

## EXPLORING FAITH AT HOME

### Not just for Sunday

As we enter the sixth month of the COVID19 pandemic, it has become clear that we will be worshipping online for some time. This is the perfect time to re-evaluate our virtual worship practices, looking especially at who is represented and who is missing.

September marks the beginning of the traditional season children's Sunday school. It seems that across the country, children, parents, and grandparents are experiencing Zoom fatigue. We do however have an obligation to care for the spiritual formation of our children and youth as we promised at their baptism. Being away from church doesn't mean we can't continue learning about God at home.

So it is in the spirit of this that you are invited to participate in "Exploring Faith." Even if we can't physically worship and learn together, we can still draw closer to Jesus Christ. We invite everyone of all ages to participate, especially families as they worship and learn together as we deepen our faith at home. Each Sunday, starting Sept 6, there will be a brief video introduction for that Sunday's topic. You will receive suggestions for crafts, activities and discussion questions to encourage a deeper engagement with the weekly scripture.

### LESSON FOR OCTOBER 4

#### **Theme: God's Instructions to Live and Love: The Ten Commandments**

Before: You will need copies of today's scripture, the Rules of the Road Intro, Print off the signs found below (enlarging them if you can), copies of the words for Pictionary/charades, a hat or bucket to draw the words from, The Ten Commandments posted somewhere in the room, paper, pre-cut paper hearts or paper for making hearts, pencils, markers.

**Opening Prayer:** Gracious and Loving God, we gather today to learn more about you and how we are to become people of God. Be with us as we hear your word, open our hearts and minds that we may discover more about you. Amen

#### **Scripture: Exodus 20:1-4,7-9, 12-20**

The Season After Pentecost is the longest season of the church year, spanning almost half the calendar year. The weeks after Pentecost are called Ordinary Time coming from the word "ordinal" which means counted time. This time is not ordinary as in common or regular, but it is the time of counted weeks between Pentecost and Advent. The liturgical color of the season is green. It is often thought of as a season of growth both in our personal faith and in the life of the church.

The Ten Commandments are straightforward instructions given to the Israelites by God for how to be in relationship with God and with each other. The first commandment sets the tone for the rest as it is telling the people, I am your God, there will be no other. It is calling all of Israel to give their life, every part of their being to God, and to put away all other gods that they may have known in the past. This is a radical restructuring of their lives.

All of the commandments are about how we are to be in community and relationship with one another in this new way. The first four are about how we are to be in relationship with God, how we are to interact with God and how we are to structure our lives around God. The final six are about how we are to interact, honor and treat one another.

### **Reflection Questions:**

- I wonder what it was like to hear these commandments?
- I wonder how they felt as they heard all these rules for them to live by?
- I wonder what it was like to witness the thunder and lightning, the trumpet and the mountain smoking?
- What would this be like if it happened to us today?

**Activity:** Rules of the Road Game (see below for signs to go with the game) Note: Mark out a start and finish line. Have the signs ready to go, you may want to enlarge them. It is a good idea to repeat signs so that children have time to really work with the “Rules of the Road,” so you can either print multiple signs or reuse them as you play the game.

Hold up each of the signs and have the children tell you what they mean. Then explain the rules. They have to get from the start line to the finish line by following the road signs that you hold up. If they don't follow the signs, they have to go back and start over.

Stop Sign= stop

Green Sign= Go

Yield Sign= stop and then go if roadway is clear

Right Turn= turn right

Left Turn= turn left

Curves Sign= walk curvy

Slow= Go slow

Speed Bump= have to hop in the air to get over the bump





**Rules Reflection Time:** We just played a game where we followed the rules for the road. That was a fun game, but when our parents are driving us around, why do you think that we have to obey the road signs?

We follow the signs to keep everyone safe, so we know where to go, and so that we don't get lost.

A commandment is a divine rule, or one that comes from God. It is a rule that is to be observed strictly. They are kind of like the road signs because they help us to know what is right and wrong. They let us know how to behave.

This story of God giving Moses the Ten Commandments and Moses bringing them to the Israelites is a story about God giving us rules to live by and trying to teach us how to be the people of God. The Ten Commandments are split into two kinds of rules: Rules about how we treat God and rules about how we treat one another. I'm going to read each of them and I want you to tell me if you think this is a rule about how we treat God or how we treat one another.

### **The Ten Commandments (simplified)**

1. I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.
2. You shall not make for yourself an idol.
3. You shall not make wrongful use of the name of the LORD your God.
4. Remember the Sabbath day, and keep it holy.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor

**Activity: Modern Day Ten Commandments**

Reword, rethink, reimagine each commandment so that it speaks to their current context. What would the Ten Commandments sound like if God came today?

**Activity: Ten Commandments Pictionary or Charades**

Act out (charades) or draw (Pictionary style) the Ten Commandments.

**Activity: Love Notes**

God gave us these commandments or rules to help us love one another and God. Cut out ten hearts. On each one, I want you to draw or write a way that you can love one another and God like the Ten Commandments tell us.

**Closing Prayer:** Loving God, we thank you for our time together as we discovered more about the rules that you gave us so we can live better with one another and with you. Be with us as we leave this place and help us to remember to love you and love each other. Amen