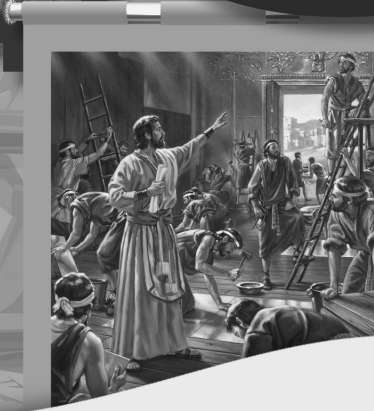


Fear, Love & Trust

Following God's Commandments



Level A Teacher Guide



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Welcome to the Castle

Why doesn't God want me to have other gods? Don't all roads lead to heaven? Does God *really* expect me to keep all the commandments perfectly without one slip? As long as I do my best, I'll get into heaven, right? In *Fear, Love & Trust: Following God's Commandments*, students will find the answers to these questions in a castle-themed environment as they learn about God's rules for holy living and loving in the Ten Commandments.

Fear, Love & Trust: Following God's Commandments offers two levels. Level A (this guide) is for children who are nonreaders and young readers—generally those in preschool through those who have finished grade 1. Level B is designed for students who are independent readers; this usually means students who have finished grades 2–6.

Features of the Teacher Guide

- Easy-to-use, four-step, weekly lesson plans
- Suggestions for snacks and worship
- Reproducible student activity pages for each lesson
- Age-appropriate ways to teach the Bible story and apply it to young lives
- A Bible study for the teacher titled "Preparing the Lesson"
- "Live It Out" ideas for extending the lesson truths
- Perforated pages to make team teaching or small-group/large-group teaching easier

What You Will Need

- This Teacher Guide
- Items listed on the Materials list in each lesson
- Bibles, catechisms, hymnals, children's songbooks, an offering basket, and a Director CD or CD of Sunday School songs (optional)
- Scissors, tape, glue, paper, crayons or markers, hole punch, stapler, construction paper, play dough, and other standard classroom supplies
- A story bag or story box
- Chatters the Mouse puppet (Resource Page 2) or another puppet (find a selection to purchase online at cph.org)
- *Little Ones Sing Praise* songbook (CPH)
- *Wiggle & Wonder: Bible Story Rhymes and Finger Plays* (CPH; optional)
- *Sing & Wonder: Song and Activity Book and CD* (CPH; optional)
- *Super Songs for Christ's Kids*, (CPH; optional)
- *Color & Wonder: Old Testament*, (CPH; optional)
- *Happy Times*, a magazine for young children (CPH; optional)

The Four-Step Lesson Plan

Opening

- Welcomes students and helps them transition to the classroom
- Introduces the lesson theme with an activity that sparks prior knowledge to prepare students for the lesson; consider inviting an adult volunteer to prepare and

teach this activity each week.

- Provides an opening ritual; suggestions for large-group openings are on the Director CD

God Speaks

- Uses clues to introduce the Bible story truth and help apply it to young lives
- Teaches the Bible story in an age-appropriate way
- Reviews the Bible story with questions and a student leaflet activity
- Teaches the Bible Words

We Live

- Applies the Law and Gospel in the text to the students' lives
- Provides an activity and craft option to help children make connections between the Bible story and God's work in their lives
- Includes a snack option

Closing

- Suggests a closing song and prayer
- Gives suggestions to help students apply what they learned beyond the classroom

Student Leaflets

There are colorful four-page leaflets, available as a separate purchase, to go with each lesson in this curriculum. The leaflets have the Bible story, a Bible-story hidden picture, review activities, family faith talk, and a prayer. They make a great take-home piece for family use.

Director CD

This CD, available for purchase, has many additional resources:

- Opening order
- Opening devotions
- Bible Words
- Snack ideas
- Craft ideas
- "Preparing the Lesson" Bible studies
- Decorating ideas
- Reproducible pages
- Clip art
- Bulletin notes
- Hymn and song recordings
- Arch Book list of stories to go with the lessons
- Closing Program script
- Closing Program PowerPoint slides

Preparing the Lesson

God Gives the Law

Exodus 19–20—God commands that I love Him and others.

Key Point

God commands that we love Him and others. He gave us the Law, and He gave His only Son to keep the Law perfectly in our stead.

Law/Gospel

Like Adam and Eve and the Israelites, I reject God's Law, written on my heart and in the Ten Commandments. **In grace, God sent His Son, Jesus Christ, into the world to keep the Law perfectly in my place and to pay the debt I owe for my sins by suffering and dying in my place and rising again.**

Context

God delivered the people of Israel from centuries of slavery under the pharaohs in Egypt. Through plagues of blood, frogs, gnats, boils, hail, and darkness, the Lord worked to liberate His people, finally breaking Pharaoh's will in the Passover plague of death. Freed and under the leadership of Moses and his brother, Aaron, the Israelites ventured into the wilderness. God further demonstrated His relentless power and love by dividing the Red Sea to give the Israelites safe passage and by bringing the waters together again to crush the pursuing Egyptians. Always faithful, God led the people by a pillar of cloud during the day and a pillar of fire at night. Patient with their grumbling, God met their physical needs through water from the rock and with manna and quail. Now, at Mount Sinai, God would tend to them spiritually, giving them His Law in the form of the Ten Commandments.

Commentary

At Mount Sinai, God provides a clear parallel to Adam and Eve's experience in the Garden of Eden. In Eden, God gave the first man and woman unmistakable instructions. He wrote the Law on their hearts, telling them what they could and could not do, so they would be righteous and have life to the full. As Adam and Eve had boundaries, so did the Israelites at Sinai. When the Israelites arrived at the mountain, God instructed Moses that the people were by no means to ascend the mountain or even to touch it, on

pain of death. Like the Law itself, these boundaries were given for the benefit of the people.

Our Lord's expectations regarding the Law are the same for us today as they were for Adam and Eve and the Israelites—keep it perfectly in every way and at all times. This expectation is not in place to rob our lives of freedom or pleasure. On the contrary, God gives human beings His good Law to protect us from the consequences of sin and to guide us in the rich, full life He intends. Our sinful nature is apparent in our reaction to God's Law: we grumble, chafe against God's rule over us, and daily fail to keep it in our thoughts, words, and deeds.

In Jesus Christ, God's Son and our Savior, we see the embodiment of God's Law and its perfect fulfillment. The carpenter from Nazareth not only taught the Law perfectly, but He also obeyed it without failure or flaw. Jesus obeyed His Father before all others. He took time from His daily work to pray. He honored His earthly parents, never spoke falsely against another, and lived in perfect contentment with what His Father gave Him. Yet Jesus is more than a mere example; He kept the Law flawlessly in our place in order that God would count His life in place of our sin-filled lives.

Yet there was still the problem of our debt of disobedience. Here we see most poignantly Jesus' submissive love for sinners. Having no debt of His own for which to suffer, Jesus went to the cross. Having a spotless record, Jesus took our sin-soaked record to the Roman cross, bearing its shame and death. Harkening back to the Passover lamb of Egypt, Jesus did indeed die for the sins of Adam and Eve, the Israelites, and all people. In His resurrection, we see that God has accepted His payment. Through faith, we receive the benefits of His perfect life and all-atoning death.

To hear an in-depth discussion of this Bible account, visit cph.org/podcast and listen to our Seeds of Faith podcast each week.

Lesson 1

God Gives the Law

Exodus 19–20

Connections

Bible Words

Love is the fulfilling of the law. Romans 13:10

Faith Word

Commandment

Songs and Hymns

These Are the Holy Ten Commands (*LSB* 581:1; Director CD 11)

Father, Hear My Prayer (*S&W*, p. 47; CD 3)

We Love Because He First Loved Us (CD 12)

Catechism

[God] wrote the Law on [people's] hearts. Later He arranged the Law in Ten Commandments, wrote it on two tables of stone, and made it known through Moses. . . .

Love is the summary of all the commandments. (Questions 14 & 17)

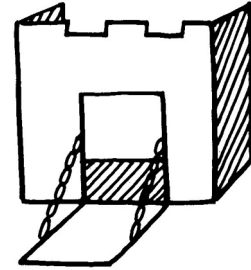
Take-Home Point

God commands that I love Him and others.

1 Opening (15 minutes)

Welcome to the Castle

What you do: Create a castle environment. Make flags during craft time each week; use paper cups to attach the flags to string, and hang them in swags around the room. To make a drawbridge, cut away a section of a large cardboard box, or drape paper chains on both sides of the classroom door. In your storytelling area, choose one chair to be the king's throne. Drape the chair with a blanket or cloth and fancy pillows. For more decorating ideas, check out the Director CD.



Opening activities connect something the children know to what they will learn in the lesson. Today, set out play dough and people figures. Create a sensory station by hiding ten heart-shaped buttons or foam pieces and a toy person in a tub of rice. *Option:* Set out copies of page 41 in *Color & Wonder: Old Testament*, and ask the children to find the hidden numbers.

Play a CD with Sunday School songs on it as the children arrive. Welcome them, mark attendance, and show them where to put their offerings.

Say **Welcome! I've lowered the drawbridge, so you can come inside the Castle of the Holy Ten Commands! I wonder . . . who is the ruler of a castle? Yes, kings and queens are the people in charge. They make rules and take care of their people. God is our king. He takes care of us. He also has rules for us to live by to keep us safe and happy.**

Set out the play dough and ask the children to build a mountain. They can "walk" a person figure up the mountain. If your students are not familiar with a mountain as a landform, show pictures of mountains on your device.

MATERIALS NEEDED

1 Opening

Director CD (optional)
Castle décor
Play dough
Toy people
Heart-shaped buttons or foam shapes
Tub of rice
Color & Wonder: Old Testament (optional)
Resource Page 1

2 God Speaks

Chatters the Mouse puppet (Resource Page 2)
Recorded story (optional)
Student Leaflet 1
Wiggle & Wonder (optional)

3 We Live

Large cutout heart
Activity Page 1
Beanbags (optional)
Flag backgrounds & patterns (Resource Page 3)
Colored construction paper, felt, or foam sheets
Sequins or glitter
Paper plates, jingle bells, streamers (optional)
Crackers & cheese

4 Closing

Take-home items
Director CD (optional)

Say God's leader Moses walks up a big mountain to hear what God has to say about life and love. Can you build a mountain?

At your sensory station, have the tub of rice with ten hidden hearts and a person figure in it. Tell the children to search for the hearts. Each time they find one, have them tell a way to show love to others.

Ask When you see a heart, what do you think it means? (Love) Yes, love. Today, we're going to talk about ten ways to love. Those ways are called commandments. Search this tub for ten hearts and a person figure. Each time you find a heart, tell one way to show love.

At cleanup time, sing or say a cleanup song (Resource Page 1). Have the children count their steps as they gather around you for the story.

Beginning in God's Name

What you do: Begin with this opening.

Sing "Father Hear My Prayer" (S&W, p. 47; CD 3)

Say In the name of the Father and of the Son and of the Holy Spirit. Amen. Encourage the children to join you in saying the Invocation and Amen. Tell them that *Amen* is the special word we say to ask Jesus to hear our prayers the way He has promised to do.

Offering Have a child bring the offering basket forward. Sing an offering song. Have the children echo you at the asterisks.

Pray Dear God,* help us learn from Your Word* how to love You* and others.* And also,* help us learn* how perfectly You love us.* Amen.*

Celebrate Birthdays, Baptism birthdays, and other special occasions

2 God Speaks (20 minutes)

God Teaches about the Ten Commandments

What you do: Before class, make a Chatters the Mouse puppet, using the pattern on Resource Page 2. Also practice telling the Bible story with actions. Have a Bible to show. *Option:* Record the Bible story on a device so you don't have to hold the script. Be sure to pause for children to do the actions.

Say Boys and girls, I want you to meet my friend Chatters. He's a mouse who lives in this castle. Usually, he is out at night, searching for food with his nose and whiskers, so he sleeps during the day. But let's see if he's still awake. Let's wiggle our noses the way he does. Invite the children to welcome Chatters by wiggling their noses. Then bring the puppet into view.

Teacher: Hi, Chatters. I'm glad you are still awake! I want you to meet some of my friends who have come to hear God's Word today.

Chatters: Hello, boys and girls. Welcome to the castle! (*He yawns.*) I was snooping around the castle all night. Then I heard a loud crack of thunder: ka-BOOM! Boy, did that scare me! I almost jumped out of my britches!

Teacher: Oh, my! Thunder can be scary, very scary.

Chatters: It sure is. I tried to be brave, but . . . sometimes I was a little shaky.

Teacher: Thunder and lightning are pretty awesome, so that makes them scary sometimes! You know, both of them happen in today's Bible story when God comes near to His people. Do you want to stay with us and hear this true story from God's Word? (*Chatters squeaks yes. Set him off to the side. Sit on the throne to tell the Bible story.*)

Say **God's servant Moses wrote this true story in the Bible.** Show the Bible. **Now, I will tell it to you. You can help me by doing actions that show what happened.** Practice having the children imitate you.

For many years, God's people were slaves in a country called Egypt. A mean ruler named Pharaoh made the people work hard. Wipe your forehead. **In time, God sent a man named Moses to lead these people away from Egypt to a new land God promised them.** Use your hands to mimic walking in place.

God helped the people get away from mean Pharaoh and his army. God took care of them. He gave them a special food called manna. Pretend to eat. **God loved the people and wanted them to love Him and one another.** Point up and then point to others. **For their own good, God decided to give rules or commands to the people. God gave the rules to them when they were camped in their tents near a mountain called Mount Sinai. Moses went up the mountain.** Make a mountain with your arms, and pretend to climb with your hands. **At the top, God said, "Tell the people to obey Me and do what I say. Then you shall all be My treasured people. I will come in a thick cloud. But before I do, tell the people to get ready!"**

Moses walked down the mountain and told the people to get ready. Use your hands to "walk" down the mountain. **On the morning of the third day, there was thunder and lightning.** Shield your eyes. **A thick cloud appeared on the mountain. And there were loud trumpet blasts.** Cover your ears. **All the people trembled and came to the mountain, but they did not touch it, for their holy God had said not to.** Shake. **Then God told Moses to come to the top of the mountain.** Pretend to walk up the mountain.

At the top, God spoke these words—His commandments. He said, "I am your God. You shall have no other gods." God wanted the people to put Him first in their lives. Hold up one finger. **He said, "You shall not misuse My name."** Touch your lips with two fingers. **God wants us to love His name and use it in good ways. Then He said, "Remember the Sabbath day by keeping it holy."** Make a church with your fingers. **God wants us to set aside time to hear His Word and to respect what He says in it.**

God also said, "Honor your father and mother." Hold up two fingers, and wiggle them one at a time. **God wants us to show love to those who take care of us, both at home and outside our home. God also said, "You shall not murder."** Hug your body. **Life is a gift from God for us to cherish and protect. God also said, "You shall not commit adultery."** Cross two fingers together. **God wants husbands and wives to love each other. God also said, "You shall not steal." He wants us to take care of our things and our neighbor's things.** Put your arm on a neighbor's shoulder. **God said, "You shall not bear false witness against your neighbor." That means you are to tell the truth and say nice things about others.** Touch your lips and smile. **In the last two commandments, God tells us to be**

content with what we have and not fuss. Shake your finger. **God said, “You shall not covet your neighbor’s house. You shall not covet your neighbor’s belongings.”** Fold your hands. **God gave Moses these Ten Commandments, written on two tablets of stone. When Moses came down the mountain, he told the people what God wanted them to do. God’s Ten Commandments are God’s Law. Hold up ten fingers. They are God’s good and loving will for all people. Sadly, we cannot keep God’s Ten Commandments. Whom did God send to do that for us?** (Jesus)

Leaflet Review

What you do: Hand out Student Leaflet 1 and crayons or markers. Point to the children of Israel at the bottom of the Bible story Search & Find picture.

Ask Who are these people? They are the people who came out of Egypt.

Where is God? God is at the top of the mountain, covered by a thick cloud.

What happened at this mountain? There was thunder and lightning. A trumpet sounded. The people gathered at the bottom of the mountain. Moses went up the mountain to receive the commandments.

What are some of God’s commandments? Accept answers.

Did God love His people? Did He want them to love Him and one another? Yes

Give the children pencils or crayons. Point to the column of hidden items.

Say Many things are hidden in this picture. One of the most important things is the face of Jesus. There are also hearts to find. They remind us that God is love. God gave us His commandments so we would live in love as His children. Because of sin, we know we can’t keep God’s Law. So God sent His only Son, Jesus, to save us from sin and give us a home in heaven. Have the children work alone or with a partner to find the objects. Give help as needed. *Option:* For an active review, use “The Ten Commandments” from *Wiggle & Wonder*, page 57.

Bible Words

Love is the fulfilling of the law. Romans 13:10

Say The Bible says (show Bible), “Love is the fulfilling of the law.” God’s Law is good. It tells us how to love Him and others. Love is God’s way to live. Let’s use actions to say the Bible Words.

Say Love	Touch heart with hands.
is the fulfilling	Spread arms out.
of the Law.	Lift both hands up.

Option: Squat down and sing each word slowly, going up the scale and getting taller all at the same time. When you get to the word *Law*, lift your hands over your head.

3 We Live (20 minutes)

Use these activities to help the children grow in their understanding of what the Bible story means for their lives. Choose what works best with your class.

God's Commandments for Me

What you do: Draw a large heart on paper. Make individual copies of Activity Page 1, and have crayons or markers ready for the children to use. Begin by showing the heart. *Option:* Bring beanbags to class.

Say Look at this heart. It reminds us that God commands that we love Him and others. But sadly, we are sinners. We think and say and do wrong things. Oh, oh! Does that mean God doesn't love us? Hide the heart. Oh, no. God still loves us. Show the heart again. God loves us so much that He sent Jesus to die on the cross to pay for our sins. He forgives our sins for Jesus' sake. And God the Holy Spirit works through God's Word to help us love God and one another. Hand the heart to a child. Invite the children to pass around the heart and say the Bible Words: "Love is the fulfilling of the Law" (Romans 13:10).

Give students copies of Activity Page 1 and a red crayon. Talk about the drawings, and determine if the children are showing loving or unkind actions:

- One boy not sharing the pool noodle with another boy: unkind
- Two girls sharing crayons: kind
- One boy pouting in front of an adult: unkind
- Two girls struggling over a doll: unkind
- One boy praying in church: kind
- One boy setting the table: kind

Have the children color the heart in the corner if the action is loving. Have them color the cross if the action is not a kind way to act. After the children determine that something is unkind, help them figure out a way to solve the problem. Teach them to say to one another, "I am sorry" and "I forgive you."

Option: Gather the children in a circle to play a game using the beanbag marked with a heart and a cross. Instruct the children to pass the beanbag as you count to ten. When you get to ten, recite the rhyme.

Say Love is what our God commands.
Jesus loved as God demands.
And I can love by . . .

At the end of the rhyme, the child with the beanbag tells one of God's Ten Commandments and explains or shows how God helps him or her to love in that way. As you conclude, remind the children that in Baptism, we become God's children. And through God's gifts, we have the forgiveness of sins. We are free to live as God's beloved children, showing His love to Him and others.

Craft—Castle Flags

What you do: Each week, children will make a different flag to depict the lesson's teaching. Hang the completed flags as decorations in your castle.

This week, copy the flag patterns of a mountain and a tablet (with ten hearts/crosses) from Resource Page 3 in the back of this book (also on the Director CD). Hand these out, along with markers or crayons, glue sticks, and sequins.

Also enlarge and copy the flag backgrounds on Resource Page 3 onto colored construction paper, or use them as patterns to cut flags from felt or foam sheets. (Full-size flag shapes can be downloaded from the Director CD.) Let

children choose their flag shape each week. Make a sample flag ahead of time to show in class. Be ready to point to the symbols on a sample flag.

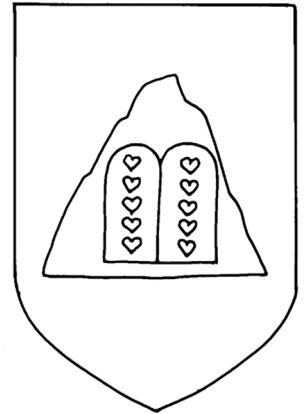
Ask How does God want His people to treat Him and others?

Say I'll give you a clue. Touch your heart. **God commands that His people love Him** (point up) **and one another** (point to others). Ask the children to do what you do, touching their heart, pointing up, and then pointing to one another. **But often we don't show love for God or others. We think and say and do bad things because we are sinners. What problems do boys and girls and moms and dads have because of sin?** Accept answers.

But God loves us. He knows we cannot keep His Law. So He sent His only Son, Jesus, to live perfectly and love perfectly. Then Jesus died on the cross to take the punishment for all our sins—all the unloving ways we think and act and for all the unkind, mean words we say. Point to the ten hearts and crosses. **Now God works through His Word to help His children love others. Each day is a new day for us to love God and others.**

Give each child copies of the two flag pieces—the mountain and tablet. Give them markers, glue sticks, and sequins. Use a marker to write each child's name on his or her craft. *Note:* Through class discussion, you bring meaning to the symbols on the flag. Take time with each child to help him or her articulate what the symbols mean.

Option: Glue the figures to a paper plate instead of a flag. Make the plate into a tambourine by adding streamers or jingle bells. With a marker, write the Bible Words on the back of the plate.



Snack

Mountains of Love

Make mountains of cheese on small round crackers. Be sure to check for food allergies. As you eat the mountains, talk about how Moses went up Mount Sinai to hear God's commandments about love. Then name the places you can go to hear God's Word.

Option: Use the cheese to draw hearts on the crackers.

4 Closing (5 minutes)

What you do: Gather the children's take-home items so they can be easily distributed. Have the children wave their castle flags (or shake their tambourines) as they sing. Collect the flags after the closing, if you plan to display them.

Sing "We Love Because He First Loved Us" (Director CD 12) or the first stanza of "These Are the Holy Ten Commands" (LSB 581; Director CD 11)

Say Today we learned that God wants us to love Him and others. Say the take-home point together. **Now let's thank God that Jesus did this for us!**

Pray Dear God,* You loved Your people long ago.* You commanded them to love You* and to love one another.* Help me* do that too.* Amen.*

Sing to the tune of "Oh, That the Lord Would Guide My Ways" (LSB 707).

Sing Oh, that the Lord would guide my ways to keep His ten commands.

Walk in place; show ten fingers.

Oh, that my God would grant me grace to do what He demands.

Fold hands in prayer; hold hands as if an open book.

Live It Out!

Have the children look for God's love in action this week in something they do or in something someone does for them. When they spy it, have them say a special rhyme. Examples: Loving you; it's what I do. Praise God! Or, I see that you are loving me. Praise God!

Living and Loving

Look at each picture. Tell what is happening. Color the heart if the children are showing love. Color the cross if they are sinning and need God's forgiving love.

