

## LOWER ELEM Flight Plan October 5th



<b>Lesson</b>	The Ten Commandments
<b>Bible Passage</b>	Exodus 19-20
<b>Story Point</b>	God gave rules to show how to love Him and others.
<b>Key Passage</b>	Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and most important command. The second is like it, "Love your neighbor as yourself." Matthew 22:37-39
<b>Big Picture Q &amp; A</b>	<p><b>What is worship?</b></p> <p>Worship is celebrating the greatness of God!</p>



# leader bible study

As the rescued people of Israel traveled toward the promised land, God gave them laws to guide them in how to live and to help them understand God's perfect holiness. God's laws covered every part of their lives and were summed up in the Ten Commandments.

The Ten Commandments can be grouped into two categories: The first four laws deal with a person's relationship with God and the last six laws deal with a person's relationship with others. God did not give laws for the sake of giving laws; the laws had a purpose. Not only did they show what righteous living looks like, they were part of the covenant God made with Israel, known as the Mosaic covenant. (See Ex. 19:3-8.)

God had promised Abraham that all the peoples on earth would be blessed through him. (See Gen. 12:3.) "Abraham believed God, and it was credited to him for righteousness" (Rom. 4:3). God's promise to Abraham would be fulfilled in Jesus. But God gave the law to guide people until Jesus came.

As you teach, avoid presenting the Ten Commandments as a burden—a list of laws they must try to keep to earn God's favor. God's rules are good and are meant to help us, but the Bible is clear that we are all sinful and fall short of God's standard for holiness. Our obedience can't save us.

Point kids to Jesus and help them understand that God is pleased with us because He looks at Jesus, who never sinned. Because of Christ, we have a right relationship with God. He gives us power through the Holy Spirit to "love the Lord your God with all your heart, with all your soul, and with all your mind" and to "love your neighbor as yourself" (Matt. 22:37-39).



**Vision for Grace Airways**  
We navigate the scriptures,  
training up bold disciples,  
on our ongoing journey to Jesus!

### Gospel—Centered Preparation:

The heart of preparation is rooted in your understanding of the gospel and your personal application of the story.

#### After your study ask yourself:

- How do the verse and Big Picture Question connect to this story?
- What am I excited to teach from this passage?
- The main point this week is: \_\_\_\_\_
- Where is the gospel in this story?

## October Focus: Toward the Promise Land



### OCT 5th: The Ten Commandments *Exodus 15-17*

**Story point:** God gave rules to show how to love Him and others



### OCT 12th: The Golden Calf *Exodus 32; 34*

**Story Point:** God's people worshiped a golden calf



### OCT 19th: The Tabernacle was Built *Exodus 35-40*

**Story Point:** God told His people to build the tabernacle



### OCT 26th: Rules for Sacrifice *Leviticus*

**Story Point:** God made ways to forgive His people



## Co-Pilot—Included Preparation:

**On a Sunday morning, the Pilot is leading everyone in our ongoing journey to Jesus—** that includes both flyers and Co-Pilots! The more consistency and continuity we have between Pilots, the better we can prepare our helpers to succeed and grow! With that consistency comes the mentorship aspect for our youth volunteers in particular, and utilizing our adult co-pilots as well: sharing activities, engaging them in the morning, and encouraging their involvement.

**As you prepare for the lesson, ask yourself:**

- **Does my planning allow for Co-Pilot participation throughout the morning?**
- **How did I prepare my Co-Pilot to help with classroom management?**
- **What specific activities will my Co-Pilot assist with today?**
- **In what ways can I encourage my Co-Pilot?**

### Engagement

- Sit with child during the story
- Playing alongside flyers
- Reengage chatty/distracted kids
- Ask to volunteer an example during discussion
- Help play to Co-Pilot's strengths

### Activities

- Attendance stickers
- Timeline
- Joining in the verse and BPQ&A
- Assigned to a specific flyer
- Helping find books in the Bible
- Leading crafts & songs

### Encouragement

- Thank you for stepping in there!
- You did a great job with \_\_\_\_\_.
- You really helped me while I was \_\_\_\_\_.
- Thank you for being \_\_\_\_\_'s buddy today.
- Your help really made this morning go smoothly.
- \_\_\_\_\_ was the right thing to do. You handled it well!
- I'm so glad you are here today!

# Sunday Morning Flight Plan



## Take Off

- Open in Prayer
- Hook
- BPO and A & Key Passage
- Timeline & Introduce Story

10 Min

## Journey

- Attendance & Bible Sticker
- Bible Story
- God's Attributes

15 Min

## Flight Lab

- Experience of the Bible Story  
(Make connections through an activity & motion)

15 Min

## Pilot's Log

- Pray
- Calm activity during pick-up
- Give activity sheets to parents as they pick up students

5 Min

### PICK UP:

**First Service:**  
**Around 9:45**

**Second Service:**  
**Around 11:45**



# 10 min Take Off

*Celebrate being here! Introduce the morning.*

## Open in Prayer

### Hook

Prompt kids to talk about rules they have at home or in the classroom.  
Why do people have rules? What would life be like without rules?

### Big Picture Question

What is worship? I know that might be a bit tricky, especially since we use that word a lot in church. But I know that if you listen closely to the stories today and over the next few weeks, you'll see how Worship is celebrating the greatness of God.

### Key Passage

Show the key passage poster. Lead the boys and girls to read together Matthew 22:37-39. These words are from the New Testament. Does anyone remember who spoke these words? (Jesus) Jesus was teaching people about what is most important. Lead boys and girls in singing "Love the Lord Your God."

### Timeline/Introduce Bible Story:

As we've been following the Israelites on their journey since they left Egypt, we've heard about some of the challenges the Israelites faced; first was the army at their back before the Red sea –How did God provide? then in the wilderness after they escaped from Egypt there was nothing to eat or drink, How did God provide for the physical needs of His people?

In today's Bible story, we will hear about the Israelites' arrival at Mount Sinai and the important message God gave to His people through Moses. Listen closely to today's Bible story, "The Ten Commandments."

Transition to Bible Story: (OPTIONAL) Show the Bible Story Video.



# 15 Min Journey

*Where we travel into God's word*

## Bible Story

Open your Bible to **Exodus 19-20** Read from the Bible or use your storytelling skills to help you tell the story.

When sin entered the world, everything broke. People were unable to have a right relationship with God. When Moses brought the Ten Commandments to the Israelites, they might have seemed like simple enough rules, but even so, it soon became clear that the people could not obey God. God gave rules to show how to love Him and others, but people still sinned. Earning God's favor through good works was never God's plan. The Law was given to show people how deep into their hearts their sin problem went. The Ten Commandments and the rest of God's Law showed who God is and who people are. What is God like? God is holy, good, and loving. People are not like that. Without God's help, we are unholy, selfish, and sinful. That's why God sent Jesus!



•God is holy and separate from sin. His law shows us what He requires—perfect righteousness. Our sin separates us from God, but Jesus came to bring us back to God. Jesus is perfectly righteous. When we trust in Jesus, He takes away our sin and welcomes us into God's family. If our sin is like a broken bone, the Law is like an X-ray. It cannot heal us, but it does a wonderful job at showing us the problem. Jesus came to bring us to life again and heal the brokenness sin causes. He died on the cross to pay for our sin and rose again on the third day.

# The Ten Commandments

Exodus 19-20

**STORY POINT: GOD GAVE RULES TO SHOW HOW TO LOVE HIM AND OTHERS.**

The Israelites came into the Wilderness of Sinai. They camped in front of the mountain. God wanted to make a covenant, or agreement, with the people of Israel. Moses went up the mountain. God called to him, saying, "Tell the Israelites: 'If you listen carefully to Me and you keep My covenant, you will be My people.'" Moses told them what God had said. All the people responded together, "We will do all that the Lord has spoken."

Then God gave Moses the Ten Commandments. The first four commandments told the Israelites what it looks like to have a right relationship with God: "Do not have other gods besides Me. Do not make an idol for yourself. Do not misuse the name of the Lord your God. Remember the Sabbath day, to keep it holy."

The last six commandments told the Israelites what it looks like to have a right relationship with each other: "You must honor your father and your mother. You must not murder. You must keep your marriage promises. You must not steal. You must not lie. You must not want what belongs to someone else."

When God was finished speaking to Moses on Mount Sinai, He gave Moses two stone tablets that He had written on with His own finger.



*Christ Connection: God is holy and separate from sin. His law shows us what He requires—perfect righteousness. Our sin separates us from God, but Jesus came to bring us back to God. Jesus is perfectly righteous. When we trust in Jesus, He takes away our sin and welcomes us into God's family.*



Distribute a Bible to each kid. Help them use a table of contents and the chapter numbers to find **Exodus 19–20**. Review the different divisions of the Bible. Lead the group to discuss:

1. **In general, what do the first four commandments teach?** (how to love God, Ex. 20:4-8)
1. **In general, what do the last six commandments teach?** (how to love other people, Ex. 20:12-17)
2. **In what did God come speak to Moses?** (a thick cloud so the people would hear and believe, Ex. 19:9)
3. **Why did God give commandments to the people?** Guide kids to discuss the fact that God's rules help us see the ways we are trapped by sin. By knowing God's perfect laws, we can see our need to be saved by Jesus. God's rules teach us the way life works best, and obeying God is for our good.
4. **Why can't we obey God's rules by trying really hard?** Discuss the idea that we are all born in sin. Our sin nature is more than just the sinful choices we make. We are broken by sin to the point where we often think what is wrong is right. We cannot obey God with our own efforts because our hearts are trapped by sin.
5. **Why is it important to understand that Jesus perfectly obeyed God's laws?** Help kids understand that Jesus' obedience serves as an example of perfect obedience for us to follow, but more than that, it allowed Him to be the perfect sacrifice. Jesus had no sin, so His death was undeserved. He took on our sin, and God credits us with Jesus' perfect righteousness. We can be saved because Jesus perfectly obeyed God and died in our place.

**God's attributes-** helping the children understand what God is like, shown to us in the Bible. In today's story we see that God is:

**-Holy    -Powerful**

## Travel Guide:

Use the travel guide for maps, charts, etc... as useful with helping the children learn and understand today's story.



15 min

# Flight Lab

*Instill Wonder as you experience the Bible*  
**CHOOSE ONE ACTIVITY**

## Key Passage Activity

Ask volunteers to say the key passage from memory. Praise the efforts of each kid and encourage all of them to continue working to memorize the key passage. Then, write out the key passage on a dry erase board or chalkboard. Start at the bottom and write each word a bit higher until you get to the middle word; then begin to write each word a bit lower until the last word is at the bottom again. Invite the class to recite the key passage with you, starting in a squatting position, and slowly standing up as you work toward the middle of the verse before squatting back down as you finish.

## Target Practice

Before the session, create a target (graduated circles) on the floor with masking tape. Challenge kids to stand at a distance and toss beanbags at the target.

- Did anyone hit the bull's-eye every time? No. No one is perfect, right? In today's Bible story, God gave His people rules to show that He is holy. That means He is perfect and we are not.

## True or False Commandments

Ask if anyone thinks they know all of the Ten Commandments. Instruct the kids to give a thumbs-up (true) or thumbs-down (false) to indicate which rules are part of the Ten Commandments:

Do not have other gods besides Me. (true, Ex. 20:3)

You must pray every day. (false)

You must go to church every week. (false)

Do not make an idol for yourself. (true, Ex. 20:4-5)

Do not steal. (true, Ex. 20:15)

You must give God ten percent of your money. (false)

Do not misuse the name of the Lord. (true, Ex. 20:7)

You must read the Bible every day. (false)

Remember the Sabbath day, to keep it holy. (true, Ex. 20:8)

- In our Bible story today, we heard what the Ten Commandments were and why God gave them to His people.

## Pattern Match

Form groups of three or four kids. Give each group a set of four building blocks, making sure that each set has the same four shapes of blocks. Make sure you have a set to use as an example.

Instruct the kids on how to position the blocks to make a certain shape, but do not show them what it should look like. After groups finish their structures, build an example structure, and allow the kids to alter theirs to match, if needed.

- God's commands are perfect, but we cannot obey them perfectly. Today we learned about God's laws and the One who perfectly obeyed them.

## Moses, May I?

Select one kid to be Moses. He will stand at the front of the room with his back to the rest of the kids. Kids will take turns asking Moses for permission to take a certain number of a kind of step of their choice, such as five baby steps, two giant steps, four bunny hops, and so forth. After each request, Moses may either grant permission or offer an alternative. The first kid to reach Moses becomes Moses in the next round.

In some ways, it seemed as though Moses told the Israelites what to do. But we know that God was telling Moses what to tell the Israelites. The instructions really came from God. Today we learned about the ten commandments, or rules, that God gave to help people love Him and one another.

## Law and Grace Tag

Select a kid to be It. It will attempt to tag other kids. If a kid is tagged, he must freeze in place until he can recite all ten commandments in order. If he cannot, he must remain frozen. If It freezes all other players, the game ends. After a few minutes, or when the game ends, select a new kid to be It and change the rules. Now, when a kid is frozen she only needs to say "Jesus died on the cross for my sins and rose again" to rejoin the game.

- God gave rules to show how to love Him and others. God's rules, also called the Law, are perfect, but we cannot obey them perfectly. God sent Jesus to earth to obey the Law perfectly, die on the cross for our sins, and rise again on the third day. Because of Jesus, we can be forgiven even when we don't obey. When we trust in Jesus, God graciously forgives our sin and gives us the Holy Spirit. He lives with us to help us obey God more and more each day.



# 5 min Pilot's log

*Where we prepare to depart.*

## **Pray:**

If time, share prayer requests and allow kids to record in the **prayer journal section of their *Travel Guide*.**

**ALWAYS CLOSE THE MORNING WITH PRAYER.**

*This is how we model incorporating prayer into their lives.*

## **Waiting for parents/Activity Page:**

Tie back into the lesson, remind them of the Big Picture Question/verse, etc...

Be sure to **re-set expectations on what their choices are while waiting for mom and dad:**

- Activity page
- Key Passage Activity (See next page for list of options)
- Coloring page
- Gospel Kit Activities
- Anything quiet at the tables you are ok with (*origami, free draw on blank paper, hangman game at white board, putting Book of the Bible cards in order, etc....*)

**Be sure that the Co-Pilots hand out the Activity sheet to each child or to parents so they can go home with families.**

## Key Passage Review Extra Ideas:

Invite kids to sit around tables. Give each kid a pencil. Show the key passage poster and lead them to read it aloud.

Give a piece of paper to one kid at each table. Instruct him to write down the first word of the key passage and pass the paper to the person on his right. That person will write down the second word, pass the paper to her right, and so on. Kids will pass the paper around the table, writing one word at a time until they finish the key passage. When kids finish, invite groups one at a time to say the key passage together.

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Display the key passage poster. Lead the kids to read it aloud. Then challenge them to read it in various ways: whispering, shouting, quickly, slowly, and so on.

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Form two groups of kids. Call on the first group to say the key passage together. Then call on the second group to say it.

Prompt the first group to say the passage a few phrases at a time, pausing for the second group to echo. When kids finish saying the key passage, lead the second group to begin and the first group to echo.

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Instruct kids to sit or stand in a circle. Choose one kid to begin by saying the first word of the key passage. Guide kids to say the key passage, one word at a time, moving around the circle.

*Allow kids to look at the key passage poster if they need help remembering the words.* Continue around the circle a few times. Consider shouting, "Switch!" and letting kids move to another place in the circle before playing again. *Or toss the ball to different kids rather than go in order.*

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Before the session, write out the key passage on a chalkboard or dry erase board in eight separate phrases. Display the phrases where kids can see them. Give each kid a marker and eight craft sticks. Instruct kids to copy from the board, writing each phrase on a separate stick. Then instruct kids to mix up their sticks and then quickly rearrange the phrases in the correct order. Kids may work individually or in pairs. Provide rubber bands for kids to bundle their sticks and keep them as a method of practicing the key passage during the week.

## Prayer Extra Ideas:

**Prayer Chain**—In small groups, ask children/co-pilot to write prayer requests on a few paper strips. Connect paper strips into a chain and display our growing conversation to the Lord. Feel free to revisit older requests as well.

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**Painted Rocks**—Have each child choose a painted rock to write on. Write a word of encouragement, a word about Jesus, a name, etc. The goal is to take it with them and place it somewhere near their typical living space—a neighbor's house, a store, a playground, etc. Then pray over the place or the people who are there.

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**Pointing to a Map**—Choose one or two kiddos to spin/close their eyes/find a certain color (you can be creative and have fun) and point to a country on the map. Place a pin in the place(s) and pray over it as a group. Even if you don't know anything about the country, we can lift up the people, pray for Jesus' light to shine there, the Gospel to be active there, and churches to grow, etc.

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**Looking out the Window**—Grab a dry erase marker, have the kids gather at the windows, and look outside. Ask the children to look for 3 things they can see out of the window to pray over. Using the dry erase marker, write those things on the window (Pre-K & K may draw things) and then pray over those things. Feel free to leave them on the window, so whenever we look through, those things are brought to our mind to pray for again.

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**Head Shoulders Knees and Toes**—Pray through the song.

- Head (mind, imagination, thoughts, creativity)
- Shoulders (physical strength, things we might be dealing with)
- Knees (dancing, playing, jumping, etc.)
- Toes (walking and following after Jesus, standing strong in our faith)
- Eyes, ears, mouth & nose (seeing goodness, listening to Him, speaking truthful words, our senses, etc.)

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**Preschool Carpet Bag Prayers**— Choose an item(s) out of the carpet bag. Discuss the item and different people/things the item could represent (car—driving safely, mechanics, trips, first responders, etc) Encourage kids to “think outside the bag” and help them make connections. Pray over the people, places, and things that were discussed.

You're  
ready  
for  
Sunday!



