

The Great Deliverer: Tracing God's Plan from Moses to Jesus

Week 3 June

Preteen 9:45

Passages: Exodus 19–20 , Matthew 5–7

Welcome Question

In your journals write and answer

- “Why do you think important things in the Bible happen on mountains?”

Let a volunteer stand on a chair (“mountain”) and announce a silly rule like:
“Everyone must hop like a frog!”

Explain: Important messages were often given from mountains so everyone would listen.

Game: "Rock Climb"

Place paper "rocks" across the floor.

On each rock ask a simple question:

- What is a rule you have at home?
- Why do we have rules?
- Is it harder to obey with a happy heart or a grumpy heart?
- Who helps us obey God?

After all the children cross:

Say:

"Today we are going to climb TWO mountains in the Bible and discover how God teaches His people!"

Discussion Questions (5 min):

- **What happened when God came down on Mount Sinai?**
 - Thunder, lightning, smoke, and loud noises.
- **Who went up Mount Sinai to meet God?**
 - Moses.
- **What did God give Moses on the mountain?**
 - The Ten Commandments.
- **Who went up the mountain in Matthew 5?**
 - Jesus.
- **What did Jesus teach the people?**
 - How to live with hearts that love God.

Heart Pocket Craft

Cut out a large heart and fold/glue the sides to make a pocket.

On the outside write:

"Jesus Changes My Heart"

Inside place small paper hearts labeled:

- Love
- Kindness
- Forgiveness
- Obedience
- Joy
- Patience

Kids can take it home and pull out the hearts during the week as reminders.

Build the Mountain Review

Supplies:

- Stackable cups or blocks

Every correct answer earns a block.

Questions:

- Who gave Moses the law?
- How many commandments were there?
- What mountain did Moses climb?
- Who preached the Sermon on the Mount?
- What matters to Jesus besides our actions?
- Who helps us obey God?

See how tall they can build the mountain before it falls.