

YOUTH SABBATH SCHOOL IDEAS FOR MAY 13, 2023

Lesson Plan 2: “Ten Laws of Love” Relational Bible Study

SCRIPTURE PASSAGE

Exodus 19:1-25

Exodus 20:21

Matthew 22:37-40

LEADER’S NOTE

For a Relational Bible Study (RBS) you’ll want to get into the Scripture passage and encourage the youth to imagine participating in the story while it’s happening. Then you will be able to better apply it to your own situation today.

You will need to ask God for the Holy Spirit to be present as your small group discusses the questions (no more than 3-6 people in a group is recommended). Start with the opening question. It is a personal question and the answer is unique for each individual. There is no right answer and nobody is an expert here, so don’t be surprised when you hear different responses. You are depending on the Holy Spirit to be present and to speak through your group. Say what God prompts you to say, and listen to what others share.

Take turns reading the chapter out loud. Follow that with giving the students some time to individually mark their responses to the questions (a PDF version of the handout is available as a download). This gives each person a starting point for responding when you start to share as a group. Next, begin the discussion by asking the students to share what they marked and why on each question as you work your way through. Feel free to take more time on some questions than others as discussion warrants.

Encourage each person in the group to apply what is discussed to their personal lives and to share with the group what they believe God wants them to do. Then ask them to pray that God will help each of them to follow through in doing so. Remind them to expect that God will show them ways to live out the message of this passage in the coming week, and that they are free to ask others in the group to help hold them accountable.

DOWNLOAD THE HANDOUT

OVERVIEW

This relational Bible study covers Exodus 19-20. In Exodus 19, God asks Moses to consecrate or set apart the people of Israel and prepare them for Him to meet them. They do so and wait three days before thunder, lightning, and smoke create an awe-inspiring scene as a trumpet sounds and the voice of God calls for Moses to come up Mt. Sinai.

After establishing and re-iterating who He is—Creator and Redeemer—and all that He has done for them, God gives Moses the Ten Commandments in Exodus 20. In the same way, it's important for us to know who God is before following Him. Knowing who He is and considering His love helps us to follow the principles of His kingdom as found in His Ten Commandments.

Ten Laws of Love

Who takes the longest to do chores at your house, and why?

Read Exodus 19:1-25

On the first day of the third month after the Israelites left Egypt—on that very day—they came to the Desert of Sinai. ² After they set out from Rephidim, they entered the Desert of Sinai, and Israel camped there in the desert in front of the mountain.

³ Then Moses went up to God, and the Lord called to him from the mountain and said, “This is what you are to say to the descendants of Jacob and what you are to tell the people of Israel:

⁴ ‘You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself. ⁵ Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, ⁶ you will be for me a kingdom of priests and a holy nation.’ These are the words you are to speak to the Israelites.”

⁷ So Moses went back and summoned the elders of the people and set before them all the words the Lord had commanded him to speak. ⁸ The people all responded together, “We will do everything the Lord has said.” So Moses brought their answer back to the Lord.

⁹ The Lord said to Moses, “I am going to come to you in a dense cloud, so that the people will hear me speaking with you and will always put their trust in you.” Then Moses told the Lord what the people had said.

¹⁰ And the Lord said to Moses, “Go to the people and consecrate them today and tomorrow. Have them wash their clothes ¹¹ and be ready by the third day, because on that day the Lord will come down on Mount Sinai in the sight of all the people. ¹² Put limits for the people around the mountain and tell them, ‘Be careful that you do not approach the mountain or touch the foot of it. Whoever touches the mountain is to be put to death. ¹³ They are to be stoned or shot with arrows; not a hand is to be laid on them. No person or animal shall be permitted to live.’ Only when the ram’s horn sounds a long blast may they approach the mountain.”

¹⁴ After Moses had gone down the mountain to the people, he consecrated them, and they washed their clothes. ¹⁵ Then he said to the people, “Prepare yourselves for the third day. Abstain from sexual relations.”

¹⁶ On the morning of the third day there was thunder and lightning, with a thick cloud over the mountain, and a very loud trumpet blast. Everyone in the camp trembled. ¹⁷ Then Moses led the people out of the camp to meet with God, and they stood at the foot of the mountain.

¹⁸ Mount Sinai was covered with smoke, because the Lord descended on it in fire. The smoke billowed up from it like smoke from a furnace, and the whole mountain trembled violently. ¹⁹ As

the sound of the trumpet grew louder and louder, Moses spoke and the voice of God answered him.

²⁰ The Lord descended to the top of Mount Sinai and called Moses to the top of the mountain. So Moses went up ²¹ and the Lord said to him, "Go down and warn the people so they do not force their way through to see the Lord and many of them perish. ²² Even the priests, who approach the Lord, must consecrate themselves, or the Lord will break out against them."

²³ Moses said to the Lord, "The people cannot come up Mount Sinai, because you yourself warned us, 'Put limits around the mountain and set it apart as holy.' "

²⁴ The Lord replied, "Go down and bring Aaron up with you. But the priests and the people must not force their way through to come up to the Lord, or he will break out against them."

²⁵ So Moses went down to the people and told them.

Read Exodus 20:1-21.

And God spoke all these words:

² "I am the Lord your God, who brought you out of Egypt, out of the land of slavery.

³ "You shall have no other gods before me.

⁴ "You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. ⁵ You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand generations of those who love me and keep my commandments.

⁷ "You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name.

⁸ "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

¹² "Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.

¹³ "You shall not murder.

¹⁴ "You shall not commit adultery.

¹⁵ "You shall not steal.

¹⁶ "You shall not give false testimony against your neighbor.

¹⁷ "You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor."

¹⁸ When the people saw the thunder and lightning and heard the trumpet and saw the mountain in smoke, they trembled with fear. They stayed at a distance ¹⁹ and said to Moses, "Speak to us yourself and we will listen. But do not have God speak to us or we will die."

²⁰ Moses said to the people, "Do not be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning."

²¹ The people remained at a distance, while Moses approached the thick darkness where God was.

1. What did God tell Moses to tell the people of Israel?
 - A. Remember what He did for them in Egypt.
 - B. Think of how God carried them and took care of them.
 - C. They would be a treasured possession if they obeyed God.
 - D. They would be a treasured possession if they kept His covenant.
 - E. The whole earth belongs to God.
 - F. God only wanted them and no one else.
 - G. They would be a kingdom of priests.
 - H. Their nation would be a holy nation.
 - I. Other.

2. To be consecrated or set apart, what instructions were the Israelites to follow?
 - A. Wash their clothes.
 - B. Wait three days for God to come down.
 - C. Follow limits set around the mountain.
 - D. Sing melodious songs.
 - E. Climb the mountain.
 - F. Avoid touching or approaching the mountain.
 - G. Jump around in circles.
 - H. Wait for the sound of the ram's horn to blast before approaching.
 - I. Other.

3. What happened on the third day?
 - A. Thunder and lightning flashed.
 - B. A thick cloud covered the mountain.
 - C. A trumpet blasted.
 - D. Everyone in the camp trembled.
 - E. It started raining.
 - F. The Lord descended on the mountain in fire.
 - G. The mountain trembled and was filled with smoke.
 - H. Moses spoke and the audible voice of God answered Him
 - I. Other.

4. If you were in the Israelite's place, how would you have reacted on the third day?
 - A. Run for my life.
 - B. I wouldn't care.
 - C. Be awe-struck.
 - D. Take pictures.
 - E. Stay close to my family.
 - F. Feel excited.
 - G. Scared.
 - H. Other.

5. What does God mean when He says He carried them on eagles' wings?
- A. It refers to imagery in Deuteronomy 32:10-11.
 - B. God shields His people like an eagle.
 - C. Eagles hover over their young, and God cares for His children.
 - D. It is like the eagles described in Isaiah 40:31 who soar.
 - E. God knew America would read this and love eagles.
 - F. God wanted them to remember He would provide for them.
 - G. He meant He would literally carry them.
 - H. Other.
6. Why does God remind them who He is before stating the Ten Commandments?
- A. Wanted to make sure they knew who was speaking.
 - B. Re-affirmed that He is the LORD—a title that appears in the Bible when it refers to God as a complete Creator and ever present.
 - C. Told them He was *their* God, meaning He has a personal relationship with them.
 - D. Thought they forgot who He was.
 - E. To remind them they were slaves in Egypt, and He rescued them with miracles and could take care of them forever.
 - F. Other.
7. Why do we need to know who God is before we know what His law is?
8. What does Matthew 22:37-40 have to do with Exodus 19 and 20?

SUMMARY

The Ten Commandments can be summed up as simply as, "Love God. Love others," which is in direct contrast to sin which is rooted in self and pride. When we know and remember who God is—Creator, Redeemer, Provider, Sustainer, Life—and try to comprehend how much He loves us, it makes it so much easier to want to live under the principles of His kingdom that are found in the Ten Commandments.

APPLICATION

1. THOU SHALL.

- Rewrite the Ten Commandments in your own words.
- For a few, try seeing how it sounds switching the statement from a negative to a positive statement. (For example, instead of "You shall not give false testimony," you could write, "You shall tell the truth.").
- How can you see love in each command?

2. TOP 10.

- Create a TikTok video in any creative way you see fit to list the Ten Commandments. Some ideas to get you brainstorming: a story time related to a specific commandment, a quick explanation of each one, music pointing to each commandment.
- Get creative and add a hashtag #youthsabbathschoolideas so we can stitch your TikTok when we see it.

3. **DRAW 10.**

- One way to memorize these commandments while relaxing is to draw them out.
- Write out numbers 1-10 on a page and decorate each number with things that you associate with the command. (For example, 4 could have 'zzz's around it if that reminds you of rest or 6 can have a sword with an x over it to remind you killing is wrong. Your options are endless.)
- As you decorate each number, remember what the command is and quiz yourself after to see how many commands stuck with you.