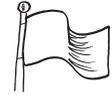
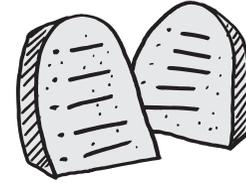


COMMANDMENTS



The Israelites continued their journey through the wilderness. God had provided manna from heaven and water from rocks, and now God had another gift—the Ten Commandments. The Ten Commandments were rules for how to live with each other and with God.

The Ten Commandments were written on stone **tablets**. These tablets were a visible reminder of the relationship in which God called the Israelites to live. God's expectations were written in stone.

Exodus 20:1-17

The Ten Commandments were God's way of revealing expectations for the Israelites. The commandments are boundaries that fall into two categories: how we live in relation to God and how we live in relation to each other. God loves humanity, and the commandments are an expression of that love.

Check out these other Bible passages that connect with the theme of Commandments!

- > **Psalm 119:1-8** Does following the law really lead to happiness?
- > **Leviticus 11:1-8** Why does God care so much about what people eat?
- > **Matthew 5:17-20** What does Jesus have to do with the law?

Talk about it!

Use these questions to connect with each other.

- > What would the world be like without rules?
- > Considering how others' actions affect you, would you rather have strict or loose rules? Why?
- > The Israelites followed God by following the commandments. How do you follow God in your everyday life?

What are preteens thinking?

Your child likely thinks of God as a scorekeeper, just waiting for him/her to break a rule. Remind your child that though our actions must sometimes be frustrating to God, God did not make us to break us.

Try this!

The tablets of the Ten Commandments were a reminder of God's relationship with the Israelites. As a family, go rock hunting to find a stone for each member. Use the stones as personal reminders of the Ten Commandments and your relationship with God.

Prayer

God, thank you for claiming us as yours. Help us to faithfully follow your commandments. Amen.