

SEPTEMBER 20-26

FOR PARENTS

This week we read about the birth of Israel. Joseph and God's people were living in Egypt, and about 1805 BC Joseph died. A new pharaoh came to power who didn't know Joseph and took God's people as slaves; they lived 400 years trapped in slavery. Moses was born and was called by God for this great purpose: **Through Moses, God led Israel out of slavery in Egypt.**

During their escape from Egypt, known as the Exodus, the people of God were sustained through God's provision, showing them the way through the desert to the Red Sea. Then when they were free, God provided food and water as they journeyed to Mt. Sinai, where God **gave them the 10 Commandments through Moses and brought them into the land that God had promised.**

The 10 Commandments give a summary of God's law for our lives. They teach us how to live rightly with God and one another. We obey this law not to win God's love, for God already loves us. Not to earn our salvation, for Christ has earned it for us. Not to avoid being punished, for then we would obey out of fear. With gladness in our hearts, we should obey God's law out of gratitude, for God has blessed us by it and given it for our well-being. This is the main point of these commandments:

You shall love the Lord your God with all your heart, mind, and strength; and you shall love your neighbor as yourself.

The people did not keep their covenant with God. Though some remained faithful, the people too often worshiped other gods and did not love each other as God commanded. They showed us how much we all disobey God's law.

KID CONNECTION

Children know about rules. They are given rules to follow each day. God gave us rules not to limit us but so that we can live abundantly in a relationship with God and others. Some of the rules God has given us help us live in a kind and just world. As Christian parents the call is to raise children to be kind, just, and loving. Help your children see that God's rules and your rules are important and given out of love so we can live in a loving world.

REMEMBER 1 THING

God gave the 10 Commandments so people would live in a kind, just, and loving world.
Will you follow God's commands?

READING PLAN

Date	Chapter Titles From <i>Read and Learn Bible</i> <i>* find this story on website</i>	Scripture
9/20	Let My People Go!; The 10th Plague (repeat)	Exodus 5-12
9/21	Out of Egypt	Exodus 13-15
9/22	Miriam and the Reed Sea *	Exodus 15:20-21
9/23	Food in the Desert	Exodus 16-17
9/24	God's Law	Exodus 19-32
9/25	God's Holy Place	Exodus 33-40
Sunday	The 10 Commandments	Deuteronomy 5-6

FAMILY ACTIVITIES

Instructions and discussion tips are available on the church website.

Choose one or more activities that will interest your family as you make this week's stories your own.

Respecting Others: Talk about the 10 Commandments and then create a collage of words and pictures representing the 10 Commandments.

Make Community Bread

Supplies needed: three cans of refrigerated biscuit dough, butter or margarine, sugar and cinnamon mixture, Bundt pan.

Create a sweet bread that you pull apart to eat.

Play the Game with No Rules

Provide supplies to play a game, but players have to create the game and the rules. Then debrief the game, talking about why we have community rules, family rules, and rules for living as faithful people.

Commandment Cubes Game

Supplies needed: two square tissue boxes to make into cubes, marker, list of 10 Commandments.

Play a game together that will help family members remember the 10 Commandments and includes giving an example of following that commandment.

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Respecting others:

- Talk with your family about God's purpose in giving the 10 commandments.
- Each commandment can be stated in positive terms that are meaningful to your children. For instance, "Do not murder" can be talked about as "respect and care for all living things." Work together to restate the various commandments in positive terms.
- What would our world look like if everyone respected each other and all living things? What would be different? What would we have to do differently to live in this way?
- If you could make an 11th commandment, what would it be?
- Invite family members to create a collage of words and pictures representing ways we can respect people and all living things. Brainstorm movies and television shows that support this type of respect.

Make Community bread

Six of the commandments God gave Moses help us live in community together. Make a treat of community bread as a family.

Supplies: 3 cans of refrigerated biscuit dough, butter or margarine cut into ¼" thick squares, sugar and cinnamon mixture, Bundt pan

Butter the interior of a Bundt pan and sprinkle it generously with a sugar and cinnamon mixture.

Cut each biscuit into four equal pieces. Invite family members to help you drop the biscuit pieces into the Bundt pan to just cover the bottom of the pan. Place a light layer of butter squares and sugar and cinnamon mixture on the biscuit pieces. Form another layer of biscuit pieces, then cover it with the butter squares and sugar/cinnamon mixture. Continue layering until all the biscuit pieces are in the pan. Top with butter squares and sugar/cinnamon mixture. Bake as directed on the biscuit package, checking for doneness, and adding two minutes at a time until the sweet bread is done. Remove the bread from the oven and turn the pan upside down on to a plate to cool.

As you pull pieces of the community bread off to eat, talk about how the Israelites lived and worked together at the foot of Mount Sinai.

Ask:

- I wonder how God's people got along as they lived worked, played and at together before Moses brought them the Ten Commandments?
- I wonder how their lives changed after Moses brought the Ten Commandments?
- I wonder if they felt more like a community?
- I wonder if they felt more secure?
- I wonder if one commandment is more important than another?
- I wonder who you know that sets rules for us today? Why do we have rules?
- I wonder what happens when we ignore or disobey rules?

Play the game with no rules

1. Gather up a random variety of unrelated items inside a box or cloth bag that can be secured.
2. Invite family members to sit around a table or in a circle on the carpet. Place the bag in the center and say: "You can now play a game. The game is in the box (or bag). Go!"
3. Give your family at least 2 minutes to create a game with the supplies offered then return the items to their container.
4. Talk about the experience.

How did it work to be told to play a game with no rules? How did it feel? I noticed that you (didn't play at all or made up our own rules- share what you observed)

5. Now ask family members to think about their everyday routine. Ask: 'I wonder what parts of your day happen smoothly because of routine and rules? I wonder what would happen if we didn't have rules in our family?'
6. If you can, make a connection between your family rules and the 10 commandments. For instance, if one of your family rules is that you respect each other's things in their space, you can suggest that this rule has roots in the 8th and 10th commandments, "Do not Steal" and "Do not want anything that belongs to another."

Commandment Cubes game.

Supplies: 2 square tissue boxes (empty), marker, Bible, or list of 10 commandments.

You can cover the boxes with solid color paper or use them as they are. Each box cube will have six sides. Label five sides of one cube with commandments one through five. Label five sides of the other cube with commandments six through ten. You can use a paraphrase or Deuteronomy 5:6-21.

On the sixth side of the first cube write **Challenge-Recite all 10**. On the sixth side of the second cube write **Pass**.

To play, take turns rolling the Commandment Cubes. Read the commandments that show up on top and give examples of how to follow those rules. If you roll "Challenge-Recite all 10," list as many of the commandments as you can remember or challenge a family member to list all 10. If you roll "pass" you can pass to a friend.