



Volume Overview—Follow the Leader

In this series, kids will follow the journey of the Israelites through the wilderness. From their escape out of Egypt through the forty years wandering in the desert, God not only provided for all their needs, but also gave them clear instructions on what it looked like to follow Him as their Leader. Ultimately, God led them to the Promised Land, the place He wanted them to be all along. He leads us to better places when we follow Him, too.

SESSION 1: The Exodus from Egypt— Exodus 14:1–31 Faith Fact: God saves me.	SESSION 2: Israelites in the Wilderness— Exodus 16:1–18 Faith Fact: God gives me what I need.
SESSION 3: The Ten Commandments— Exodus 20:1–17 Faith Fact: I love God and others.	SESSION 4: Joshua and the Promised Land— Joshua 5:13 to 6:20 Faith Fact: God keeps His promises.

SESSION OVERVIEW



In this session, kids will learn about loving God and loving others. Some people are harder to love than others, but God has called us to love everyone. They will learn about the Ten Commandments God gave to Moses and the Israelites and how Jesus summed up those Ten Commandments into two simple commands for all of us: love God and love people.

Bible Lesson	Faith Fact
The Ten Commandments Exodus 20:1–17	I love God and others.
Faith Verse	
Psalm 37:23 (NLT) The LORD directs the steps of the godly. He delights in every detail of their lives.	

Listen Kids is part of an entire kids' discipleship strategy. Get access at KidminRoadmap.com.

Find the corresponding *Bible Fact-Pak*® question numbers for this session in the Volume Additional Assets on the mobile or Web app.

PREPARING FOR THE SESSION

You Will Need	Getting Ready
<p>Large Group</p> <ul style="list-style-type: none"> • Bible • Red construction paper, one sheet per kid • Upbeat music, ready to play • 2 poster boards or wall space • Bible Lesson Printable (12 signs) • Tape • Worship songs (“Breakthrough” by The Belonging Co; “Prize” by The Belonging Co; “Chain Reaction” by River Valley Worship) • For groups not using a phone or tablet only, add: <ul style="list-style-type: none"> ○ Projector or TV ○ Laptop ○ Countdown 5-Minute Video ○ Theme Intro Video ○ Faith Fact Slide or Motion Graphic ○ Game Time Slide or Motion Graphic ○ Bible Lesson Video A ○ Bible Lesson Video B ○ Faith Verse Video or Slide <p>Small Group</p> <ul style="list-style-type: none"> • Bibles, one per kid • Red card stock or poster board • Scissors • Small Group Faith Verse Review, two copies per small group • Scissors • Small Group Activity Page, one per kid • Pencils or pens, one per kid 	<p>Large Group</p> <ul style="list-style-type: none"> • Select worship song(s) and have them ready to play. • Download videos and slides if needed. • Place sheets of red construction paper on the floor before playing the Game. Have enough for every kid to have a sheet to stand on. • Print the Bible Lesson Printable signs (12 total). • Attach the “Love God” and “Love Others” signs to two poster boards or separately on a wall. <p>Small Group</p> <ul style="list-style-type: none"> • Cut one red heart out of the red card stock or poster board for each small group. Make sure it is small enough to hide behind a kid’s back. • Print the Small Group Faith Verse Review, two copies per small group. • Cut apart the hearts and mix up so the verse is out of order. Give two sets to each small group. • Print the Small Group Activity Page, one per kid.

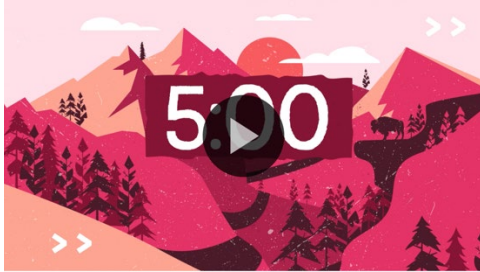
Check out all the promotional and extra media files available for this theme. To access the Bible Engagement Project from a computer, visit App.BibleEngagementProject.com.

LARGE GROUP (30 Minutes)

See what's needed at the beginning of the session.

INTRODUCTION

- *Optional: Play the **Countdown 5-Minute Video**.*



Welcome

Welcome! I'm so glad you're here! I'm excited we can open up God's Word to see what He has to say to us today. Today we will be talking about the Ten Commandments. These are some of God's special rules. We will see how some commands show us how to love God, and some tell us how to love others. Let's watch this video, and then we'll get started.

- *Play **Theme Intro Video**.*



How does it feel to know that someone loves and cares about you? (*Group response*) It's an even better feeling knowing that the God who created the entire universe loves you and cares about you. Today we are going to talk about how important it is for us to love God and love people, even if they don't love us.

Faith Fact

- *Show the **Faith Fact Slide** or **Motion Graphic**.*

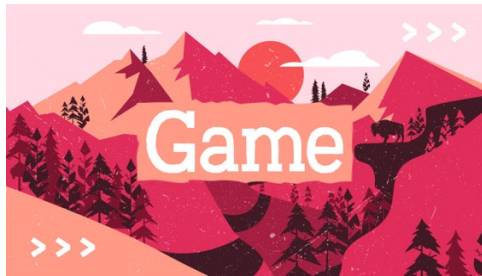


In fact, our Faith Fact today is: **I love God and others.** Repeat after me: **I love God and others.**

GAME | Heart Islands

You Will Need	Getting Ready
<ul style="list-style-type: none"> • Red construction paper, one sheet per kid • Upbeat music, ready to play. 	<ul style="list-style-type: none"> • Place sheets of red construction paper on the floor, enough for every kid to have one to stand on.

- Show the **Game Time Slide** or **Motion Graphic**.



Everyone gets to play this game! When the music starts, you should begin moving around the room. When the music stops, quickly find a heart island to stand on. However, no one can stand on a heart while the music is playing. To stay in the game, both feet must be inside the heart island.

- A kid is out if both feet aren't on a heart island when the music stops. Kids who are out should sit.
- Remove a heart island each time the music begins until you are down to only one heart island.

That was so much fun! Are you ready for worship? Stand up and let's go!

WORSHIP

One way to worship God is by singing. Let's worship Him together.

- Lead the kids in singing one or two praise songs. See suggestions at the beginning of the session.

BIBLE LESSON | The Ten Commandments (Exodus 20:1–17)

- Check *Preparing for the Session* on page 2 for items needed in this segment.

Today's Bible lesson is a great reminder of how powerful and important love is. *Love* is a word we like to use a lot. Can you think of times that you use the word *love*? (*Group response*)

Love It or Leave It

I'm going to call out some different things and you have to decide if you love it or would prefer to leave it. If you love it, you need to go to the left side of the room. If you would leave it or not like it, then you can go to the right side of the room.

- *Pick some of the following items to call out or make up your own:*

<i>Ice cream</i>	<i>Sports</i>
<i>Cats</i>	<i>Spiders</i>
<i>Movies</i>	<i>Eggs</i>

We use the word *love* for many different reasons. Today we aren't talking about our likes and dislikes. We are talking about God's commandment to love. God loved the Israelites, so He gave them the Ten Commandments to help them know how to better love God and each other. Those Ten Commandments or rules helped the Israelites know how to treat one another. Those same rules help us today accomplish the two goals of loving God and loving others.

Prayer

Before we get started in God's Word, let's take a moment to pray and invite God to be with us.

Dear God, thank You for the opportunity to learn from the Bible. Open my heart and mind to listen to what You are saying. Amen.

Video Intro

Let's check in with the Challenge Accepted team to get started.

- *Play **Bible Lesson Video A**.*



That's a great lead-in to our Bible story today. Would you like to join Dash and Austin in facing this challenge? (*Group response*)

Teaching Time

(*Open the Bible to Exodus 20.*) Moses had been up on a mountain praying and talking with God for a while. God usually gave His messages for the people to Moses, their leader. Then Moses would go and share the messages God had given him with the people.

Moses was up on Mount Sinai and God gave him some very important commandments or rules for the people. Let's start by reading Exodus 20:1.

There were ten different commandments that God gave to the Israelites. Each commandment was just as important as another. If anyone broke a commandment, then they had sinned and needed God's forgiveness. Do you remember any of the commandments? (*Group response*)

These commandments helped the people know how God wanted His people to live. When other nations saw the Israelites, this was what God wanted them to see. Some of the commandments helped the Israelites to love God better and others helped them know how to love each other better. Let's go through each of them.

- *Hang the "Love God" and "Love Others" signs from the **Bible Lesson Printable** on two poster boards or separated on a wall. Leave space around these signs for the commandment signs to be added. Point them out for kids to see.*

Guess the Category

For every commandment we talk about, I want you to tell me whether it helped the Israelites to better love God or love others. Do you think you can do that? (*Group response*) Great! Let's get started!

For the first commandment, God told the Israelites that they must have no other gods but Him. (*Show "No other gods" sign.*) Back then it was common for people to have lots of false gods, but God wanted people to trust in Him only. Do you think this commandment helped them to love God or others better? (*Love God*)

- *Place sign by "Love God."*

Let's read Exodus 20:4–5 to see what the second commandment is. (*Show the "Worship God, Not Idols" sign.*) An idol is a statue that people would worship. Anything we treat as more important than God can become an idol. Another way of saying this commandment is, "Worship God, not idols." What of the two categories should this commandment go in? (*Love God*)

- *Place sign by "Love God."*

The third commandment says you must not use God's name in a disrespectful or false way. Another way of saying that is, "Respect God's name." (*Show the "Respect God's Name" sign.*) Do you think this helped the Israelites show love to others or to God? (*Love God*)

- *Place sign by "Love God."*

Let's read Exodus 20:8–10 to hear the fourth commandment. The Sabbath is a very special day for the Israelites. It reminded them of the day when God rested after He created the world. God wants us to rest and remember His goodness. Another way of saying this is we should work six days and rest one day. (*Show "Work Six, Rest One" sign.*) Does honoring the Sabbath help us love God or others? (*Love God*)

- *Place sign by "Love God."*

The fifth commandment is: Honor your father and mother. This is the only commandment that has a promise attached to it. God says if you follow this instruction, then you will live a long and

full life. Another way of saying this is, “Obey your parents.” (*Show the “Obey Your Parents” sign.*) This is a tough one. Do you think this helps us love God or others better? (*Love others*)

- Place sign by “Love Others.”

The next few commandments are short, but still important. Commandment six tells us that it is wrong to murder. This one doesn’t need much explaining! (*Show the “Don’t Murder” sign.*)

Does this rule help us to better love God or others? (*Love others*)

- Place sign by “Love Others.”

The next commandment is for adults who are married. This rule reminds people to be faithful to their spouse. (*Show the “Be Faithful to Your Spouse” sign.*) This commandment reminds us how to show love to others.

- Place sign by “Love Others.”

This next one applies to everyone! It says you must not steal. That’s pretty easy. (*Show the “Don’t Steal” sign.*) This one can be tough to follow. This doesn’t just apply to bank robbers, but it could apply to us too when we take things from our siblings without asking permission. Does this rule help us to love God or others better? (*Love Others*)

- Place sign by “Love Others.”

Just two more commandments to go! Let’s read Exodus 20:16. That’s a fancy way of saying to tell the truth and don’t lie. (*Show the “Don’t Lie” sign.*) This one includes even the little lies that might not even affect anyone else. God wants us to always tell the truth. This commandment reminds us how to best show love to others.

- Place sign by “Love Others.”

The last commandment told the Israelites not to be jealous of other people. (*Show the “Don’t Be Jealous” sign.*) I don’t know about you, but this one can be hard to follow, especially when we see our friends at school with things that we would love to have ourselves. God knew people would never be happy themselves or able to keep friendships with others if they allowed jealousy to control their life.

- Place sign by “Love Others.”

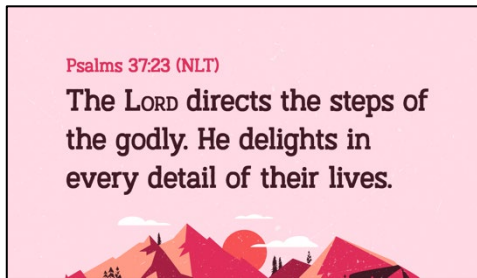
Wow! That’s a lot of rules! Do you think you can remember all of them? (*Allow kids to respond*) What do you think is the most important commandment? (*Group response*) Well, many years after God gave Moses these commandments, Jesus was asked this very question. He made it simpler for us by showing us that all of the Ten Commandments could be summed up into just two commands.

Jesus said that the first and most important commandment was to love God completely! Then He said that loving your neighbor was also a very important commandment. What was Jesus saying here? He was saying that all of the Ten Commandments we just read in Exodus 20 can be summed up into two much easier-to-remember commands: Love God and love people.

Since God gave us the Ten Commandments, people have tried adding their own rules. At times, people have even forgotten that God gave us the rules so that we could better love God and love others. Today, the Ten Commandments still apply to us as Christians. We must always remember that God's heart was for us to learn to love Him and others better.

Faith Verse

- Show the **Faith Verse Video or Slide**.



Psalm 37:23 (NLT)

The LORD directs the steps of the godly. He delights in every detail of their lives.

Let's review our Faith Verse. Say it with me.

God delights in the details of our life. What do you think that means? (*Allow responses.*) That verse tells us that He loves us and it explains why He wants His people to love Him back.

PRAYER AND RESPONSE

You Will Need	Getting Ready
<i>No supplies are needed for this activity.</i>	<i>No prep is needed for this activity.</i>

Consider playing a worship song softly in the background while kids pray.

Let's take a moment to look at these Ten Commandments again. Talk with God about one or two of the commandments you need to work on keeping so you can love God and others better.

- *Give kids time to pray. Then introduce the worship song. This could play in the background while kids pray or could be a worship song to sing together.*

Worship Song

Play one or two worship songs.

Video Wrap-Up

I wonder how that challenge worked out. Before we go to our small group activities, let's check back in with Dash and Austin. Let's watch this video.

- Play **Bible Lesson Video B**.



I always love how our Challenge Accepted team challenges us to better follow Jesus.

- *Show the **Faith Fact Slide or Motion Graphic.***



Can you remember the Faith Fact for today? Let's say our Faith Fact one more time together. Say it with me now: **I love God and others.**

- *Dismiss kids to Small Group time or to go home if your group time ends here.*

SMALL GROUP (30 Minutes)

This section can be done in conjunction with the large group, or on its own if you do small groups with your kids. During Small Group time, the goal is to connect the kids with the Word of God and to each other. All activities are led by the small group leader.

GROUP CONNECTION | Who Has a Heart?

You Will Need	Getting Ready
<ul style="list-style-type: none"> Red card stock or poster board Scissors 	<ul style="list-style-type: none"> Cut one heart out of the red card stock or poster board for each small group. Make sure it's small enough to hide behind a kid's back.

Everybody, sit in a circle. In this game, you'll put your hands behind your back and close your eyes. I'll go around the circle and place this heart in someone's hands. No one will know who has the heart. When I say, "Open," then you will all open your eyes and guess who has the red paper heart.

- The first kid to guess who has the heart gets to be the person to hand out the heart in the next round.
- Keep playing as many rounds as you like.

BIBLE LESSON RECAP | The Ten Commandments (Exodus 20:1–17)

You Will Need	You Will Need
<ul style="list-style-type: none"> Bibles, one per kid 	No prep is needed for this activity.

God gave Moses ten very important commandments or rules for the Israelites to follow. He even wrote these special rules down on stone tablets. God's commands still apply to us and can help us live our lives for God today. Then when Jesus was asked about which one of these ten rules were the most important, He didn't choose just one. Instead, He summed up all of the Ten Commandments into two simple commands: Love God and love others. That makes the Ten Commandments a lot easier to remember! We can read about it in [Exodus 20:1–17](#) and [Matthew 22:36–40](#).

- Read the passages aloud if you have time. If not, summarize the passages for the kids.

Faith Fact

- Show the **Faith Fact Slide or Motion Graphic**.



Those Bible verses are a great reminder of our Faith Fact. Say it with me: **I love God and others.**

GROUP DISCUSSION

*Feel free to use all or just a few questions as a jumping-off place for good discussion. Questions marked with * are designed for more conversation. Adjust the questions based on the age or maturity of your group. Typically, older kids will be able to dive a little deeper than younger ones.*

Questions

What are some of the Ten Commandments that you remember?

Which one of the Ten Commandments would be hardest for you to follow?

Why do you think God gave the Israelites the Ten Commandments?

Are we still supposed to follow the Ten Commandments?

What is one way you can show God that you love Him?

What is one way you can show people that you love them?

* Is it easy to love everyone? Why or why not?

* Who is hard for you to love? Why?

* Why is it important that we love others?

APPLICATION AND RESPONSE

God loves us so much that He gave His only Son, Jesus, to take the punishment for our sins and die for us. We could never possibly understand how great God's love is for us. All we can do is offer our life and everything we do back to God. We should live by these two commands to love God and love others.

Remember today's Faith Fact? Let's say it together! **I love God and others.**

Make It a Habit

Select a simple visual reminder of the session's Faith Fact

Every day you see the sky and the different things God created. When you walk outside each day, look up at the sky and tell God one reason you love Him. Every day you will see and talk to many people. Choose one person to show God's love to every day either with your words or actions.

Prayer

Dear God, we love You and want to follow You for the rest of our life. Help us to love others even when it might be hard to do. Amen.

FAITH VERSE REVIEW

You Will Need	Getting Ready
<ul style="list-style-type: none"> • Faith Verse Review • Scissors 	<ul style="list-style-type: none"> • Print the Faith Verse Review, two copies per small group. • Cut apart the hearts and mix up so the verse is out of order. Give two sets to each small group.

- Show the **Faith Verse Video or Slide**.



Psalms 37:23 (NLT)

The LORD directs the steps of the godly. He delights in every detail of their lives.

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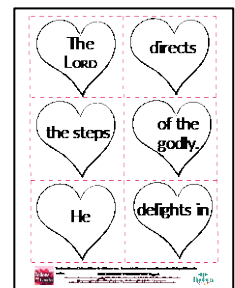
Our Faith Verse for today is Psalm 37:23. It talks about how God loves us so much that He guides and cares about every detail of our life. Let's lock this verse in our heart and mind so that we always remember it!

- Repeat the verse several times. Get creative with the verse practice. Split the group up and have them compete. Try saying it in different voices or pitches. Ask individual kids to choose how to practice it. Have fun!

Faith Verse Fun | Verse Hearts

Let's form two teams. Each team will have these hearts with the words of the Faith Verse on them. When I say, "Go," arrange the hearts in order of the verse's words. The first team to get their verse in the correct order wins.

- Give the two teams a set of the **Faith Verse Review** words.
- Allow the two teams to see which can first place the verse in correct order.
- Give the kids on the winning team a small prize.
- Repeat as time allows.



ACTIVITY PAGE | Heart Activity

You Will Need	Getting Ready
<ul style="list-style-type: none"> • Activity Page, one per kid • Pencils or pens, one per kid 	<ul style="list-style-type: none"> • Print the Activity Page, one per kid.

On this page, there are two hearts. One heart is labeled “Love God” and the other one is labeled “Love others.” On the lines below each heart, write some practical things that you can do to show your love for God and others.

- *Give kids time to write their lists.*

Now let’s take time to share ideas with each other. We can always learn more about how to love God and other people.

- *Use the time to discuss what they wrote, if they choose.*



Prayer

Dear God, help us to obey and follow your commands to love You and others. Amen.

FAITH FACT RECAP

- *Display the **Faith Fact Slide** or **Motion Graphic** as parents are coming into the room.*
- *Maximize the time you have with your kids, so that parents see what their kids have learned. Have the kids repeat the Faith Fact, and then dismiss them to their parents.*



This is the answer to the question your adults are going to ask: “What did you learn today?” Let’s say our Faith Fact together. Say it with me. **I love God and others.**

DISMISSAL

- *Send home the **Activity Page**.*
- *Remind parents that there are **Family Devotions** available on the app to do with their kid.*
- *Tell everyone the date and time for the next session.*