

## LESSON 29: Guidelines for Living

### AIM

To deepen the children's understanding of the Ten Commandments as a guide for living. (11.3.7)

### OUTCOME

Learners understand God's commandments as a guide for living happily.

### LEARNING ACTIVITIES

- 1 **Directions:** Initiate some discussion on how we need to follow directions in order to know what to do. Use plenty of examples. When we buy something new like a camera, we read the instructions carefully in order to know how it works, and to prevent ourselves inadvertently damaging it. Or when we buy foodstuffs, we don't use them without reading the cooking instructions. You might also discuss the Puzzle Game from the previous lesson.
- 2 **Rules and Regulations:** The same applies to our living together, whether at home, at school, or in the larger community. Choose one of the following three contexts for discussion.
  1. What are some of the rules and regulations that you follow at home? Ask for examples. Analyse and evaluate examples given. Point out that rules and regulations are necessary for peace and harmony. They also help us to share concern and care for others.
  2. What are some of the rules and regulations at school? Follow the same procedure as before.
  3. What are some of the laws that people follow in our towns and cities? Follow the same procedure.
- 3 **Why do we need rules and laws?** Ask the learners to imagine what their school or family would be like if there were no rules to follow. What do they think might happen? All rules, regulations and laws are there for the good and protection of people. They show care and concern for others and ourselves.
- 4 **The Ten Commandments:** Does God have rules and laws for us to follow? What are they? Let's look at what happened. Review LEARNING ACTIVITY 6 from LESSON 9. God wants all people to love one another and to love God. But God does not force us to love. God wants us to be free to love God, to love one another, and to love ourselves. In the Bible we read about the Israelites, God's chosen people. In ancient times, they spent many years as slaves in Egypt. But God wanted them to be free. One day God spoke to an Israelite called Moses. God told Moses to tell the Israelites, "I am the Lord your God. I will rescue you and set you free." [Exodus 6:6] Moses led the Israelites out of Egypt to freedom. They set up camp at Mount Sinai. There Moses went up into the mountain, where God made a covenant, or agreement, with the people. God told Moses to tell the people, "If you will obey me and keep my covenant, you will be my own people. You will be my chosen



### WHAT YOU NEED

- \* A collection of implements and foodstuffs (1)
- \* LEARNING ACTIVITY 6 from LESSON 9 (4) ⇨
- \* Bible (4)
- \* White paper, blue and other coloured cardboard cut into footprint shapes (6)
- \* Colouring pencils (7)
- \* Memory cards (8)
- \* Ten empty toilet rolls and decorating material (9)
- \* Material for creating a mobile (10)

people and I will be your God.” [Exodus 19:5] Remind the learners that in a covenant both sides make a special promise. God promised to protect the Israelites and help them to live in freedom. The Israelites promised to follow God’s will and live as God’s people. (See LEARNING ACTIVITY 8, LESSON 9)

God gave Moses commandments or laws that would help the people keep their covenant with God. Living the Ten Commandments would help them to stay free as God’s own people.

- 5 **The Commandments and us:** Return to ACTIVITY 1. The Commandments are like directions for being human. We must therefore try to obey God’s commandments if we want to live together in peace and happiness. God makes a covenant with us at our Baptism. We, too, are God’s people and promise to obey God’s commandments. When we follow the Ten Commandments, we show that we belong to God and that we put God first in our lives. We also promise to live as followers of Jesus by living the Law of Love, which he taught. Doing God’s will is our best way to live in true freedom. The Ten Commandments are laws for living with the freedom that God wants us to have.



4.(Illustration: Sheila Davidson. *Infant Assemblies*. Scripture Union)

- 6 Cut out large block letters from blue cardboard to spell **WALK IN LOVE**. Glue the letters to a large sheet of white board or paper. Provide each child with a footprint pattern cut from a variety of brightly coloured paper. On it they write their name as a sign that they are willing to follow God’s Way. Glue the footprints to the poster. An example is illustrated above. ⇒

## ADDITIONAL ACTIVITIES

- 7 Learners **write a covenant**, or agreement, that they can make with God. They decorate and frame it.
- 8 Learners **memorise this extract** from Psalm 119 to help them live God's commandments. You could put into onto cards for them.

Teach me, Lord, the meaning of your laws,

And I will obey them at all times.

Explain your law to me, and I will obey it.

I will keep it with all my heart.

Keep me obedient to your commandments,

Because in them I find happiness.

[Psalm 119:33-35]

- 9 **Ten Commandment Pillars:** Collect ten empty toilet rolls. Divide class into small groups and allocate one commandment to each group. Ask them to write the commandment on the roll, once they have decorated it. The rolls can be displayed in any suitable way. A suggestion might be to create a structure like the one illustrated alongside. The rolls would form the columns, while you could use a flat rectangular box for the top. On this the learners could write the new commandment of Jesus.



- 10 An alternative idea is for children to create a **Ten Commandments mobile** that can be displayed in the classroom.

## LESSON 30: God's Way

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### AIM

To help children to understand that their happiness depends ultimately on their living truly as human beings according to God's loving will for them. (11.3.7)

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### OUTCOME

Learners understand God's commandments as a guide for living happily.

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### WHAT YOU NEED

- \* Poster of the Ten Commandments (1)
- \* Magazines, scissors, glue, crayons (2)
- \* Paper (7)
- \* Scrapbooks (8)

### LEARNING ACTIVITIES

- 1 Divide the class into groups. Encourage the children to **talk about the rules** that they have in their own families, in their school, in their church or in their community. Choose a context that you did not discuss in the previous lesson. Four questions might help guide the group discussion:
  - What are some of the rules?
  - Who makes the rules?
  - How do you know about the rules? Are they written down? Where?
  - Does anyone ever break the rules? What happens then?
- 2 Stress the fact that having rules creates **structure and safety** for us. Discuss the fact that some rules are more important than others, but stress the fact that rules
  - help us to care for each other.
  - help us to care for ourselves.
  - help us to live and work happily together.
- 3 Remind the learners from the previous lesson that God gives us rules for living. **Jesus sums up these rules** as follows:
  - Love God with your whole heart and mind and soul.
  - Love your neighbour as you love yourself.

Note the positive way in which Jesus reminds us of God's way.
- 4 **Ten Commandments:** Ask the learners to recall the commandments. As they do, make a shorthand list on the board. The commandments tell us, largely in negative language, how to keep the two rules of loving God and loving neighbour. They tell us how to respect God, to do what our parents ask us, to be obedient, to think of others, to be helpful, kind and caring, to take care of things that belong to others, and to tell the truth. These rules help us to live, work and play happily together.
- 5 **Positive Commandments:** Divide children into groups. Ask them to reword or rewrite the Ten Commandments so that each one starts with a positive statement instead of a "Do not" make it a positive statement. The following list is an example of what the children could come up with.

### TEN COMMANDMENTS

1. Put God first in everything you do.
2. God's name is a prayer, use it as such.
3. Sunday is God's day. Spend time with God.
4. Respect those who care for you.
5. Treat other people with kindness.
6. Thank God for making your parents' love holy.
7. Be careful with property that belongs to others.
8. Speak and tell only good and truthful things.
9. Always be happy with the gifts God gave you.
10. Cherish and honour life.

Display their efforts proudly under the heading, GOD'S WILL FOR US.

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### ADDITIONAL ACTIVITIES

- 6 Make a **collage** showing pictures of some people keeping the rules and of others breaking them. Ask children to find words to describe their feelings and include them in the collage.
- 7 Let each child make a **zig-zag book** with one page for each room of the house. Ask them to write the rule that they feel is most important for each room at the bottom of the page. The zig-zag book is made by folding a rectangular piece of paper in half, and then again. This divides the paper into four equal rectangular parts which form the pages of the book. Rearrange the folds so that the parts can be turned like the pages of a book.
- 8 Encourage children to make a **scrapbook** containing positive images of freedom, or a "Happiness is.." book. Stress the fact that God wants our happiness and safety. The scrapbook can be made by binding loose pages together.