

10 Best Ways to live

The Israelites were free from slavery and on their way to the land God had promised them. It was a long way! With God watching over them the men, women and children walked and walked and walked over the hot, dry land. When they got tired and needed rest they would set up tents and camp together under the stars.

While they were camping at the bottom of a mountain called Mount Sinai something incredible happened. On the morning of the third day that they were there, a dark cloud covered the mountain. Crash! Boom! Bang! Lightning and thunder filled the sky. The people were afraid.

Suddenly, the voice of God called Moses. God asked Moses to climb to the top of the mountain. So Moses grabbed his walking stick and climbed up, up, up. When he got to the top of the mountain, God spoke. God said, "Moses, listen up. I have important rules for you and the people to live by. You can turn to this list to know how to love God and each other. Do your best to follow this list. It won't be easy but I am with you and I love you."

Then, God gave Moses a list of 10 special rules called the commandments. They are:

1. I am God, the only God. Honor me above all other things and people.
2. Make no idols to serve
3. My name is special. Don't use it with bad words or mean talk.
4. Take a day of rest each week and call it the Sabbath, and make it a special day for God.
5. Show your mom, dad, and others who take care of you love and respect.
6. Don't hurt others with your words or actions.
7. If you get married, you must be loyal to your husband or wife.
8. Don't take things that aren't yours.

9. Tell only the truth about your family, friends and even those you do not know.
10. Be happy with what you have. Don't wish for things that other people have.



God's Good Rules (to the tune of Row, row, row your Boat)

Up, up, up the hill (walk fingers up one arm)
Moses heard God's call (put hands to mouth as if calling)
down, down, down he came (walk fingers down one arm.)
With God's rules for all. (Hold hands, palms up.)

(Say) How many rules did God give? (Count fingers)
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

(Sing)
Ten, ten, ten good rules (hold up all ten fingers)
To follow in God's way. (Walk fingers away from you.)
We will love god and friends, (point up and then to friends)
Love them every day. (Hug yourself.)

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