

St Andrew's Psalter Lane Church Junior Church Activity Sheet

7th March 2021 The Third Sunday of Lent



Here is something to pass the time at home as we can't meet in church at the moment – a story and some activities.

The story of Moses and the Commandments

Do you remember the story about how Moses led his people out of Egypt where they had been slaves? In the end he persuaded Pharaoh to let them go and they escaped into the wilderness lands. God had promised them a land 'flowing with milk and honey' but first they had to find their way.

While they were in the wilderness God spoke to Moses many times to help him teach the people what God wanted them to do.

They were camping near a mountain called Sinai. God said to Moses: 'Tell the people that if they agree to obey the rules that I will give you, then they will be my special people and I will always look after you.' Moses asked the people and they said that they would obey God's commands.

So Moses climbed up into the clouds that hung about the summit of the mountain to talk to God. While he was there the people heard thunder and lightning in the clouds and they were frightened.

But Moses was safe with God and God told him the rules that the people should obey. That they should only worship God – in those days there were lots of gods being worshipped by all the people who lived in the lands around them. That they should not make any idols, or pictures of God to worship – because God was much, much more than a model in wood or stone. That they should keep one day every week as a holy day for God, and everybody should have a rest on that day, including all the slaves and servants – they called this day the Sabbath. They should look after their parents – the old people in the community. That they should live fairly together and not cheat, or steal, or murder each other. They shouldn't tell lies about each other or want to take each other's things.



All of these rules would help them live in harmony with each other.

Moses carved these rules on two slabs of stone and came down the mountain to tell the people what God had said.

Things to do

- Get a piece of paper. Stretch your hands out on it and draw round your fingers so you have two hand shapes and 10 fingers. You will need to do one hand at a time but put both hands down first to make sure they fit!
- Think about what your ten most important rules would be and write one in on each finger space

- Play 'Moses says' – like 'Simon says' but use Moses instead. See how often you can catch each other out.

WORD SEARCH

O	L	G	I	N	E	E	O	N	N	W	S
S	T	N	E	M	D	N	A	M	M	O	C
L	N	I	M	I	T	R	O	S	S	R	L
D	E	N	E	N	D	U	D	T	G	S	O
U	S	T	H	U	N	D	E	R	S	H	U
S	C	H	T	T	D	A	V	A	N	I	D
S	M	G	A	B	L	S	R	A	I	P	S
U	U	I	B	D	I	C	A	M	P	E	D
G	N	L	B	N	E	S	C	I	S	O	M
D	E	U	A	O	G	C	H	O	I	P	S
L	M	I	S	L	O	T	M	O	O	L	S
E	M	S	T	L	A	M	U	R	D	E	R

CAMPED
 CARVED
 CLOUDS
 COMMANDMENTS
 LIGHTNING
 MOSES
 MOUNTAIN
 MURDER
 PEOPLE
 SABBATH
 SINAI
 STEAL
 STONE
 THUNDER
 WORSHIP