

BUMC Children's Lesson October 4th, 2020

Attention Grabber #1: Mother May I

*suitable for any age

Play the game Mother May I!

How to play:

Choose one person to be it and stand on the opposite side of the room/yard

Then everyone else stands across from the "mother"
each person gets a turn to ask if they can take a certain number of steps toward them:

Example: Mother May I take three steps?

The Mother responds with either a "yes" or "no"

The child can also ask if they can: skip, jump, hop, leap etc. toward the Mother

Attention Grabber #2: Red Light/Green Light

*more suitable for young kids but good for any age

Find two objects one that is red and one that is green
(can use construction paper)

One person is it and the other people stand on the opposite side of the room or yard.

The person who is it takes turn holding up either the red light or the green light

*Green means go so when the green light is held up the everyone moves towards the person with the lights.
When the person holds up the red light they need to freeze.

The first person to get to the person holding the traffic lights gets to be it next.

Variation: You can play where if a person is not frozen they have to go back to the start.

Core Bible:

After the attention grabber ask your child this question

Is it easy or hard to follow rules?

Younger kids question:

Name a rule that we have at home?

Older Kid Question:

What rule do we have at home or at school that is the hardest for you to follow?

There are many reasons why rules are in place. One reason grownups have rules is because they love us and want to keep us safe! Think about our seat belts for a minute: we wear our seatbelts in the car because they protect us in case of an accident!

God loves us and gives us rules too!

In the Bible in the book of Exodus God gave his servant Moses special rules, they were called the ten commandments.

→For younger children you can find a story book Bible that has the ten commandments and read it.

→For older children turn to Exodus 20: 1-17 and take turns reading it aloud.

Craft and recall activity:

Attached to this document is a ten commandments activity:

For younger children you can have them put their handprints (either using paint, or cutting out an outline of their hands) on a piece of paper and cut and glue each commandment on one of the fingers.

Activity will look something like this:



For older children you can have them cut them out and order them from 1st commandment to 10th commandment.

You can also ask questions like:

- What do you think is the hardest commandment to follow (have them hold up the card)
- What do you think is the easiest commandment to follow (have them hold up the card)

Ten commandments printable



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Put God First



worship only
God



Speak God's
name with
kindness



Rest one
day a week



Listen to
your parents



Do not hurt
people



Be faithful
in marriage



Do not steal



Do not lie,
tell the truth



Be happy
with what
you have