

**Materials I Need:**

**Legend:**



= Option 1, Appropriate for 1<sup>st</sup> – 2<sup>nd</sup> Grade



= Option 2, Appropriate for 3<sup>rd</sup> – 6<sup>th</sup> Grade

**Memory Work:**

“Now if you obey Me fully and keep My covenant, then out of all nations you will be My treasured possession.” Exodus 19:5a

**Aim Questions:**

1. Why was Mt. Sinai such a significant place, even before the Israelites came there?
2. What were some of the natural phenomena (i.e. earthquakes, etc.) that occurred with the appearing of God at Mt. Sinai?
3. What metaphor or illustration did God give the Israelites as to how He cared for them in the wilderness?
4. Which commandment helps us to understand that because we have God, we should not have any other "idols" in our lives?
5. Which commandment is specifically addressed to children?
6. Why do you think God gave the Israelites these commands? Were they to keep them from having a fun time in life?



**Hook:**




**A Class Covenant (*Student Participation/Discussion*).** Establish a class covenant. List ten rules of obedience required by each member of the class. These may be ideas such as: 1. Be polite. 2. Respect your teacher's words. 3. Do your best work. 4. Keep the room clean. 5. Be friendly to guests. Once completed, the teacher may want to read them off and ask the kids to promise to keep the class covenant. Post these on the wall and refer back to them throughout the morning, reminding the students that they had promised to do these things. Why do we need rules such as these? What would class be like without these rules? Do the teachers want the students to obey the rules because they love us and want us to get along, or because they want our time in class to be miserable?




**Treasured Possession (*Discussion*).** Talk about what the children treasure. What's most special to them? If they could choose one item to take out if their house was on fire, what would it be? Why are these things so special to them? Solicit adjectives which describe these treasures and write them down. Use these during LOOK time to compare God's treasured possessions to ours.




**A Land Without Law (*Discussion*).** In today's Bible Adventure, God gives His people the first set of laws. He gave the Israelites these laws for their benefit, not to make their lives miserable. Laws protect our relationships with others. God's laws also protect our relationship with Him. Ask the kids to think of some laws (city, state, or national). Discuss how these laws protect our relationships with others. What would life be like without any laws or rules?

 **Whom Do You Fear? (Object Lesson/Discussion).** Have you ever had the opportunity to be around a celebrity? If not, imagine what it might be like. When people are around someone they really admire, respect, or fear, they can change the way they act. Who is someone who fits this description for you? Imagine if Michael Jordan sat next to you on an airplane. How would you feel? What would you say? Would you act differently at all? Would you be more careful with your words and actions?

(Bring in a road flare and attach a make-believe fuse to it and call it dynamite. Present the "dynamite" to the class.) How many of you have ever seen dynamite? Here's a stick of it right in my hand. What would you do if I lit the fuse right now? How would you handle the stick if we were to pass it around the room? Now read Exodus 19:16-20. **DEBRIEF:** How do you think the Israelites felt as they stood before Almighty God? Do you think that your attitude and actions would change if you stood before the Lord? God is infinitely greater than any person on earth and more powerful than all the dynamite and atomic bombs put together. Therefore, what should be our attitude and actions before our majestic and holy God?

 **It's Not My Fault! (Discussion).** Initiate a discussion citing examples we see every day (perhaps even bring in a newspaper) of people refusing to take responsibility for their behavior. If someone kills another, they can claim that their abusive childhood was to blame. If someone robs a bank, they claim that the economy is to blame. If someone fails in school, they blame their home life. If a marriage fails, they blame their spouse. Even in simple things where something is damaged or broken, we look for ways to explain away the responsibility. In today's world, people no longer feel responsible for their actions. They are always looking for ways to blame others so that they don't have to face the consequences of their behavior. If you read through some of the laws outlined in chapters 21-23, you can plainly see consequences for actions against others. Discuss with the kids how they think people and the courts should respond when people break the laws or bring harm to others.

 **Preparing the Young for Maturity (Sharing Time/Discussion).** Bring in pictures, books, videos or articles which show different ways that parents (animals and humans) prepare their young to go off on their own. Parents, whether they are eagles, grizzly bears, opossums or humans, all have ways to teach their young how to survive and live on their own. Discuss and show examples of the different ways this is accomplished. In today's Bible Adventure, we will see how God prepares His people to live as He designed them. They are to be holy and reflect His glory. They are to be set apart as special for all the people of the world to recognize.



### **Book:**

#### **Presentation Ideas -**



**Mount Sinai (Illustration/Coloring Page).** Exodus 19:1-20:21, **1EXO07.GF1.**



**Moses Enters the Cloud (Illustration/Coloring Page).** Exodus 24:17-18, **1EXO07.GF2.**

#### **Bible Adventure –**

You don't have to look very far today to see people busily spending their time running after things that will make them happy. For adults, that might mean a job, fancy cars and clothes or even family. For younger people, the chase might be after popularity, being the best student or athlete, or like adults, obtaining more possessions. So what's the problem? Aren't those all good things? Won't success or family bring us happiness?

To find the answer we must go way back to the way we were created by God. He made us with a deep need inside that can only be filled by Him. Although those things we've mentioned will bring us happiness for a while, in the end they will leave us empty if we're not putting our relationship with God first. As we look at Exodus chapters 19 through 24 today, we will see God showing His people, the Israelites, the truth about what will really satisfy and make them happy.

Three months had passed since God had led the Israelites out of Egypt and toward the Promised Land. They still followed Him in the pillar of cloud and the pillar of fire, until they came to the wilderness of Sinai. They camped right in front of Mount Sinai. Do you remember what happened at this mountain early in the book of Exodus? God appeared to Moses in the burning bush and made the promise that after Moses had led the people out of Egypt he would serve God at that very mountain. God kept His word and, in spite of the complaining and grumbling of His people, led them right back to Mount Sinai. Now God reminded His people through Moses of how He had carried them out of Egypt, like an eagle carries its young on its wings. Now they were ready to “fly” into the land God had promised them.

There at Mount Sinai, God made an agreement, or covenant, with His people. If the Israelites were obedient to God’s words, they would be a special people to Him. God would use them as a “kingdom of priests and a holy nation.” God chose them to show the world what His way of life was like, to bring His words to the people of the world, and to be the people from which the Messiah would come many years later. If they disobeyed, they would still be His people, but they would miss out on being used by Him in some of these special ways.

No sooner had Moses told them God’s words than they answered by saying, “All that the Lord has spoken we will do.” However, God had not yet given them the laws by which they were to live. Before He did that, He gave them some rules about preparing themselves to come into His presence. They were to clean themselves both outwardly and in their hearts. God also set up boundaries at the foot of Mount Sinai that no one - man or animal - was to cross. To do so would bring death. God is holy, and His people needed to become aware of that holiness and be respectful of it.

After the third day of preparation among the people, God appeared before them. They had never seen anything like it. On the mountain was a thick cloud surrounded by thunder and lightning. The sound of a loud trumpet could be heard. As the people came near, they saw that Mount Sinai was surrounded by smoke because God had come down upon it in fire. The smoke was thick and the mountain shook. The trumpet grew louder and louder. God was showing the people His power and His majesty. They were to take seriously the commitment they were about to make to be obedient to God’s law because God was obviously holy and sovereign. God called Moses up to the mountaintop. The people waited at the foot of the mountain in fear as God spoke to Moses about the covenant He was making with Israel.

The covenant had two parts. The first part has come to be known as the Ten Commandments. The second part consisted of laws to be used in specific instances or situations. The Ten Commandments have to do with relationships--man’s relationship with man and man’s relationship with God. The first commandment gets right to the heart of God’s law. “You shall have no other gods before me.” God’s people were to be loyal to Him alone. Only God was worthy of their worship. If they didn’t learn that the God who had led them out of the land of Egypt was the only true God, they would have trouble with everything else in life. Obedience to the rest of God’s law would be impossible. “You shall have no other gods before me”...because you have Me! The people didn’t need anything else!

The second commandment forbids them from making an idol. They had just left a land where idol worship was common. They were to leave that behind and to worship the true God. Worshiping an idol would show disloyalty and hatred toward the true and living God. The third commandment shows that God’s name is special. It represents who God is. It was and is not to be used in any way that would try to make God appear as less than what He is. The fourth commandment told the people to protect the Sabbath Day and keep it holy. It was not to be a day of work, but a day of rest and of thinking about their mighty God.

The fifth commandment begins the second part of the Ten Commandments which deals with man’s relationship to man. It is a command for children to honor their parents. This means we are to respect them, both in our words and our actions. We are to obey them, as long as they are not telling us to disobey God. The sixth commandment is very simple—“You shall not commit murder.” God made each man in His own image, and life is not to be destroyed by men. The seventh command forbids men and women to be unfaithful to their spouses. The eighth condemns stealing of any kind. The ninth protects truthfulness in relationships. God wants us to always speak with honesty. The tenth commandment calls us to be content with what God has given us and to not be jealous of what others might have. God wants us to value Him above anything this world might have to offer. Wanting things others have can be the root of other sins, like adultery or stealing.

After God spoke these laws, the Israelites were so afraid of Him that they wanted Moses to tell them God's words. They were frightened to have God speak to them directly. Moses told them all the laws of the covenant as God had spoken them to him. The people agreed to be obedient to God's words.


Did you notice from this passage in Exodus how important God thinks relationships are, especially our relationship with Him? Not only did He show Himself in the Ten Commandments to His people in such an awesome way, He also really shares His heart. He wants us to see how our relationship with Him should be. God knows we will give our heart and affections to something or someone. Idolatry isn't just carving a wooden statue and bowing down to it. It's anything to which we give our heart and attention. First place in our hearts and lives belongs to Him alone. Are there other things there? Have you given your love to money and things, friends, good grades at school, or looking for a good time? It's not that these things are bad. It's that they are not God and they are never going to satisfy us and fill our hearts as only He can! If we let God have that first place in our lives, it will keep us from turning other things into gods.

The people of Israel were able to see the evidence of God's power firsthand. God showed Himself to them in this way so that they would listen to Moses and Aaron when they gave them God's words. Today, we have the whole word of God to read and study to get to know God better. God's wishes haven't changed in all these years. He still wants a relationship with His children where He is first in our hearts. The more you come to know Him, the more He will become your joy and pleasure and everything you want and need. Then you will have "no other gods" before Him!



**Look:**



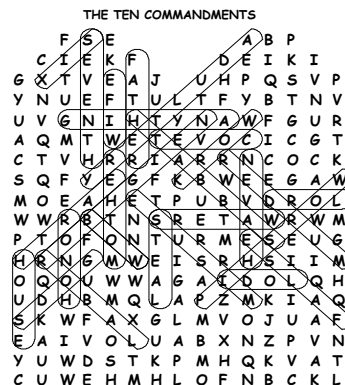
**Treasured Possession (Craft).**  Using **1EXO07.GF3**, have the children draw a picture of themselves in the hands of God. Decorate with sequins, glitter, bric-a-brac, craft gem stones, etc. Refer back to the HOOK activity where the children talked about their treasured possessions. How different are we as treasured possessions of God?



**3-D Tablets (Craft).** Using **1EXO07.GF4**, cut out the two "Tablets" on the solid lines. Snip the solid lines toward the center of each tablet. Fold on the dotted lines inward so that the tabs are formed on the underside of the tablet when it is glued to the page. Glue the tabs on to the piece of construction paper. Paste the label at the top and the memory verse at the bottom.



**Ten Commandment Word Search (Worksheet).** Fill in the missing words, and find them in the word search, **1EXO07.GF5**. **Answers:** gods, idol, heaven, earth, waters, bow, worship, misuse, LORD, Sabbath, six, labor, work, seventh, honor, father, mother, murder, adultery, steal, false, neighbor, covet, house, wife, anything  
Word Search Answer Key:



**God's Rules (Worksheet).** Have students unscramble the key words to complete the "rules" that God gave to His people through Moses. Students can look at Exodus 20 for the help, **1EXO07.GF6**.

- Enemies of the Israelites (*Puzzle*).** Have students circle the words that represent the real enemies of the Israelites, **1EXO07.GF7**.
- Moses Maze (*Worksheet*).** Have students help Moses find his way down from the mountain, bringing the tablets with him, **1EXO07.GF8**.
- On Wings of Eagles (*Worksheet*).** Have students break the code by using the hieroglyphic chart, **1EXO07.GF9**.
- Promises, Promises, Promises (*Worksheet*).** Have students answer the questions to find the differences between the two promises God made with His people, **1EXO07.GF10**.
- Ten Commandments Desk Ornament (*Craft*).** This project requires preparation of the dough prior to class (see recipe below). This craft can take two weeks to complete because of the drying time required before painting, or can be sent home to be finished. Form two stone tablets of dough. Apply a small amount of glue on the bottom and position them as shown in the sample, on the 5" x 5" piece of foam core board, or cardboard. This 5" x 5" square can be colored before the dough is put on, or can be painted after the dough has dried. Colored foam core board can be used instead. Let the dough dry (see instructions below). Using markers or water color paints, paint these tablets. Paste the "Ten Commandments" from **1EXO07.GF11** on the board under the tablets. What a great reminder to us all of God's desire for His people to be set apart from sin and set apart to His holy way. This craft would make a nice paperweight, shelf decoration or gift. The recipe below is enough for 1 table of approximately 6 children.

No Bake Dough

2 cups flour

2 cups salt

1/2 cup hot water (add more if needed to reach desired consistency)

Mix together in a bowl. Allow creations to dry for several days or aid in the drying process by baking them for about 3 hours in a warm oven (not too hot for the foam core board).

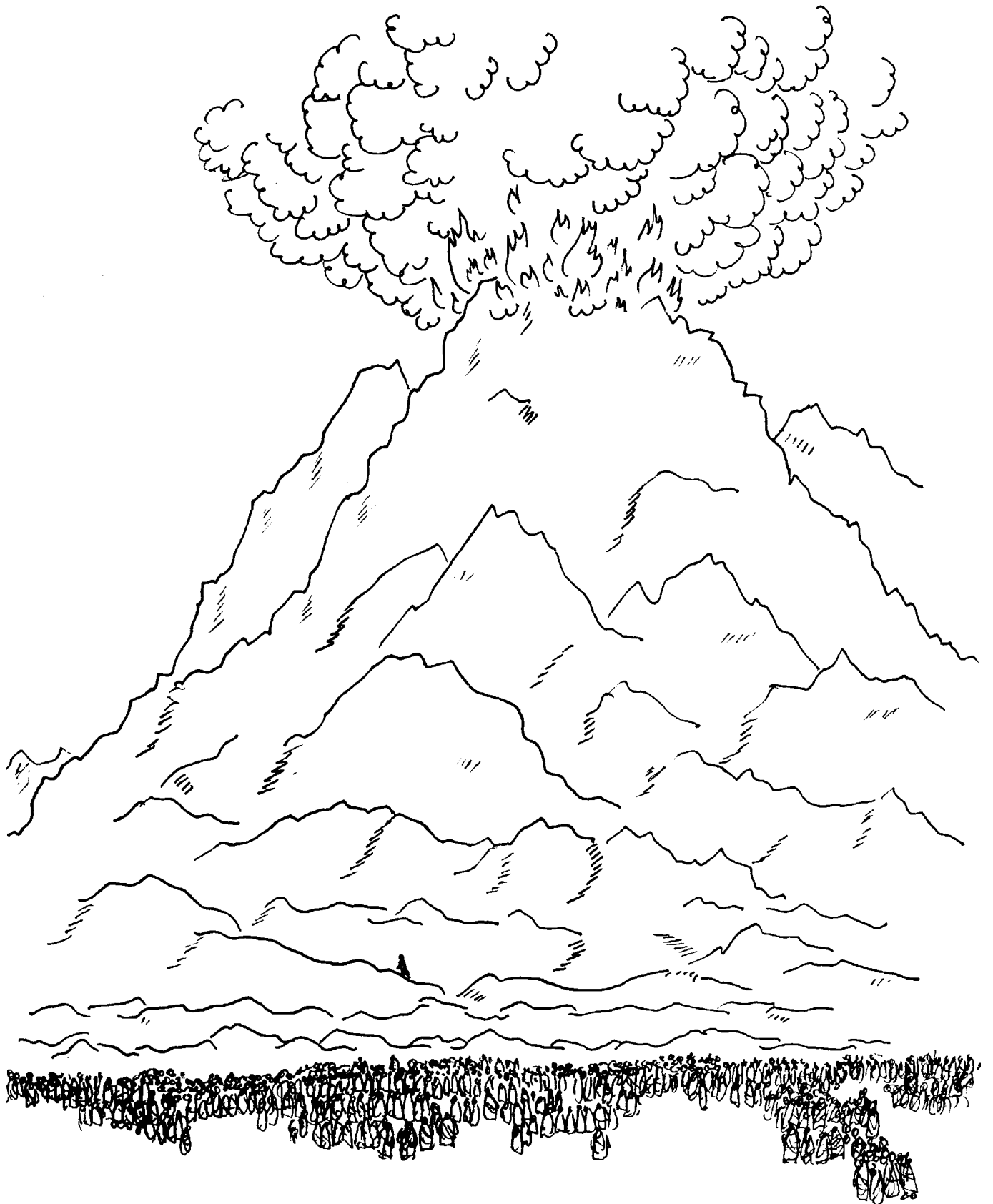
- Commandment Posters (*Craft/Activity*).** Divide up the 10 commandments within your table groups. Discuss the meanings of the commandments you have been assigned, and together as a group, design a poster which depicts this law. Post all the these designs on the wall and take turns (perhaps during the TOOK time) explaining their meanings.
- Majesty of God (*Wall Mural*).** This could be designed during the HOOK time and the verses added during the LOOK time. With butcher paper mounted on the wall, give the students the opportunity to draw a picture of Mount Sinai and the surrounding wilderness. You may want to bring in some reference books showing what that area of the world looks like. Looking through chapters 19 and 20, add the special effects such as clouds, thunder, lightning, and smoke. Then take turns looking up verses which talk about the majesty of God. Write these verses on strips of paper, and paste them up randomly all over the mural.
- Listening for God's Commands (*Game*).** This game is played like "Snatch or Steal The Bacon." Divide the class into two teams. This game will work best if there are twenty players in all. Line the teams up facing each other along a line. They should be about 15-20 feet apart if you have the room. Give each player on the first team a commandment to remember. Then, beginning at the opposite end of the other team's line, give each player a commandment also. Between the teams in the center, on the carpet, place the "stone tablets" (see how creative you can be to come up with these). This is the "Bacon." The teacher then calls out a commandment. The two children who have been assigned that commandment run forward and try to snatch the stone tablets and successfully run back to their line with the tablets and without being tagged by their opponent. If a player reaches his line with the tablets and was not tagged, his team gets a point. If the child carrying the stone tablets is tagged, the other team gets a point. The teacher can call out more than one commandment at a time to make things really interesting. The children will really need to be ready, waiting, and listening for God's words to be the first to return with the tablets.



## Took:

- Remembering God's Covenant (*Memory Exercise*).** Have the kids come up one by one and face the class. See how many of the commandments each of them can remember. If you have made the posters, be sure that each time a student comes up, they have their backs to the wall with the posters.
- We Will Do Everything the Lord Has Said (*Craft*).** Obedience to God every day is an attitude of the heart. Cut out hearts from construction paper. Complete the paper spring as shown in the example and paste one end on the heart. Paste the other end on the 3" X 3" construction paper square. Paste the label from **1EXO07.GF12** on the heart. Encourage the kids to put this reminder on their mirror in the bathroom so that they can think about it each day. Pray with the students, asking God for the strength this week for obedience.
- Ten Little Reminders (*Memory Work*).** Use the memory hands to learn the Ten Commandments, **1EXO07.GF13**.
- Eighth Commandment (*Memory/Discussion*).** If you have decided to assemble the Ten Commandments as you go through them, post the eighth commandment, "**You shall not steal**" now. Follow the instructions given on **1EXO01 Pg. 5 TOOK First Commandment**. Use this in conjunction with the Ten Commandments Family Take-Home Sheets and magnet collection below. **Debrief:** God gives us the eighth commandment to protect one's property from being stolen. Stealing is taking something that belongs to someone else. Have you ever stolen anything? How would you feel if someone stole your favorite toy? Greed, covetousness and selfishness motivate stealing. It has absolutely no regard for the person who is at loss. Because the motive behind stealing is selfish and not based on love, God wants us not to steal anything that doesn't belong to us!
- Ten Commandments (*Family Take-Home Sheet/Magnet Collection*).** Encourage the students to earn their magnets each week. This week students will have the opportunity to earn their Seventh Commandment magnet when they turn in their Ten Commandments Family Take-Home Sheet which has been signed by their parents. (*Teachers, please be sensitive to each student's individual needs in regard to their home situation. You may need to make yourself available to some students so that they may be able to participate in this.*) Take-home sheets are included with the Family Fun Sheets and are also available at the resource table.

# Mount Sinai

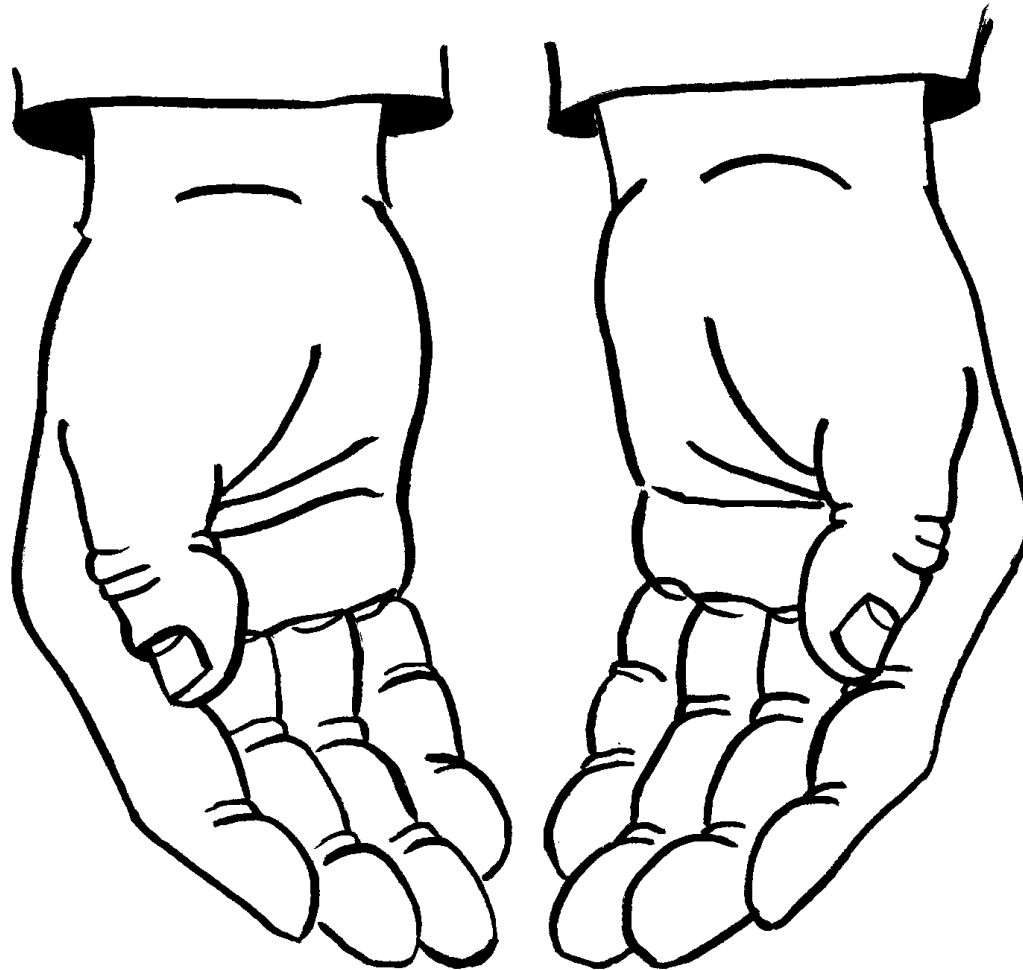


# Moses Enters the Cloud

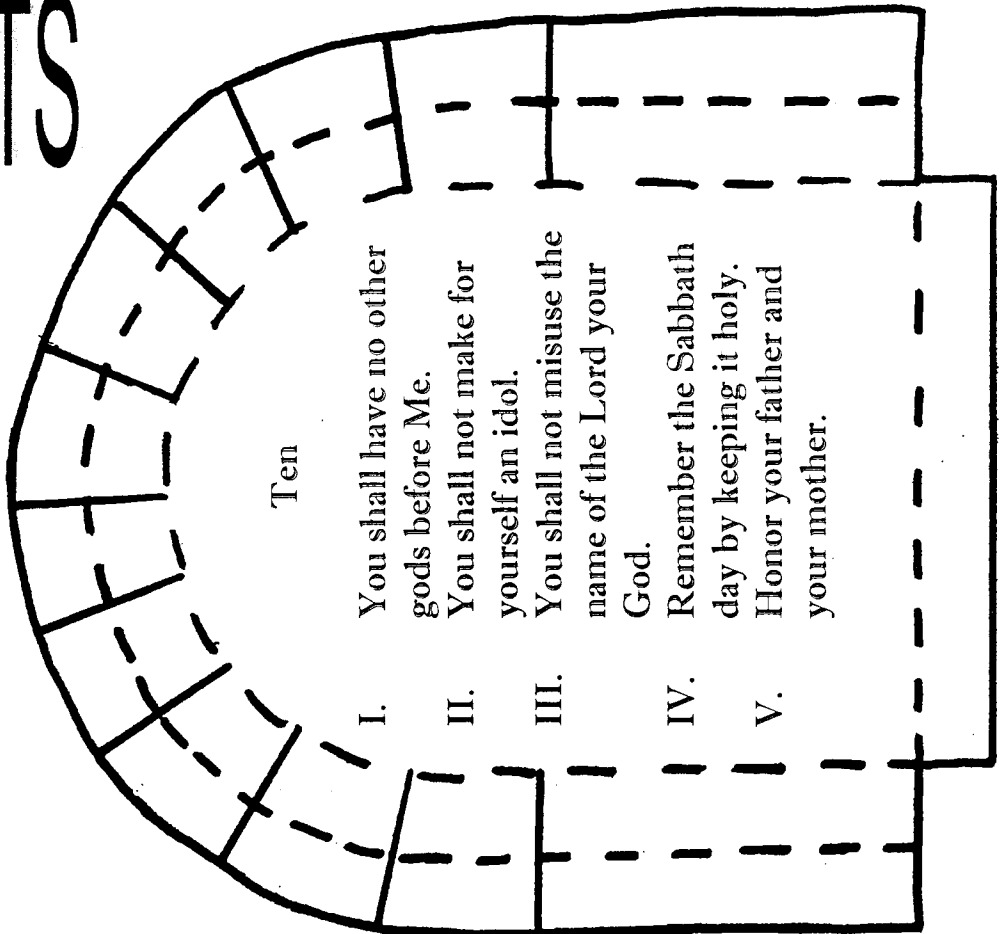
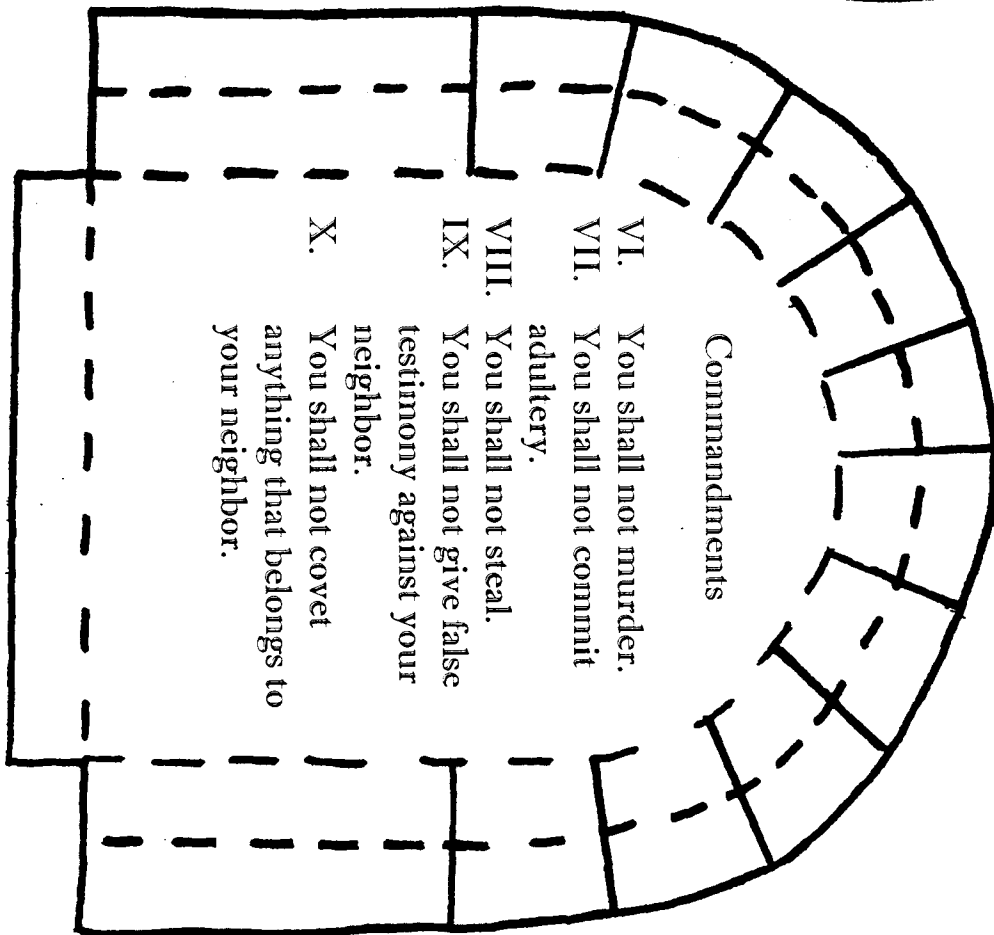


# Treasured Possession

Draw a picture of yourself in the hands of God.  
How are our treasured possessions different from Gods?



# 3-D TABLETS



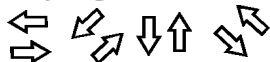
# THE TEN COMMANDMENTS

EXODUS 20:3-17 (NIV)

You shall have no other \_\_\_\_\_ before me.  
 You shall not make for yourself an \_\_\_\_\_ in the form of anything in \_\_\_\_\_ above or on the \_\_\_\_\_ beneath or in the \_\_\_\_\_ below. You shall not bow down to them or \_\_\_\_\_ them.  
 You shall not \_\_\_\_\_ the name of the LORD your GOD for the \_\_\_\_\_ will not hold anyone guiltless who misuses His name.  
 Remember the \_\_\_\_\_ day by keeping it holy. \_\_\_\_\_ days you shall \_\_\_\_\_ and do all your \_\_\_\_\_ but the \_\_\_\_\_ day is a Sabbath to the LORD your GOD. \_\_\_\_\_ your \_\_\_\_\_ and your \_\_\_\_\_ so that you may live long in the land the LORD your GOD is giving you.  
 You shall not \_\_\_\_\_.  
 You shall not commit \_\_\_\_\_.  
 You shall not \_\_\_\_\_.  
 You shall not give \_\_\_\_\_ testimony against your \_\_\_\_\_.  
 You shall not \_\_\_\_\_ your neighbor's \_\_\_\_\_.  
 You shall not covet your neighbor's \_\_\_\_\_, or his manservant or maidservant, his ox or donkey, or \_\_\_\_\_ that belongs to your neighbor.

**DIRECTIONS:** ALL THE MISSING WORDS ABOVE ARE FOUND IN THE WORD SEARCH. THE WORDS GO ALL DIFFERENT

DIRECTIONS



LOOK CAREFULLY, AND YOU SHOULD FIND THEM ALL.  
 USE YOUR BIBLE IF NEEDED.

# THE TEN COMMANDMENTS

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

# GOD'S RULES

Unscramble the key words below to complete the rules that God gave His people through Moses. You'll find these rules in Exodus 20.

You shall have no other GSDO before Me.

\_\_\_ \_\_\_ \_\_\_ ○

You shall not make for yourself an LDOI...you shall not bow down to them nor worship them.

\_\_\_ \_\_\_ ○ \_\_\_

You shall not misuse the MAEN of the LORD

\_\_\_ \_\_\_ ○ \_\_\_

your God, for the LORD will not hold

\_\_\_ \_\_\_ \_\_\_ \_\_\_ ○ \_\_\_

YONANE guiltless who misuses His Name.

Remember the BASHTAB day by keeping it holy.

\_\_\_ ○ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

Honor you REHTAF and your

\_\_\_ \_\_\_ \_\_\_ \_\_\_ ○ \_\_\_

OTERHM, so that you may live long in the land.

○ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

You shall not DRERUM.

○ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

You shall not commit AUTRYELD.

\_\_\_ ○ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

You shall not LAEST.

\_\_\_ ○ \_\_\_ \_\_\_ \_\_\_

You shall not give false SETMOTINY against your neighbor.

\_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ ○ \_\_\_

You shall not ETVOC...anything that belongs to your neighbor.

○ \_\_\_ \_\_\_ \_\_\_ \_\_\_

Write down all of the letters that are circled in the right-hand column.

\_\_\_\_\_

Now unscramble that word to find another word for the word "rules."

\_\_\_\_\_

# Enemies of the Israelites

God promised protection for His people as they traveled to the Promised Land.

Circle the words below that represent the real enemies of the Israelites.

(The answers can be found in Exodus 23:23.)

**H I T T I T E S**

**S T A L A G M I T E S**

**D Y N A M I T E S**

**A M O R I T E S**

**I N S E C T B I T E S**

**P U R P L E T I T E S**

**T E R M I T E S**

**H I V I T E S**

**P A R A S I T E S**

**J E B U S I T E S**

**M E N N O N I T E S**

**C A N A A N I T E S**

**A F R A I D O F H I T E S**

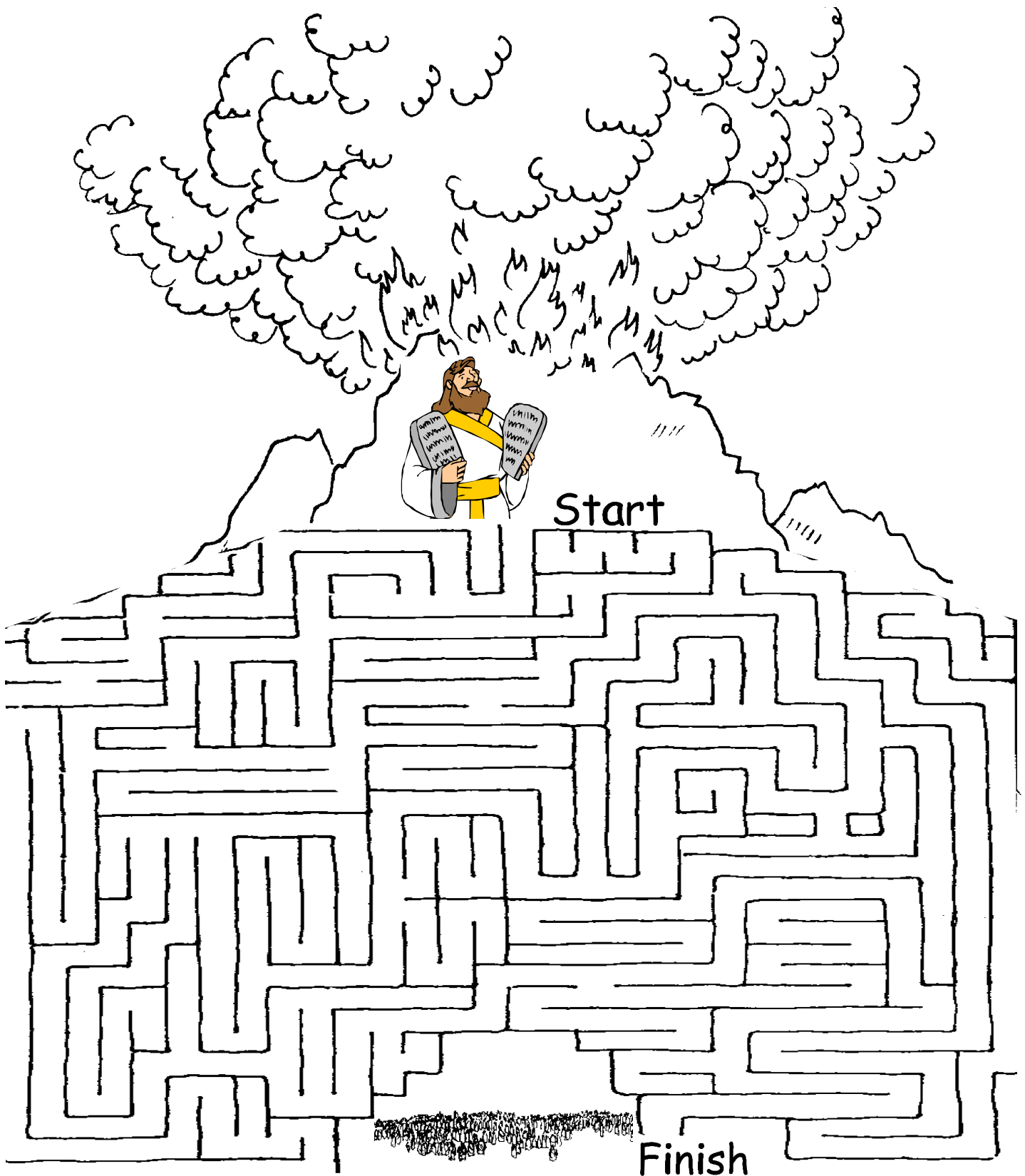
**P E R I Z Z I T E S**

**M E G A B I T E S**

**A R G O N I T E S**

**Z E B U L I T E S**

**D A Y N N I T E S**



How did Moses find his way down the mountain? Draw a line to show the path from the top to the bottom of Mount Sinai.

The Lord descended to the top of Mount Sinai and called Moses to the top of the mountain. Exodus 19:20

# ON WINGS OF EAGLES

Break the code by using the hieroglyphic chart below.

☉ ☽ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍

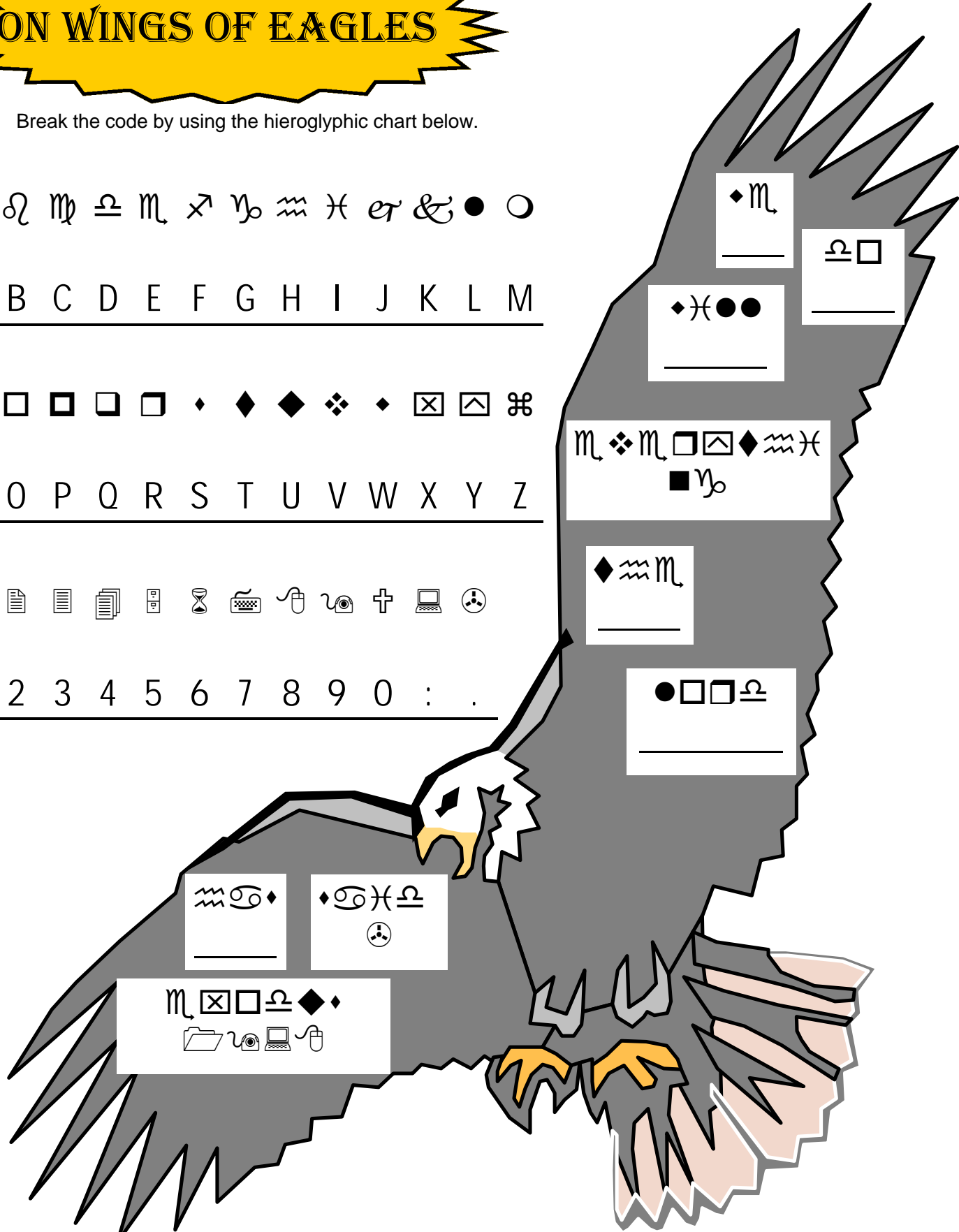
A B C D E F G H I J K L M

■ □ ▣ ▤ ▥ ◆ ◇ ◆ ✦ ◆ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺

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Just like the eagle, **WE** are to be "SET APART" to do **GOD'S** will.

# P r o m i s e s , P r o m i s e s , P r o m i s e s

Answer the questions below to find the differences between the following two promises  
God made with His people.

<b>Abrahamic Covenant</b>	<b>Sinai Covenant</b>
God's promise made to Abraham	God's promise made to Israel
Genesis 12:2-3 "I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you."	Exodus 19:5-6 "Now if you obey Me fully and keep My covenant, then out of all nations you will be My treasured possession. Although the earth is Mine, you will be for Me a kingdom of priests and a holy nation."
What does God promise?	What does God promise?
Are there any conditions to this promise? Are there any "If... then..." statements?	Are there any conditions to this promise? Are there any "If... then..." statements?
If so, what are the conditions for this promise to be fulfilled?	If so, what are the conditions for this promise to be fulfilled?
What would happen to the promise if Abraham was unfaithful and disobeyed?	What would happen to the promise if Israel was unfaithful and disobeyed?
What can you learn from this promise?	What can you learn from this promise?

# Ten Commandments Desk Ornament

<ol style="list-style-type: none"> <li>1. You shall have no other gods before Me.</li> <li>2. You shall not make for yourself an idol.</li> <li>3. You shall not misuse the name of the Lord your God.</li> <li>4. Remember the Sabbath day by keeping it holy.</li> <li>5. Honor your father and your mother.</li> </ol>	<ol style="list-style-type: none"> <li>6. You shall not murder.</li> <li>7. You shall not commit adultery.</li> <li>8. You shall not steal.</li> <li>9. You shall not give false testimony against your neighbor.</li> <li>10. You shall not covet anything that belongs to your neighbor.</li> </ol>	<ol style="list-style-type: none"> <li>1. You shall have no other gods before Me.</li> <li>2. You shall not make for yourself an idol.</li> <li>3. You shall not misuse the name of the Lord your God.</li> <li>4. Remember the Sabbath day by keeping it holy.</li> <li>5. Honor your father and your mother.</li> </ol>	<ol style="list-style-type: none"> <li>6. You shall not murder.</li> <li>7. You shall not commit adultery.</li> <li>8. You shall not steal.</li> <li>9. You shall not give false testimony against your neighbor.</li> <li>10. You shall not covet anything that belongs to your neighbor.</li> </ol>
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# Ten Little Reminders

## Right Hand

1. **You shall have no other gods before Me.** Give a “thumbs up” to signify that we only have one God and that our God is second to none.
2. **You shall not make for yourself an idol.** Take the index finger and wave it back and forth as if saying “no.”
3. **You shall not misuse the name of the Lord your God.**
4. **Remember the Sabbath day by keeping it holy.** Remember the Sabbath by remembering that the ring finger is to remember something very important.
5. **Honor your father and your mother.** In some cultures, taking one’s pinky finger and wrapping it around the pinky finger of another, is a symbol of honor and promise. Take the pinky of your right hand and wrap it around the pinky of the left while saying, “Honor your father and your mother.”

## Left Hand

6. **You shall not murder.** Take the pinky and poke it into your heart.
7. **You shall not commit adultery.** Look at the ring finger, the one where we place our wedding ring to remember that God hates adultery.
8. **You shall not steal.**
9. **You shall not give false testimony against your neighbor.** Take the index finger and point it at someone as if to falsely accuse them. Remember that God doesn’t want us to bear false witness or lie.
10. **You shall not covet anything that belongs to your neighbor.** Take the thumb and touch all the other fingers of the left hand to remember that covetousness is the sin behind the other 4 sins of the left hand.

