

Love the LORD YOUR GOD with all your heart

Reproducible!

Instant BIBLE LESSONS[®]

For

PRETEENS

Equipped For Life



Mary J. Davis

and I will dwell in the house of the LORD forever.

PSALM 23:6

SURELY goodness and love will follow me all the days of my life.

and with all your soul and with all your mind.

Matthew 22:37



Lamb of God

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Mary J. Davis

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ROSEKIDZ[®]

To my husband, Larry. To Jeff, Pam, Wendi, Lori, Kirk, and all our eight grandchildren.

INSTANT BIBLE LESSONS® FOR PRETEENS: EQUIPPED FOR LIFE

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Introduction

Let's face it: the preteen years are a struggle. Bodily changes, emotional highs and lows, and hormones run amok are just some of the challenges of this age. The world bombards our preteens with unsavory messages at every turn. They need encouragement and opportunity to put God's Word into their hearts and minds. The best tools we can give our preteens to help them survive in the world today are God's Holy Word and our guidance. In *Equipped For Life*, preteens will learn how the fundamental truths of the Bible equip them to handle life's challenges, both great and small.

Each of the first eight chapters includes a Bible story, a memory verse, alternative forms of learning the lesson theme, and a variety of activities to help reinforce the truth in the lesson. The ninth chapter contains miscellaneous projects that can be used anytime throughout the study, or at the end to review the lessons.

The most exciting aspect of *Instant Bible Lessons for Preteens* is its flexibility. You can easily adapt these lessons to a Sunday school hour, a children's church service, a Wednesday night Bible study, or family home use. Because there is a variety of reproducible ideas from which to choose, you will enjoy creating a class session that is best for your group of students, whether large or small, beginning or advanced, active or studious, all boys/all girls/co-ed. The intriguing topics will keep your students coming back for more, week after week.

* How to Use This Book *

Each chapter begins with a Bible story. You may simply tell the story from the story page, or use the first activity to discover the lesson in a more involved way. To prepare for each lesson, duplicate the story page. Read the Bible Scriptures and the story written on the page to get a good background of the lesson you will teach your students. Jot down any thoughts that will help you teach the Bible story. Use the discussion questions to spark conversation.



bulletin board



craft



express yourself



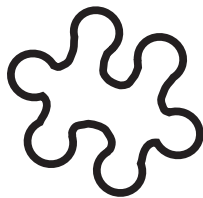
game



group



song



puzzle



skit



teacher help



think

The Big Ten



Memory Verse

You must obey my laws and be careful to follow my decrees. I am the Lord your God
Leviticus 18:4

* Carved in Stone *

Three months after God set His people free from slavery in Egypt, He led them to the base of a mountain in the Sinai desert and had them camp there. Then Moses went up the mountain to talk to God.

God appeared to Moses in a dense cloud. The people heard God speaking and trusted Moses as God's messenger. God told Moses to have all the people gather around the base of Mt. Sinai in three days.

On the morning of the third day, there was thunder and lightning. A thick cloud covered the mountain and a trumpet blast sounded. Smoke billowed up from the mountain when God descended on it. God warned the people not to try to come onto the mountain to see Him.

The people trembled with fear when they saw the lightning and heard the trumpet.

"Speak to us yourself, Moses, and we will listen," the people said. "But if God speaks to us directly, we will surely die."

Moses told the people not to be afraid. "God is testing you so that the fear of the Lord will keep you from sinning," he said.

God gave these commands to His people: You shouldn't have any other gods more important than Me. You shouldn't make idols or bow down to them. You shouldn't misuse the Lord's name. You should make the Sabbath day special. You should honor your father and mother. You should not murder. You should honor your marriage vows. You should not steal. You should not lie. You should not want what other people have.

The rules God gave are rules that we all can follow today. God still wants His people—that's us!—to follow His commands.



Based on Exodus 19–20



Discussion Questions

1. Why did God cause lightning, thunder, and smoke to appear on the mountain where He gave the Ten Commandments to Moses?
2. Which of the commandments do you have the most difficulty following?



group

What You Need

- pages 8 and 9, duplicated
- pens or pencils
- Bibles

What To Do

1. Use this activity as an alternative to simply telling the story introduction, or as a lesson review.
2. Allow the students to work in groups, if they want.
3. Have the students first try to fill in the blanks without looking in their Bibles. Then have them look up the verses from Exodus 20:1-20 to find the answers they don't know, or to check their answers.
4. Have the students take turns reading aloud their "Closer Look" statements with the correct answers.

* A Closer Look *

The Ten Commandments

Exodus 20:1-20

1. Don't put these before the one true God. (vs. 3)

2. We shouldn't make an _____ to bow to or worship in place of God. (vs. 3)
3. Our God is a j _____ l _____ s God. (vs. 4-6)
4. God will _____ generations for sin. (vs. 4-6)
5. God will show _____ to generations of those who _____ Him. (vs. 4-6)
6. If we misuse the _____ of our God, we will not be _____ less. (vs. 7)
7. Keep the _____ day holy. (vs. 8)
8. We should honor these two people _____ and _____. (vs. 12)
9. What promise does God give us if we obey the command in verse 12? _____
10. Do not _____. (vs. 13)

Big Ten

11. Do not commit _____ (vs. 14)

12. Do not _____. (vs. 15)

13. This is something we should not do to others.

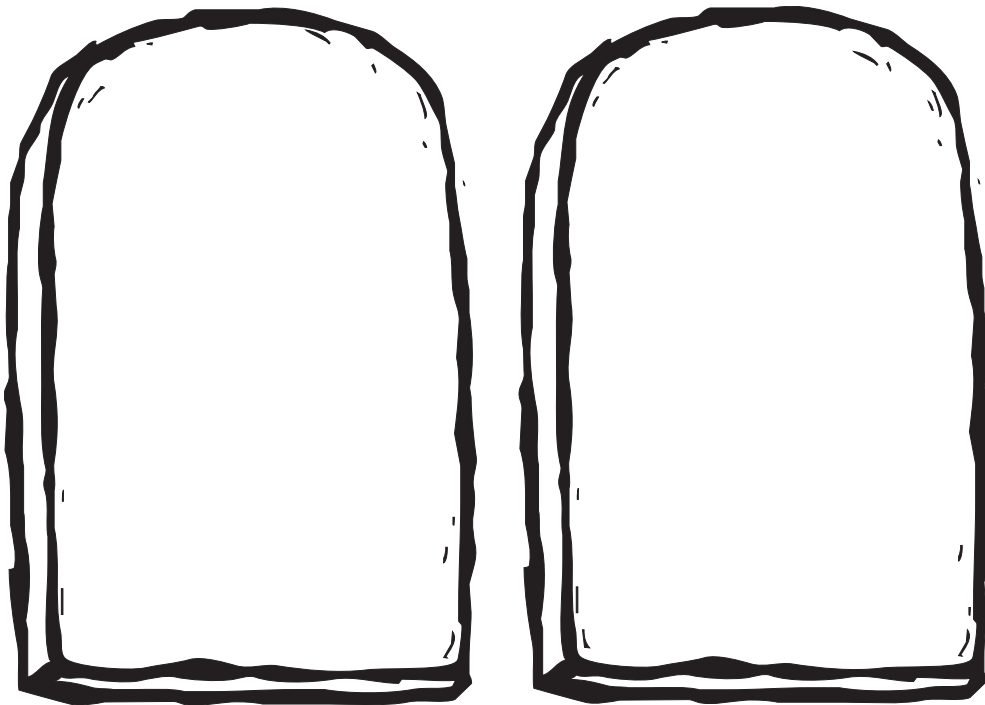
_____ (vs. 16)

14. We shouldn't long for things that belong to another. The word used in the Bible is _____. (vs. 17)

Read Exodus 20:1. What does God say about Himself? _____

Read Exodus 20:18. How did the people react when they saw the thunder, lightning, and smoke, and heard the trumpet? _____

Read Exodus 20:20. What did Moses say God had come to do, and why?





game

What You Need

- duplicated page
- index cards
- construction paper
- scissors
- tape
- CD or cassette player
- recorded Christian music
- marker

What to Do

1. Before class, cut the strips from the page. Cut 10 circles, 5" or larger, from construction paper. Tape each strip to a circle. Write the number of the commandment on the other side of each circle. (To make the game more difficult, make more sets.)
2. Tape index cards around the perimeter of a table, spaced evenly apart. You will need a card for each student, minus one.
3. Before starting the game, place all the circles face-up. Have the students take turns reading them out loud so

* Touch and Go *

1. You shall have no other gods before me.

2. You shall not make for yourself an idol.

3. You shall not misuse 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 give false testimony against your neighbor.

10. You shall not covet.

What to Do, continued

- they can review the numbers and commandments before playing the game.
4. Put the 10 circles in a stack, with the numbers facing upward, in the center of the table.
 5. Play the game like "musical chairs." The students should march around the table when the music starts. Each student must try always to be touching an index card as he or she walks.
 6. After an interval, stop the music. The student without his or her hand on an index card must draw a circle from the stack in the center of the table.
 7. The student who draws the card should try to say the commandment without turning over the circle. If the student cannot, he or she may turn over the circle and read the commandment out loud. (Allow the students to say as much as they remember of the commandments. Any part will show that they are memorizing the commandments, which is more important than the actual words.)
 8. Continue to play the game, without making any player sit out, so everyone can continue to enjoy it.

Big Ten

* Car Mirror Hanger *

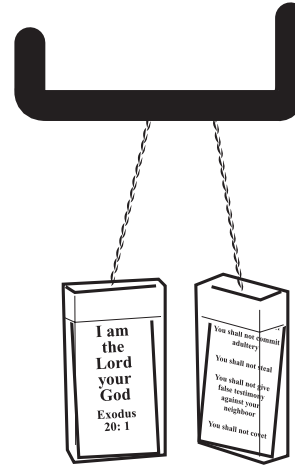


craft

Ten
Commandments

Exodus
20: 1 - 17

I am
the
Lord
your
God
Exodus
20: 1



finished craft

What You Need

- duplicated page
- plastic breath mint boxes
- scissors
- embroidery thread, various colors
- hot/cool glue guns
- ruler
- tape

What to Do

1. Before class peel the labels from the mint boxes (or have the students do it, if time allows). Use warm water and wash cloths to remove the remainder of the labels. (Fingernail polish remover and cotton balls will also help remove the sticky substance.) You will need two boxes per student.
2. Have each student cut out the four rectangles.
3. Show how to put one of the rectangles inside a box, printed side facing out (use a ruler end to push the paper against the side of the box securely).

You shall have no other gods before me

You shall not make for yourself an idol

You shall not misuse the name of the Lord your God

Remember the Sabbath Day by keeping it holy

Honor your father and mother

You shall not murder

You shall not commit adultery

You shall not steal

You shall not give false testimony against your neighbor

You shall not covet

What to Do, continued

- Using the same box, show how to put one of the two verse rectangles inside the opposite side of the box, with the printed side facing outward.
5. Have the students repeat this with their second boxes, using the other rectangles.
 6. Cut a two-foot length of embroidery thread from each of three different colors for each student. Show how to tape the top ends of the three lengths together and braid them.
 7. Have the students tape the bottoms of their braids to hold them.
 8. Go around and use a glue gun to attach the ends of each student's braid to the tops of his or her boxes.
 9. Say, **You can hang your Ten Commandments over the mirror in your parents' car or on a hook in your room, or attach them to your backpack.**

Big Ten



song

What You Need

- duplicated page

What to Do

1. Have the students sing the song to the tune of "10 Little Indians."
2. Do a commandment countdown using the song sheets by shouting out the numbers from one to ten and having the students answer with that numbered commandment.

* Commandments Song *

Have no other gods
is the first commandment,
Have no other gods
is the first commandment,
Have no other gods
is the first commandment,
For I am the Lord your God.

Don't have any idols
is the second commandment,
Don't have any idols
is the second commandment,
Don't have any idols
is the second commandment,
For I am the Lord your God.

Don't misuse God's name
is the third commandment,
Don't misuse God's name
is the third commandment,
Don't misuse God's name
is the third commandment,
For I am the Lord your God.

Make the Sabbath holy
is the fourth commandment,
Make the Sabbath holy
is the fourth commandment,
Make the Sabbath holy
is the fourth commandment,
For I am the Lord your God.

Honor your father and mother
is the fifth commandment,
Honor your father and mother
is the fifth commandment,
Honor your father and mother
is the fifth commandment,
For I am the Lord your God.

You shall not murder
is the sixth commandment,
You shall not murder
is the sixth commandment,
You shall not murder
is the sixth commandment,
For I am the Lord your God.

Don't commit adultery
is the seventh commandment,
Don't commit adultery
is the seventh commandment,
Don't commit adultery
is the seventh commandment,
For I am the Lord your God.

You shall not steal
is the eighth commandment,
You shall not steal
is the eighth commandment,
You shall not steal
is the eighth commandment,
For I am the Lord your God.

Don't give false witness
is the ninth commandment,
Don't give false witness
is the ninth commandment,
Don't give false witness
is the ninth commandment,
For I am the Lord your God.

Don't covet stuff
is the tenth commandment,
Don't covet stuff
is the tenth commandment,
Don't covet stuff
is the tenth commandment,
For I am the Lord your God.

* Message from God *

You have nees for yourselves

taht [] have nekops

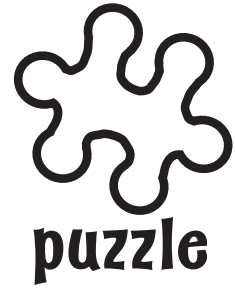
[] you morf

1. Read each underlined word backward. Write the correct word on the blanks under the word.
2. Place the ninth letter of the alphabet inside the first set of brackets. Place the 20th and 15th letters of the alphabet inside the second set of brackets.
3. Write all the correct words from the puzzle on the lines below:

4. Using the correct sentence you just wrote on the blank lines, solve the secret last word of the verse and write it below using the following code:
1. Word 6, letter 24. Word 5, letter 8
 2. Word 3, letter 35. Word 9, letter 5
 3. Word 2, letter 26. Word 3, letter 4

1 2 3 4 5 6

Read the entire verse. Check your answer in Exodus 20:22.



What You Need

- duplicated page
- pens or pencils
- Bibles

What to Do

1. Give each student a puzzle page.
2. Say, **Exodus 20:22, the verse in our puzzle, comes just after God has given the Ten Commandments to His people.**
3. Have the students complete the puzzle using the directions given.

Big Ten



think

What You Need

- pages 14 and 15, duplicated

What to Do

1. Use these topics so the students can share their views. Some situations show the right things to do, but they still are good topics for discussion because doing right isn't always popular.
2. Say, **God gave us commandments as a guide for living. The commandments are not called the "suggestions"! God expects us to follow His laws all the time, not just when we feel like it.**
3. Address the students' concerns in positive ways. Guide them to focus on what they will do to honor God.
4. As you approach each of the commandments, encourage the students to come up with their own situations.

* What Would You Do? *

1. You shall have no other gods before me.

* Joe's favorite uncle asked if he wanted to start going to hockey games on Sunday nights with him, but Joe's youth group meets every Sunday night.

* Staci keeps a fashion magazine under her pillow. When her mom knocks on Staci's bedroom door and asks if Staci is keeping her promise to read the Bible 30 minutes each evening, Staci puts the magazine back under the pillow and pretends to be reading her Bible.

* Rob's parents are divorced, and he lives with his mom. Rob wants to visit his dad every other weekend, but his dad says church is "dumb."

2. You shall not make for yourself an idol. You shall not bow down to idols or worship them.

* Rachel hides the money her mom gives her each week for the church offering so she can save up for a cool pair of shoes she saw at the mall.

* Zach sends a text message during church instead of listening to the sermon.

* Kaylie tells her friends she cannot attend a rock concert because her mom doesn't approve of that particular rock group.

3. You shall not misuse the name of the Lord your God.

* Sam and his dad are restoring an old car together. Dad swears when he hurts his hand. "It's okay," Dad says. "Sometimes you just have to let loose and swear."

* Alison's friends at school use God's name in swear words all the time. She refuses to say those words, and her friends begin calling her names like "religious fanatic" and "princess nicey-nice."

* Tim's big brother uses sound-alike words for swear words, and says that it's not really swearing or using God's name wrong.

4. Remember the Sabbath day by keeping it holy.

* Adam hates going to his grandmother's house after church. She makes a big deal out of making the day holy. No television, no computer, no games. Everyone eats dinner together and Grandma begins to play the piano and expects everyone to sing hymns with her.

* An exciting new television show will be airing on Sunday mornings. Megan is the only one in her family who goes to church anyway, so what does it matter if she stays home to watch the show?

* Tyler's friend's family goes to church on a different day than Tyler's family. Are they wrong?

Big Ten

5. Honor your father and your mother.

* Laura's parents won't go to church with her. They do things that Laura knows are wrong. Does that mean this commandment doesn't apply to her? Why or why not?

* Ben is polite around his parents, but talks badly about them when he's with his friends.

* Julie has a new stepmom. Julie feels like her stepmom tells her what to do too often, and it's not right because she's not her "real" mom.

6. You shall not murder.

* Nick has never murdered anyone. However, he wishes his neighbor was dead because the man kicked Nick's dog and broke her leg. Nick tells people he hates this man.

* A man from your town has been arrested for the murders of two people you knew. How do you feel about this man?

7. You shall not commit adultery.

* Chelsea says she's never getting married because her parents don't get along and she doesn't want to be like them.

* Your mom has never been married to your birth father. Now, Mom is engaged to marry someone else and wants your blessing.

8. You shall not steal.

* Kate didn't really steal, she just took a little set of earrings that had fallen on the floor at a store. After all, they had been stepped on and they were dirty, so who would want to buy them?

* Taking money from your brother's room isn't really stealing, is it?

* Dad was excited when he counted his change from the gas station. The clerk had given him back \$10 too much.

9. You shall not give false testimony against your neighbor.

* Everyone in the church is saying bad things about the new minister. Nobody seems to like him. So why shouldn't you join in the gossip?

* The new math teacher is the toughest teacher Lily's class has ever had. Some of the girls made a pact to say this man said some inappropriate things to them, hoping to get him fired. But Lily knows this is not true.

10. You shall not covet.

* Abbie is jealous of a girl who got the only open spot on the cheerleading team. Abbie thinks she is clearly better than the other girl, so she decided to spread some rumors about the girl, hoping the team kicks her off and gives the spot to Abbie.

* Richard is a bully to everyone at school. Yesterday, you saw him racing around on a really cool new scooter. Why should Richard have so much when he's mean?