

## Children and Family resources for the third week in Lent

Today we're looking at the Ten Commandments. They are found in Exodus 20. Moses was leading God's people through the desert towards the land God had promised to give them. He spent some time listening to God on a mountainside. That's where God gave Moses the rules for God's people to follow - the best ways to live. Hundreds of years later, Jesus summed up the best ways for his followers: Love God, Love your neighbour. (Matthew 22:37-40) I wonder if you and your child(ren) can work out which of the 10 best ways are about loving God, and which are about loving other people? (You could draw a big heart and in one half write the best ways about loving God, and in the other half, the best ways of loving others.)

The reflective colouring sheet has words from Psalm 19. It says that following God's best ways is like enjoying something sweet and delicious. Enjoy some honey (or other sweet treat) and crackers together as you colour it in.

Watch a video of the Ten Commandments here:

[https://www.youtube.com/watch?v=vTGXI\\_LmuxI](https://www.youtube.com/watch?v=vTGXI_LmuxI)

<https://www.youtube.com/watch?v=Bmz1xaVKM-4>

Or work off some energy with this Ten Commandment Boogie

<https://www.youtube.com/watch?v=L2hB5Gqo8Vo>

You could use plastic or bamboo teaspoons for this prayer activity. Have fun decorating them together, then use them each night before bed.

<http://flamecreativekids.blogspot.com/2013/04/teaspoon-prayers.html>

If you would like a simple structure to think about God's best ways together, try this:

- Talk about things that have rules - games, road travel, school, home. Rules can help us to live well together but they aren't always easy to keep.
- Read Exodus 20 from the Bible or a Bible story book, or watch one of the videos.
- God wanted God's people to live the best way, but it can be difficult. Which of the best ways do you find hard?
- Jesus summed up the best ways: Love God, Love your neighbour. Which of the 10 best ways are about loving God? Which are about loving our neighbours?
- Find some honey and crackers. Sweet things are often very delicious. Colour the attached sheet together - I wonder why the psalmist said that God's best ways are like sweet honey?
- Make the teaspoon prayers together. Find a jar to keep them in and use them to help you talk to God - Please, Sorry, Thank You.

