities. If a kid wasn't there Sunday, give them a one-sentence catch-up: "God brought his people to a mountain called Sinai and gave them ten commandments to show them how to live."

Energy management. Wednesday is built around a charades-style game and small-group reflection. The charades game gets loud — let it. Bring the energy down for the prayer card and closing. A kid who laughed through charades and then sat quietly with the prayer card will remember both.

MATERIALS

- Bibles for every student
- Whiteboard or large paper, markers
- Slips of paper with eight simplified commandments written on them (one per slip — see the Charades section)
- A small basket or hat to draw the slips from
- **One I'll Obey** prayer cards (printed in advance from this week's activities)
- Pencils

1. Gather

Welcome the kids back. Tell them:

SAY

On Sunday we learned one big idea, and we're going to learn it again tonight. Say it with me: We love God by obeying him.

Have them say it back. Then again, louder. Then in a whisper.

Write it on the board.

Tell them tonight is going to be different from Sunday — they're going to act, guess, and talk about what obeying God really looks like in a normal week. But first, a quick review.

2. The Story

Quick Review

ASK

Where did God take his people in Sunday's story, and what did he give them?

You're looking for: Mount Sinai, the Ten Commandments. If they say "rules," that's fine — push them to say "ten commandments."

Re-Read the Opening

Have them open to Exodus 20:1. Pick a confident reader.

Exodus 20:1–2

ASK

What does God remind his people of before he gives them any commandments?

That he brought them out of Egypt — out of slavery. He rescued them first. The commandments come after the rescue, never before.

SAY

That order is the whole reason the commandments are good news. God's people aren't trying to earn his love by obeying him. They're already rescued. They obey because they belong to him. That's why the bottom line works: we love God by obeying him.

3. The Work

Commandment Charades

Write each of these on a slip of paper before class. Drop them in a basket or hat.

1. Worship only God. (Exodus 20:3)
2. No idols. (Exodus 20:4)
3. Honor God's name. (Exodus 20:7)
4. Keep a day of rest. (Exodus 20:8)
5. Honor your parents. (Exodus 20:12)
6. Don't hurt others. (Exodus 20:13)
7. Tell the truth. (Exodus 20:16)
8. Don't be jealous of what others have. (Exodus 20:17)

Tell the kids: one at a time, a kid will draw a slip. They get fifteen seconds to figure out how to act it out — no words, just movement. The rest of the class guesses which commandment it is. Once it's guessed (or after thirty seconds), open the Bible to the verse on the slip and read it together.

Play through six to eight rounds, depending on time. After each round, before moving on, ask:

ASK

What would obeying that commandment look like in a normal week for a kid your age?

Don't let them get away with a vague answer like "be good." Push for specifics. Examples worth surfacing:

- *Honor your parents* → cleaning your room without being told, saying yes when you'd rather argue.
- *Tell the truth* → admitting when you broke something, not blaming a sibling.
- *Don't be jealous* → not pouting when a friend gets the new toy you wanted.
- *Honor God's name* → not using "God" or "Jesus" as a mad word.

Why Obedience Is Love

Bring the kids back together and sit them down. Read together:

SCRIPTURE

Exodus 20:2

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.

DISCUSSION

1. Why do you think God reminded his people about Egypt before he gave them commandments?

Because he wanted them to know he loved them first. The commandments are the response to rescue, not the reason for rescue.**

2. Is it easier or harder to obey someone you know loves you? Why?

→ Easier. When you trust the person, you trust their rules. Same thing with God.

3. Which commandment do you think is hardest for you, this week?

→ Listen. Don't fix. Some honest answers are: not lying, not getting jealous, honoring parents when they're frustrating, not using God's name carelessly. Any honest answer is the right answer.

Say the bottom line again, with the kids:

SAY

We love God by obeying him.

4. The Point

One I'll Obey Prayer Card

Hand out the **One I'll Obey** prayer cards. Have each student fill in the prompt:

This week, I'll show God I love him by _____.

Tell them to pick *one* commandment and *one* specific way they're going to obey it this week. Not "be good." Not "not be mean." A specific move. *I'll tell the truth even if I broke the lamp. I'll help my brother clean up without complaining. I'll pray instead of saying "oh God" when I'm mad.*

NOTE

While they fill out the cards, walk around. If a kid is stuck, ask them: "What's one thing this week where you usually choose your way instead of God's way?" Help them turn it into a sentence they can put on the card.

Memory Verse and Closing

When they're done, have everyone come back together. Read together one more time:

SCRIPTURE

Exodus 20:2

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.

Then say the bottom line one final time, with the kids:

SAY

We love God by obeying him.

Close in prayer:

PRAY

God, you rescued your people out of slavery before you ever gave them a rule. You loved us first too. Thank you for the commandments. Help us, this week, in the small moments at home and at school, to obey you because we love you. Use these little cards to remind us. Amen.