

JOURNEY BELOW THE EARTH

LESSON FOUR

Lesson Goal: The children will learn that God gave us rules so we could have the best life possible.

Main Point: God Knows What Is Best For Me; I Should Follow His Rules!

Bible Story: The Ten Commandments (Exodus 19 & 20:1-17).

Bible Verse: *James 1:22 "But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves." (NLT)*

What is the purpose of these activities?

Underground Adventures (General Opening Activity)

The purpose of this activity is to introduce the Main Point through an adventure themed game time.

Pit Fall (Specific Opening Activity)

The purpose of this activity is to introduce the idea that following directions can help us avoid traps in life.

The General Opening Activity is an added feature in this Elevate series. You can use multiple opening activities or pick the ones your kids will most enjoy.

Skit and Bible Story (Large Group Activity)

The Skit and Bible Story teach children that in order to have the best life possible, each of us should obey God's rules.

Retracing Our Steps (Small Group Activity)

The purpose of this activity is to help the children review the Bible Story.

Cave Clues (Small Group Activity)

The purpose of this activity is to help the children memorize the Bible Verse and help them apply today's lesson.

Foundation of Prayer (Small Group Activity)

The purpose of this activity is to encourage the children to make prayer a regular part of their lives.

Ernestine the Unstoppable (Small Group Activity)

The purpose of this activity is to give an example of the consequences of not following God's rules.

Rock Hard Reminder (Small Group Activity)

The purpose of this activity is to give the kids something to take home with them to remind them of God's rules.

Find The Treasure! (Large Group Activity)

This is a strategic time to review and reinforce the content of the lesson.

JOURNEY BELOW THE EARTH

LESSON 4: GOD KNOWS WHAT IS BEST FOR ME; I SHOULD FOLLOW HIS RULES!

Single Teacher version - "Watch & Train" DVD

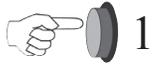


Purpose Statement: This Skit and Bible Story teaches children that in order to have the best life possible, each of us should obey God's rules.

Materials/Props Needed: Lesson 4 DVD materials.

- Lead the children through the opening activity "Underground Adventures" and/or "Pitfall".

- Begin Worship Time.



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Teacher is on stage alone.



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TEACHER

(CD Track # 1) Hey everybody, it's great to see you back. Let's have some fun. ~~Everybody up for some singing!~~



STOP



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~~Teacher leads the children in singing the song.~~



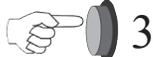
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TEACHER

~~(CD Track # 1) Whew, that was some good singing! Don't forget what the song mentioned. It said we should use God's word as our foundation. Reading our Bible and doing what it says is the key to making the best choices in our everyday life.~~ Today we are talking about following the rules. Now I know that sometimes rules aren't much fun. But rules aren't there to keep us from having fun. They are there to protect us and to help each of us have the best life possible. It's just like God and His rules. Just check out our main point for today: **God Knows What Is Best For Me; I Should Follow His Rules!** Everybody stand up help me shout this!



STOP

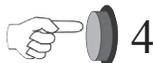


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Teacher leads the children by first demonstrating the Main Point with motions. Then have the children repeat the main point two or three times.

TEACHER

Rules are there to help each of us have the best life possible. That's exactly why God gave us rules. And He gave us those rules in His word, the Bible. Some of His most important rules for us are the Ten Commandments. That's what we're going to be learning about today. But just like everything else in this series, it isn't enough just to know about God's rules in the Bible. We need to follow them, too. Our Bible verse helps to remind us about that.



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James 1:22 "But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves." (NLT)

TEACHER

Use this verse to remind you that it isn't enough to just know God's rules. We need to follow them as well. Today I believe that

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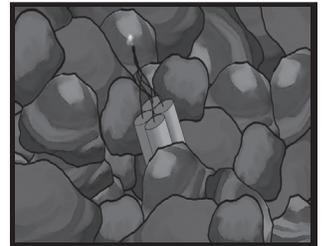
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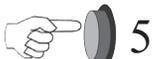


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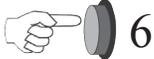


JOURNEY BELOW THE EARTH

Kit learns a thing or two about following rules. Let's go see what happens.



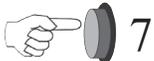
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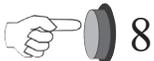
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Note: Play "Skit Video" followed by "Can You Dig It?"

TEACHER

(CD Track # 1) Those seemed like some pretty goofy instructions at first. But it would have been a lot worse for Kit if she hadn't followed them. Even though rules don't seem like much fun we should be grateful for them, especially the 10 Commandments. Let's all worship God right now and thank Him for the rules He gave us. Everyone stand and sing.

Teacher leads the children in singing the song and then begins the offering time.



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OFFERING



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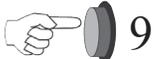
TEACHER

(CD Track # 8) Thank you for singing with us. We're going to continue worshipping God with our offering. This is a time when we give back to God part of what He has given to us. I'll lead us in prayer and then it will be your time to come up and give. Let's pray.

Lead the children in prayer. If you want to, include elements of the lesson you are teaching today. For instance, today we are talking about the Ten Commandments. So you might say, "God, we know that You want what is best for us and that is why You gave us Your rules. Please help us to follow Your commandments." Take up the offering.



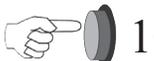
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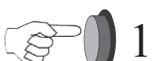
TEACHER

(CD Track # 1) Thank you, everyone. And now you're all going to learn a few ways that you can apply today's lesson to your life. It's time for Small Groups!



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SMALL GROUPS



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TEACHER

Now we've completed Small Groups, it's time for our review game, "Find The Treasure!"

Note: Lead the children through the questions. Hit "play" when a child has given you the right answer.

CLOSING



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TEACHER

(CD Track # 1) Thanks for coming. It was great to see all of you here. Don't forget our Main Point for today: **God Knows What Is Best For Me; I Should Follow His Rules!** See you next time.

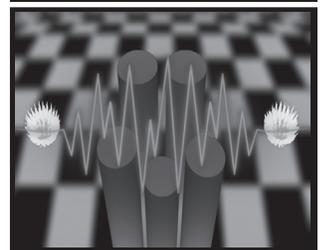
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JOURNEY BELOW THE EARTH

PIT FALL

SPECIFIC OPENING ACTIVITY

LESSON FOUR

GOD KNOWS WHAT IS BEST FOR ME; I SHOULD FOLLOW HIS RULES!



Purpose: The purpose of this activity is to introduce the idea that following directions can help us avoid traps in life.

Description: The children will be divided into teams. One member of a team at a time will be blindfolded and will attempt to cross an area filled with “pits” by listening to the instructions of their teammates.

Materials needed: For this activity you will need this help sheet, blindfolds for each team, two lines on the floor, and lots of pieces of paper.

Note: Use the paper to make small circles or “pits” all through the area between the two lines. You will want to have more pits or fewer pits depending on how difficult you want the activity to be.



To introduce the activity say:

1. Today we are going to try something dangerous! We are going to cross the area full of pit falls without falling into the pits!
2. And to make it even harder, we are going to cross it blindfolded!
3. We are going to pretend that all of the circles of paper that you see on the ground are pits.
4. One at a time you will try to cross the Pit Fall field by listening to instructions from one or more of your teammates.
5. If you step in a pit you have to come back and start over.
6. The first team to get every member across the Pit Fall field wins!

For detailed instructions on how to do the activity see the DVD.



During the activity say the following:

1. If you make it across the Pit Fall field, I will take the blindfold back to the next person on your team.
2. Let's go!
3. Watch out! Listen to your teammate's instructions!



After the activity say the following:

1. What was the easiest way to get across the Pit Fall field? (*Listen to the instructions.*)
2. Listening to the instructions from your team helped you cross the Pit Fall field.
3. Listening to God's instructions helps us in life.

Summary: Just as your teammates' directions helped you avoid the pits, God's directions will help you avoid the traps in real life. Let's go learn more about that!

JOURNEY BELOW THE EARTH

CAVE CLUES

SMALL GROUP ACTIVITY

LESSON FOUR GOD KNOWS WHAT IS BEST FOR ME; I SHOULD FOLLOW HIS RULES!



Purpose: The purpose of this activity is to help the children memorize the Bible Verse and help them apply today's lesson.

Description: The children will decode different actions they can do to put God's Word into practice in their lives.

Materials needed: For this activity you will need this help sheet. For each child you will need the "Cave Clues Lesson 4" from the Lesson Materials CD Rom, and writing/drawing materials.



To introduce the activity say:

1. Our verse for this series is James 1:22. It says, "But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves."
2. Everyone say this with me, "But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves."
4. I have some Cave Clues here. They are all ways that we can do what our verse says and put into practice the things we learned today.

For detailed instructions on how to do the activity see the DVD.



During the activity say the following:

1. Decode these Cave Clues. If you need help, I will help you.
2. What are some of the things we learned today? (*That God always knows what is best for us, that we should obey God's instructions.*)



After the activity say the following:

1. All of the things in our Cave Clues are ways that you can take what you learned today and put it into practice.
2. You could write or draw the Ten Commandments as a family.
3. You could memorize 1 John 5:2 "We know we love God's children if we love God and obey his commandments."
4. You could pray every day and ask God to help you follow His rules.
5. You could repeat the Main Point to your parents everyday.
6. Choose one of these four things and promise that you will do it this week.

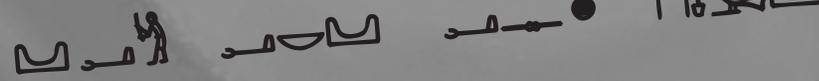
Summary: When you read God's Word you need to put it into practice. When you do the activity you have chosen for this week, you are obeying God's rules and putting His Word into practice.

CAVE CLUES

LESSON 4

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JOURNEY BELOW THE EARTH

ERNESTINE THE UNSTOPPABLE

SMALL GROUP ACTIVITY

LESSON FOUR

GOD KNOWS WHAT IS BEST FOR ME; I SHOULD FOLLOW HIS RULES!



Purpose: The purpose of this activity is to give an example of the consequences of not following God's rules.

Description: The children will listen to a story about Ernestine and the consequences of not following the rules.

Materials needed: For this activity you will need this help sheet.



To introduce the activity say:

1. Have you ever broken a rule? (*Yes.*)
2. I want you to listen to a story about Ernestine. Ernestine doesn't like rules. She thinks that she is unstoppable and won't get caught.

For detailed instructions on how to do the activity see the DVD.



During the activity say the following:

1. Listen to the story to find out what happens.
2. When Ernestine is about to break a rule I will say "but that didn't stop her."
3. When that happens I want you to say "Don't cross that line!"

"Time to go to bed, Honey" Ernestine's mom said. "You need to get a good night's sleep for church tomorrow." Ernestine grumbled as she got ready for bed. Ernestine was tired of following the rules.

"Rules just stop me from having any fun," Ernestine thought to herself. Ernestine said, "I'm not going to let rules stop me! I'm unstoppable!" Ernestine went downstairs and found her dad. He was sitting in his favorite chair with his wallet on the table beside him. Ernestine knew she shouldn't lie, but that didn't stop her. (*Don't cross that line!*) "Dad," Ernestine said, "I think there's someone outside my window."

"There is no one outside your window," her dad laughed. "It's a second story window."

"Please can you just check?" Ernestine frowned. "I'm scared."

Her dad smiled and said, "Anything for my little princess."

Ernestine thanked her dad and gave him a big hug. He went upstairs to her room. Ernestine knew that she shouldn't steal, but that didn't stop her. (*Don't cross that line!*) She grabbed money out of his wallet before she followed him upstairs. After he checked her window, her dad put her in bed.

The next morning it was time to go to church. Ernestine knew that she shouldn't fake being sick so she could stay home and play, but that didn't stop her. (*Don't cross that line!*) Ernestine lay in her bed and moaned and groaned. When her mother came in she told her she was sick and couldn't go to church. "Poor baby. We'll let you rest. See you after church," said Ernestine's mom as she closed the bedroom door.

Ernestine said to herself, "This is going to be a great day! No rules for me. I'm unstoppable!"

Ernestine went downstairs and looked out the window. She saw her neighbor, Phillip, out in his driveway riding a cool new scooter. While Ernestine was watching, Phillip's mother came out in a hurry.

They were late to church and Ernestine saw Phillip lean his scooter on the side of the house before getting in the car. Ernestine knew she shouldn't take other people's things, but she didn't let that stop her. (Don't cross that line!) As soon as they were gone, Ernestine ran outside and over to Phillip's house. She grabbed the scooter from the side of the house and zoomed down Phillip's driveway. Ernestine laughed at how easy it was! "I'm unstoppable!" she yelled, and laughed as she zoomed down the street. A boy saw her riding away.

He said, "You should be wearing a helmet." Ernestine stuck her tongue out at the boy and headed to the store.

Ernestine parked Phillip's scooter outside the store. She knew that the money she had was stolen, but she didn't let that stop her. (Don't cross that line!) Ernestine bought some snacks, a can of soda, a notebook with her favorite movie star on it, and some movies that her parents wouldn't let her watch. "No more rules for me!" said Ernestine. "I'm unstoppable!"

As Ernestine left the store she saw the boy from the neighborhood riding away on Phillip's scooter. "Hey!" Ernestine ran after him yelling, "That's my scooter!"

The boy turned his head and laughed, "It's Phillip's scooter, I'll tell him I saw you take it!" Ernestine knew that she shouldn't try to hurt people, but she didn't let that stop her. (Don't cross that line!) Ernestine was so angry that she threw her can of soda at the boy, but she missed. The soda flew past his head and through the window of a police car and landed in a policeman's lap. Soda sprayed everywhere inside the car and the policeman got out and looked at Ernestine with foam dripping off the brim of his hat.

The policeman's name was Officer Salvador. He bought cleaning supplies from the store and made Ernestine clean his car. As Ernestine cleaned the car she saw Officer Salvador coming out of the store carrying his wet uniform in a plastic bag. On the way to Ernestine's house, Officer Salvador got a call from the police station. Ernestine's parents were looking for her and had called the police. They were waiting for Ernestine when Officer Salvador's car pulled into the driveway. Officer Salvador gave Ernestine's parents his uniform and the name of the dry cleaners that he used. He gave them the receipts for the money he spent on cleaning supplies to clean his car. He told them that he would be back in a couple of days to pick up his uniform and money for the receipts. Ernestine's parents said that she would pay for it out of her allowance and be grounded.

Then Officer Salvador turned to Ernestine. "You were very lucky today young lady."

Ernestine scowled. "I wasn't lucky! I got caught!"

Officer Salvador laughed. "Exactly. If you had not been caught so early you might have even worse consequences than paying some money and getting in trouble. Rules are there for your protection, Ernestine. Whenever you break them, you are putting yourself in danger. You are lucky I caught you before you did something more dangerous."

Ernestine crossed her arms, stomped up to her room, and slammed the door.



After the activity say the following:

1. Ernestine had to pay a lot of consequences because she broke the rules.
2. Because she lied to her dad and to her mom, they will not believe her when she tells them something in the future.
3. Because she stole from her dad, and from her neighbor, she will have to pay back what she took, the police will have a record of her stealing, and Phillip and her dad will not trust her around their things.
4. Because she lost her temper and threw her soda, she had to clean the policeman's car, and pay for the cleaning supplies, and for his uniform to be cleaned.
5. If Ernestine had simply followed the rules she wouldn't have had to deal with any of those consequences.
6. Ernestine thought that rules were just stopping her from having fun, but really the rules that she broke were set up to protect her from the possible consequences.

Summary: Ernestine got trapped by the consequences of breaking God's rules. Remember when you are tempted to break God's rules that God knows what is best for us and His rules are for our protection.

JOURNEY BELOW THE EARTH

ROCK HARD REMINDER

SMALL GROUP ACTIVITY

LESSON FOUR

GOD KNOWS WHAT IS BEST FOR ME; I SHOULD FOLLOW HIS RULES!



Purpose: The purpose of this activity is to give the kids something to take home with them to remind them of God's rules.

Description: The children will write on a rock and take it home with them to remind them of the Ten Commandments.

Materials needed: For this activity you will need this help sheet, a Bible, and for each child a rock that will fit in their pocket, paint pens or markers that will write on the rocks, and the "Rock Solid Rules Card Lesson 4" from the Lesson Materials CD Rom.



To introduce the activity say:

1. We have been learning about God's Rules today.
2. We should follow God's rules because He knows what is best for us.
3. The Israelites carried stone tablets with God's rules carved in them so that they would not forget God's rules.
4. Today we are going to make a stone that will remind us of God's rules.

For detailed instructions on how to do the activity see the DVD.

Note: Pass out the "Rock Solid Rules Cards."



During the activity say the following:

1. Everyone take one of these cards, a stone, and a paint pen or marker.
2. God gave us ten rules to live by, so we are going to write the number ten on our rock. If you need help ask me and I will help you.
3. Then we will write the scripture reference: Exodus 20:1-17.

Note: While the kids are writing on the rock look up the verse and read it out of the Bible. Then assist those who need help writing the scripture on the rock.



After the activity say the following:

1. Just like the Israelites, God gives us rules to follow because He knows what is best for us.
2. If we remember to follow God's rules we can avoid many traps in life.
3. Use the Rock Solid Rules Card to memorize God's rules. Carry this rock with you to remind you to follow the rules.

Summary: Put this rock in your pocket this week to remind you of God's rules, and how He gave us those rules because He knows what is best for us.

...YOU MUST NOT HAVE ANY OTHER GOD BUT ME...YOU MUST MAKE FOR YOURSELF AN ALTAR...YOU MUST NOT MISUSE THE NAME OF THE LORD YOUR GOD...REMEMBER TO OBSERVE THE SABBATH DAY BY KEEPING IT HOLY...HONOR YOUR FATHER AND MOTHER...YOU MUST NOT MURDER...YOU MUST NOT COMMIT ADULTERY...YOU MUST NOT STEAL...YOU MUST NOT TESTIFY AGAINST YOUR NEIGHBOR...YOU MUST NOT COVET...

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EXODUS 20:1-17

...YOU MUST NOT HAVE ANY OTHER GOD BUT ME...YOU MUST MAKE FOR YOURSELF AN ALTAR...YOU MUST NOT MISUSE THE NAME OF THE LORD YOUR GOD...REMEMBER TO OBSERVE THE SABBATH DAY BY KEEPING IT HOLY...HONOR YOUR FATHER AND MOTHER...YOU MUST NOT MURDER...YOU MUST NOT COMMIT ADULTERY...YOU MUST NOT STEAL...YOU MUST NOT TESTIFY AGAINST YOUR NEIGHBOR...YOU MUST NOT COVET...

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EXODUS 20:1-17

JOURNEY BELOW THE EARTH

FIND THE TREASURE!

REVIEW GAME

LESSON FOUR GOD KNOWS WHAT IS BEST FOR ME: I SHOULD FOLLOW HIS RULES!



Purpose: This is a strategic time to review and reinforce the content of the lesson.

Materials needed: DVD chapter “Find The Treasure” Lesson 4.



Ask the following questions and then ask for volunteers to answer. If they answer correctly, hit “play” on the DVD.

1. Why should we follow God’s rules?
 - A. It’s the only way to get what we want.
 - B. God knows what is best for us and wants us to have the best life possible.**
 - C. Following God’s rules is always easy.
 - D. Because all of your friends are doing it.
2. One of God’s rules is to honor our father and mother. Which of these is an example of following that rule?
 - A. Never talking to your parents.
 - B. Only talking bad about your dad when he is not around.
 - C. Obeying your mom when she tells you to do something.**
 - D. Saying goodnight to your parents on some nights.
3. True or false? Lying is okay as long as no one finds out.
 - A. True.
 - B. False.**
4. In the skit why did Angus want Kit to perform a bunch of random actions and goofy dances?
 - A. Angus was playing a joke on Kit.
 - B. The room was full of traps and Angus was helping Kit avoid them.**
 - C. Kit was being punished for whining too much on the journey.
 - D. Angus does this on all of his expeditions. It’s a tradition.
5. What happened after Kit performed all of Angus’ tasks?
 - A. Kit got stuck in a trap.
 - B. Angus laughed at Kit for looking goofy.
 - C. The traps were turned off.**
 - D. They found the treasure and the journey was over.

6. In today's Bible story, what did God give to Moses?

- A. The Twenty Rules.
- B. The Two Suggestions.
- C. The Ten Guidelines.
- D. The Ten Commandments.**

7. What are the Ten Commandments?

- A. The first ten books of the Bible.
- B. A story with ten parts.
- C. A list of rules that God wants us to follow.**
- D. A popular band from the early 90's.

8. Fill in the blanks. God Knows What Is _____ For Me; I Should _____ His Rules!

- A. Hard, Consider.
- B. Right, Forget.
- C. Bad, Laugh at.
- D. Best, Follow.**