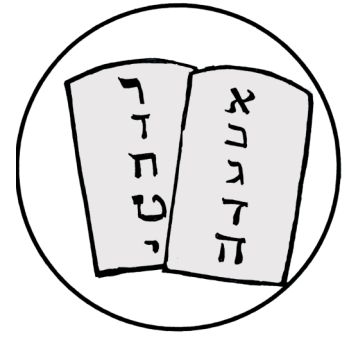


## Lesson #1-5

## THE TEN COMMANDMENTS

Exodus 19:3-7; 20:1-17

**Key Verse:**

“If you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples.”

Exodus 19:5

**The Point:**

God’s covenant is a gift that guides us in how to live.

**Unit Theme (September 11—October 9)**

God’s Promises Bring Hope

## MOUNTAINTOPS AND VALLEYS

*Worship God in the good times and the bad times.*

*You will need:*

† Nothing

*Instructions:*

1. **Moses received the Ten Commandments from God on top of a mountain. That was probably a very exciting, wonderful time for Moses, to be so close to God.**
2. **Sometimes we feel close to God, too. We might call those exciting times “mountaintop experiences.” We feel like we are way up high. Everyone stretches up high, reaching for the sky.**
3. **But other times, we might feel like we are far away from God, way down in a dark valley. Everyone curls up in a small ball.**
4. **Let’s worship God by naming some times that are mountaintop times and valley times. I will start by saying, “God, we praise you on the mountaintop when ...” and you will add a time that you feel close to God, like “When I am at church.” Then we will all say, “Thank you, God, for mountaintops.”**
5. **Then I will say, “God, we look for you in the valley when ...” and you will say a time when God feels far away, like “When I am sad.” Then we will all say, “God, be with us in the valleys.”**
6. **Go through as many rounds of mountains and valleys as needed.**