

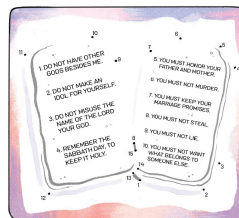
PREK Flight Plan October 5th



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| Lesson | The Ten Commandments |
| Bible Passage | Exodus 19-20 |
| Story Point | God gave rules to show how to love Him and others |
| Key Passage | “Love the Lord your God with all your heart, with all your soul, and with all your mind.” Matthew 22:37 |
| Big Picture Q & A | What is Worship? Worship is celebrating the greatness of God! |



The Ten Commandments



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 children 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!

Morning Routine



Stay with this order.

Adjust pictures on schedule according to your plan.

Review schedule with the children at the start of the morning.



Take Off

VBS song
Verse/BPO

5 Min

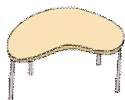


Journey

Prayer
Bible Story
God Attributes



10 Min



Flight Lab

Bible Story Activity

15 Min

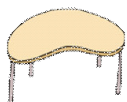


Free Play

Inside or on
playground

10 Min

At congregation last song-clean up/move inside



Pilot's Log

Prayer
Take Home Page
Settle and Review



5 Min



5 min Take Off

Celebrate & being here! Introduce the morning

Gather

As the children enter, have them gather at the TV to begin with worship/singing.

Have your co-pilot check attendance.

Song

Do a song or 2 of your choice as time allows to help children prepare for the lesson,

Key passage

Transition from singing into the Verse Song. Lead the kids with the hand motions in the video!

“Love the Lord your God with all your heart, with all your soul, and with all your mind.” Matthew 22:37

Big picture question

What is worship?

Worship is celebrating the greatness of God!

Repeat the question 2-3 times for learning!

Transition to the Bible Story

Clap a simple rhythm for the children to copy, use a finger play, etc...

Set expectations for the children: “my turn to talk, your turn to listen, eyes on me, hands in your lap”

Choosing the same transition every week works super well with child and kindergarten ages.

Fingerplay Ideas:

Bible FingerPlay:

1, 2 (hold up fingers) The Bible is true (hands like book), God loves me (cross arms, point to me) and God loves you (cross arms, point to class)

Open Shut them:

Hold hands in front as you open and shut them while saying:

Open shut them, open shut them, give a little clap

Open shut them, open shut them, lay them in your lap.

Creep them creep them, slowly to your chin

Open wide your little mouth (pause), but do not let them in!

Active Preparing to sit and listen:

I stomp my feet, I clap my hands, I jump up from the ground.

I stomp my feet, I clap my hands, I turn myself around.

I stomp my feet , I clap my hands, I sit myself right down

I stomp my feet (*while sitting*) , I clap my hands, I do not make a sound (*finger over lips, spoken in a whisper*).



10 Min

Journey

Where we travel into God's word

Introduce the Bible Story

Use our Bible Finger play each week to transition to the Story.

- Our Bible story today comes from the Book of Exodus. Exodus is the second book in the Bible. The Bible is God's words. God's words are true. Today's Bible story is about when God gave the people the Ten Commandments!

Point to the Bible story picture on their timeline. The Bible tells us the big story of how God rescues sinners through His Son, Jesus.

Tell the Bible Story

Using the pictures, tell the Bible Story or watch the video (*This lesson is on **page 51-56** in It's All About Jesus Bible Storybook*). Tell the story using your own words keeping eye-contact with the children.

- God gave rules to show how to love Him and others. God's rules show us that He is holy. When we break God's rules, we sin. Our sin keeps us away from God, but Jesus came to bring us back to Him. Jesus is holy; He never sinned. We when turn from our sin and trust in Jesus, God forgives our sin and looks at us as if we never sinned—like Jesus!

Talk about the Bible Story

Show the Bible story picture as you ask the following questions.

1. **What is the word for the special agreement God made with the Israelites?** (*a covenant*)
2. **Who went up the mountain to hear what God said?** (*Moses*)
3. **What did the first four commandments tell the people?** (*how to have a right relationship with God*)
4. **What did the last six commandments tell the people?** (*how to have a right relationship with people*)
5. **What is Worship?** *Worship is celebrating the greatness of God*

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:

-With Us -In Control

Have a student place the story picture on the 'timeline'

Age Appropriate Bible Story

Use your own words—Trust the Holy Spirit to speak through you

The Ten Commandments — Exodus 19-20

After the Israelites escaped from Egypt, they came into the wilderness and set up camp at the base of a mountain called Mount Sinai. God wanted to make a covenant, or special agreement, with His people.

Moses went up the mountain. God said to Moses, “Tell the Israelites these words: ‘You have seen what I did to the Egyptians and how I rescued you. If you listen carefully to Me and keep My covenant, you will be My people.’ ”

Moses went back to the people and told them what God said. The Israelites said, “We will do everything the Lord said.”

Moses went back to the Lord. God said to Moses, “I am going to come to you in a thick cloud. Get the people ready to hear Me speak to you so that they will believe you.”

Moses got the people ready. Three days later, Moses brought the people to the bottom of the mountain. God came down the mountain in a fire, and smoke covered the mountain. The mountain shook, and they heard a loud trumpet sound.

God said, “I am the Lord your God. I brought you out of the land of Egypt. I set you free from slavery.”

Then God gave Moses the Ten Commandments. The first four commandments told the Israelites how 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 how to have a right relationship with other people: “You must honor your father and 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 the people heard God talking to Moses, they were afraid. “Do not be afraid,” Moses said. “God wants you to fear Him so that you will not sin.”

The Israelites stood back, and Moses went up the mountain. Moses was on the mountain for many days. God gave Moses more laws. When God was finished speaking to Moses, He gave Moses two stone tablets. God had written on the tablets with His own finger.

Christ Connection: *God gave us rules to show that He is holy. Our sin keeps us away from God, but Jesus came to bring us back to Him. Jesus is holy; He never sinned. We can trust Him to forgive our sin.*

Picture Card Lesson

Use your own words—Trust the Holy Spirit to speak through you!

The Ten Commandments — Exodus 19-20

Card 1: God led the Israelites into the wilderness. A wilderness does not have much water or food. The people whined, “What are we going to eat and drink? You brought us here to hurt us!” But Moses had not brought them out there to hurt them. God knew what He was doing.

Card 2: So God sent them quail to eat. He sent bread from heaven each day. The people called the bread manna. God gave His people water and food in the wilderness. God was with His people and took care of them. God said; “Now they will know that I am their faithful God.” God sent Jesus. Jesus takes care of us.

Card 3: God’s people settled at the base of a mountain. Moses went up the mountain to talk to God. God wanted His people to worship Him, so God gave Moses special rules called commandments. God wrote down these rules on a stone tablet. This way the people could remember them! The first 4 rules showed God’s people how to love and obey Him. The last 6 rules showed God’s people how to love each other. God sent Jesus - He kept all of God’s rules.

Card 4: Moses shared God’s special rules with the people. They are called the 10 commandments! 1. “Do not worship anyone but Me. 2. Do not make statues to worship. 3. Do not treat My name like it is not special. 4. Remember the day of rest because I rested on the seventh day after I made everything.” 5. “Obey your mother and father. 6. Do not kill. 7. Do not break your marriage promises. 8. Do not steal. 9. Do not lie. 10. Do not want things that belong to other people.”

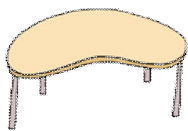
Card 5: God’s rules are good, but people cannot obey them perfectly. Only Jesus obeyed God perfectly. God’s rules show we need Jesus to help us! God sent Jesus to take away our sin.

Christ Connection: *God gave us rules to show that He is holy. Our sin keeps us away from God, but Jesus came to bring us back to Him. Jesus is holy; He never sinned. We can trust Him to forgive our sin.*

Bible Storytelling Tips:

Use sound effects: Download a loud trumpet sound effect. Play at the appropriate moment in the Bible story. Consider leading children to play out the ground shaking as well.

Count to 10: As you say each commandment, hold up a finger until you have all 10 fingers up. Say the commandments again, leading children to hold up their fingers with you



15 min Flight lab

Learning the story in an interactive way

*Choose from below or use your own idea-however the Lord leads.
Then go into free-play.*

Climb the mountain

Lead children in playing out climbing a mountain. Act out the following directions and encourage children to join in.

"Let's go climb a mountain. We're walking up the hill. [Take high steps.]

Watch out for branches. [Pretend to push them out of the way.]

It's muddy here, watch your step. [Pretend to step carefully.]

Duck under this rock. [Duck your head.]

Here's a rock wall, let's go up it. [Pretend to rock climb, reaching high with your hands and feet.]

Just a little farther. [Walk like you are really tired.]

Oh, look at this view. [Shield eyes with hand. Look around.]

Time to go home. [Walk a few steps.]

Down the rock wall." [Pretend to climb down.]

Reverse all the motions. End with "Home!"

- We pretended to climb a mountain. In our Bible story today, Moses and the Israelites camped at the base of a mountain. Moses climbed a mountain to hear from God. God wanted to make a special agreement with His people.

Follow paths

Use different colors of tape to make winding paths along the floor. Make one or more paths intersect at several places. Assign each child a path to follow and a way to move such as tiptoe on the blue path or walk sideways on the green path. After a few turns, allow children to give other children directions.

- Good job obeying commands! Was it easy or hard to obey? **God gave rules to show how to love Him and others.** Keeping God's commands are not easy but God forgives us for our sin and we can ask Him for help.

Make clay tablets

Give each child a ball of air-dry clay and a piece of waxed paper. Guide a child to flatten her clay and use a pencil or craft stick to draw a cross. Use a permanent marker to write the child's name on the corner of her waxed paper. Let parents know the clay tablets will dry in about two days.

• **God gave rules to show how to love Him and others.** God wrote His rules on the stone tablets with His own finger. Sadly, God's people did not keep His commandments like they said they would. Later, God promised to put His commandments in their hearts. When we turn from

sin and follow Jesus, God changes our hearts so we want to and are able to keep His commandments.

Sort the commandments

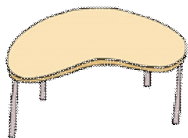
Print the "[Ten Commandments](#)" printable and cut out the cards or write each commandment on a strip of paper, using the language from the Bible story. Write **God** on a sheet of paper. Write **Others** on another sheet of paper. Gather two hula hoops. Place each sheet in a hula hoop. Mix up the commandments in a bag or basket. Invite children to take turns pulling a commandment from the bag. Read each commandment. Work together to decide if God is giving a rule about having a right relationship with Him or with others. Place the commandment in the correct hoop.

God gave rules to show how to love Him and others. God's rules show us that He is holy. Our sin keeps us away from God, but Jesus came to bring us back to Him. Jesus is holy; He never sinned. We can trust Him to forgive our sin.

Finger paint a heart

Provide painting smocks, washable red finger paint, foam plates, and heavyweight paper. Draw a heart shape and invite children to trace or fill in the hearts on their paper. You may also let children finger paint freely and then place heart stickers on the art when it is dry. Write the Story Point on each artwork.

God is holy, good, and loving. God gave us rules to love Him and others. God's rules show we need Jesus to rescue us.



5 Min Pilot's Log

Where we prepare to go home

After flight lab, allow the children to play. **When congregation begins last song, move to the tables.**

Pause and settle

- Signal the end of free play, (use the time-timer to count down)
- Sing the clean-up song and guide children to clean their areas. Wash hands or use hand sanitizer if needed.
- Have children sit around the table.

ALWAYS CLOSE THE MORNING WITH PRAYER.

This is how we model incorporating prayer into their lives.

- After prayer, hand out the activity/coloring page. Direct children accordingly to complete the page. Remind children of what they can take away from today's lesson.

If a child finishes the activity/coloring page while waiting for mom and dad or is not interested, only offer options that can be completed at the table (playdough, puzzle, select a book to examine, practice the verse, etc) **Keep children at the table to maintain a calm and quiet environment for easy transition to mom and dad.**

When parents pick up their children, as appropriate share something their child enjoyed doing or did well during the morning.

Be sure that the Co-Pilots hand out the Activity sheet to each child or to parents. Have your Co-Pilot encourage parents to use this to talk to their kids about what they learned in class today.

PREK/K Prayer Extra Ideas:

Prayer Chain — in small groups, ask children for their prayer requests and have the Pilot or Co-Pilot write them on a few strips of paper. Connect strips into a chain and display our growing conversation with the Lord. Feel free to revisit old prayer requests as well.

Pointing to a Globe — Have a child or Co-Pilot spin the globe and place their finger on a country. Place a star sticker on the place(s) and pray over it as a group. We will provide a PreK/K age geography book to help guide discussion and prayer. 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.

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 or draw these things on the window then pray over them.

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.

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.)

**You're
ready for
Sunday!**

