



ማኅደረ ስብሐት ልደታ ለማርያም
የኢትዮጵያ ኦርቶዶክስ ተዋሕዶ ቤተክርስቲያን

MAHDERE-SEBEHAT LEDETA LEMARIAM
ETHIOPIAN ORTHODOX
TEWAHEDO CHURCH



**Lessons are prepared by Ledeta LeMariam
Sunday School
Alexandria, Virginia**

In the name of the
Father, and the Son, and
the Holy Spirit, one God.
Amen.



Begin with the Lord's prayer

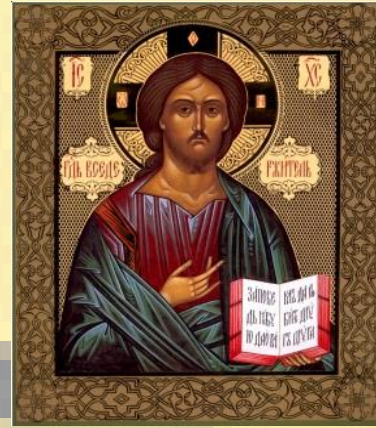
Our Lord and Savior, our King and God, we thank you for gathering us here to stand before you to call on your Holy Name.

Heavenly Father, teach us to trust You in everything we do.

Our God open our eyes, ears, hearts and minds that we may hear Your Word and transform (Change) our lives.

Bless all the children and keep them safe. Hear us when we humbly and thankfully pray to you.

Our Father, who art in heaven
Hallowed be thy name,
Thy kingdom come,
Thy will be done
On earth as it is in heaven
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who trespass against us
And lead us not into temptation
But deliver us from the evil one
For thine is the kingdom, the power, and the
Glory. Forever, Amen.



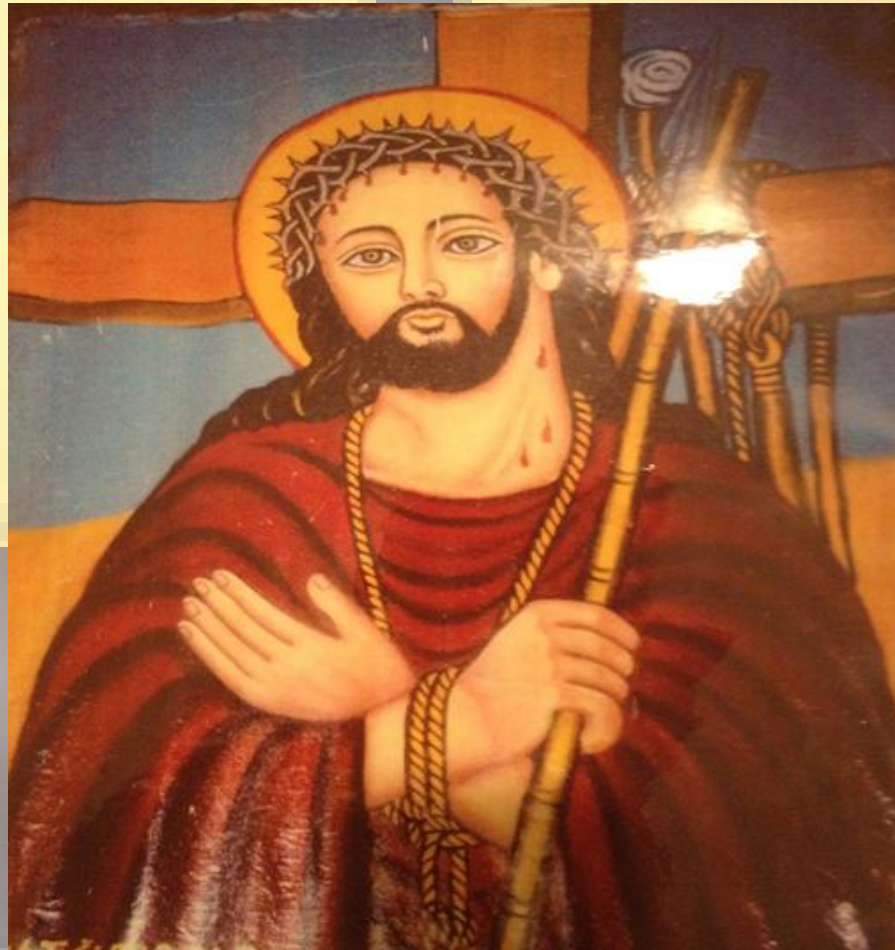
O our Lady, as St. Gabriel greeted you, “Hail Mary, full of grace, the Lord is with you.” True Virgin in conscience as well as body, blessed are you among women and blessed is the fruit of your womb.

Holy Mary, the God-bearer, pray that your beloved Son, Jesus Christ, may forgive us our sins. Amen.



Say The Jesus Prayer 3 times

**Lord Jesus Christ, Son of God,
have mercy on me, a sinner.**



Review

- How did they cross the sea?**
- What happened to the Pharaoh who followed them to the sea?**
- What was the first thing the Israelites did after they crossed?**
- What kind of food did God give the Israelites?**
- What is the name of the birds?**
- What is the name of the new food?**
- How did they get water? What did Moses do that made water flow out?**

MEMORY VERSE




**Can anyone tell me
last week's
memory verse???**

Recite Last week's memory verse

- “Fear not stand firm and see the salvation
of the Lord”.
(Exodus 14:13)



Class Covenant

I will keep my  on my teacher,
my  in control,
my s on God's Word;
knowing God is my goal.

Ten Commandments



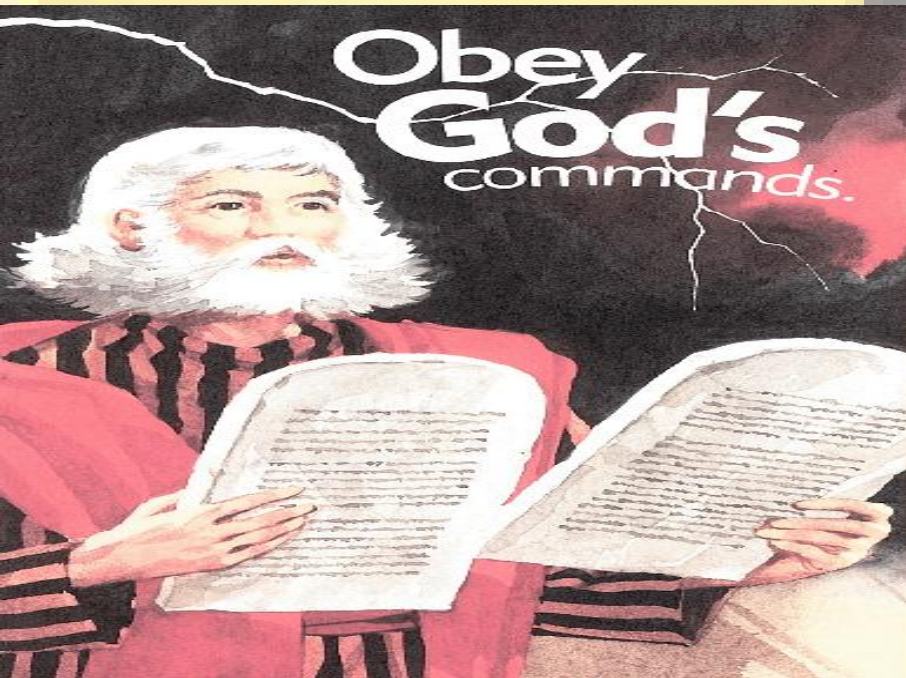
April 14, 2013

Memory Verse

- "I am the Lord your God" (Exodus 20:3)

References

Exodus 15-20



1. You shall have no other gods before me

2. You shall not make for yourself an idol

3. You shall not misuse the name of the Lord your God

4. Remember the Sabbath day by keeping it holy

5. Honor your father and your mother

6. You shall not murder

7. You shall not commit adultery

8. You shall not steal

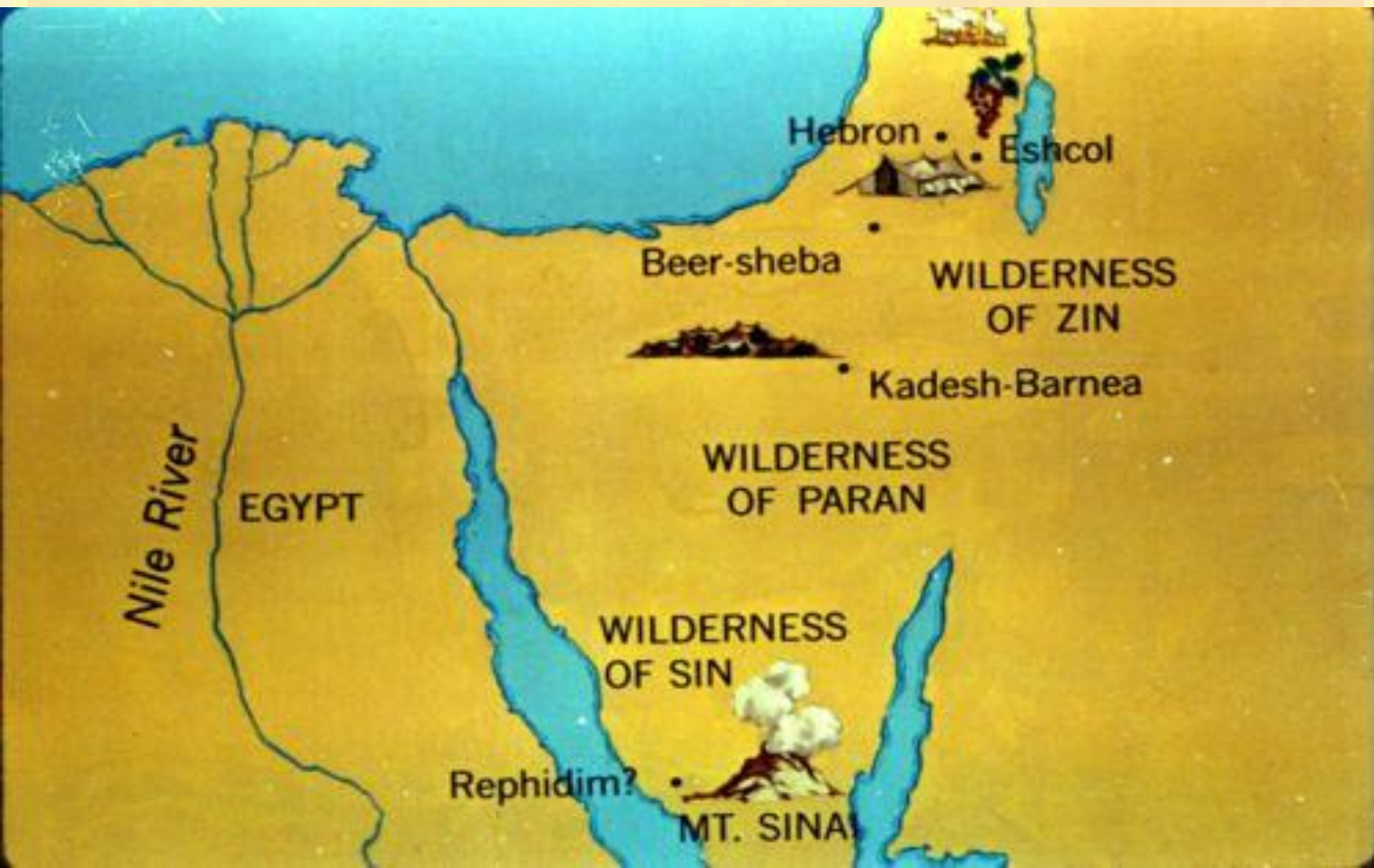
9. You shall not give false testimony against your neighbor.

10. You shall not covet... anything that belongs to your neighbor.

Introduction

- What is a commandment?
- What kind of rules do your parents have?
- Why do our parents give us rules?
to protect us: to look both ways before we cross the street, to not hit our brother or sister... they give us rules because they love us and know what's best for us.
- What are the rules in Sunday School?
- We should respect rules that are made by God, our parents and at Sunday School.

God's people needed rules. God led the people into the Desert of Sinai.



The families of Israel set up camp. God knew that the people needed special rules to help them respect each other and respect God.



God told Moses to tell the people that they were to be a holy nation, that they were to trust and obey God fully and keep His covenant.



Moses went down the mountain and told the Israelites the words God had spoken.



The people listened eagerly and replied, "We will do everything the LORD has said."



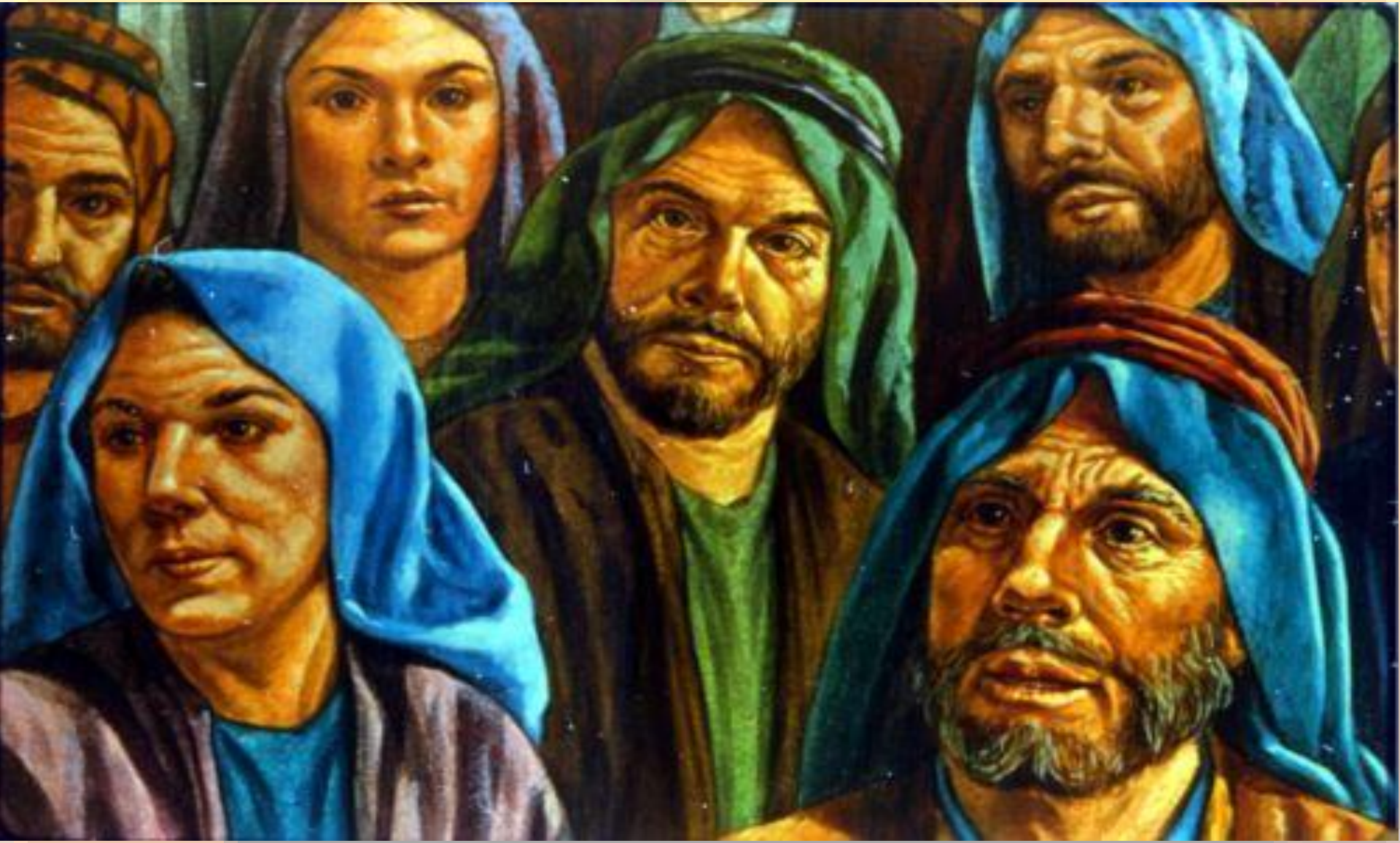
Then God told Moses that the people must get ready to receive His law.



Three days later, God Himself would come down on Mount Sinai in a thick cloud in the sight of all the people. On the morning of the third day, the Israelites could hear loud thunder.



The people could see and hear that God was very powerful, wonderful and holy. God was ready to speak to His people. It was time for them to listen to His voice.



God reminded His people that He was their God. He had shown them His power, His leading and His care, and He wanted them to trust and obey Him.



One day, God called Moses to come up to a mountain. So Moses went up the mountain to listen to what God had to say to him.



A great cloud of smoke billowed around the mountain. God asked the people to stay at the bottom of the mountain while Moses climbed up to talk to God.



God spoke to Moses up there. "I am the LORD your God who brought you out of Egypt."



Moses was with God in the mountain for 40 days. God wrote the Ten commandments on two slabs of stone. He told Moses how He wanted His people to live.



These were the 10 commandments that God said for the people to follow:

1. Put God First [preview](#)
2. Worship only God [preview](#)
3. Use God's name with respect
4. Remember God's Sabbath [pre](#)
5. Respect your parents [preview](#)

6. Don't hurt others [preview](#)
7. Be faithful in marriage [prev](#)
8. Don't steal [preview](#)
9. Don't lie [preview](#)
10. Don't be envious of others

The **first commandment** is to have no other God means to **put God first**. This means that nothing should be more important than God - a hobby you enjoy, TV or video games, even your friends and family should not be more important than God.



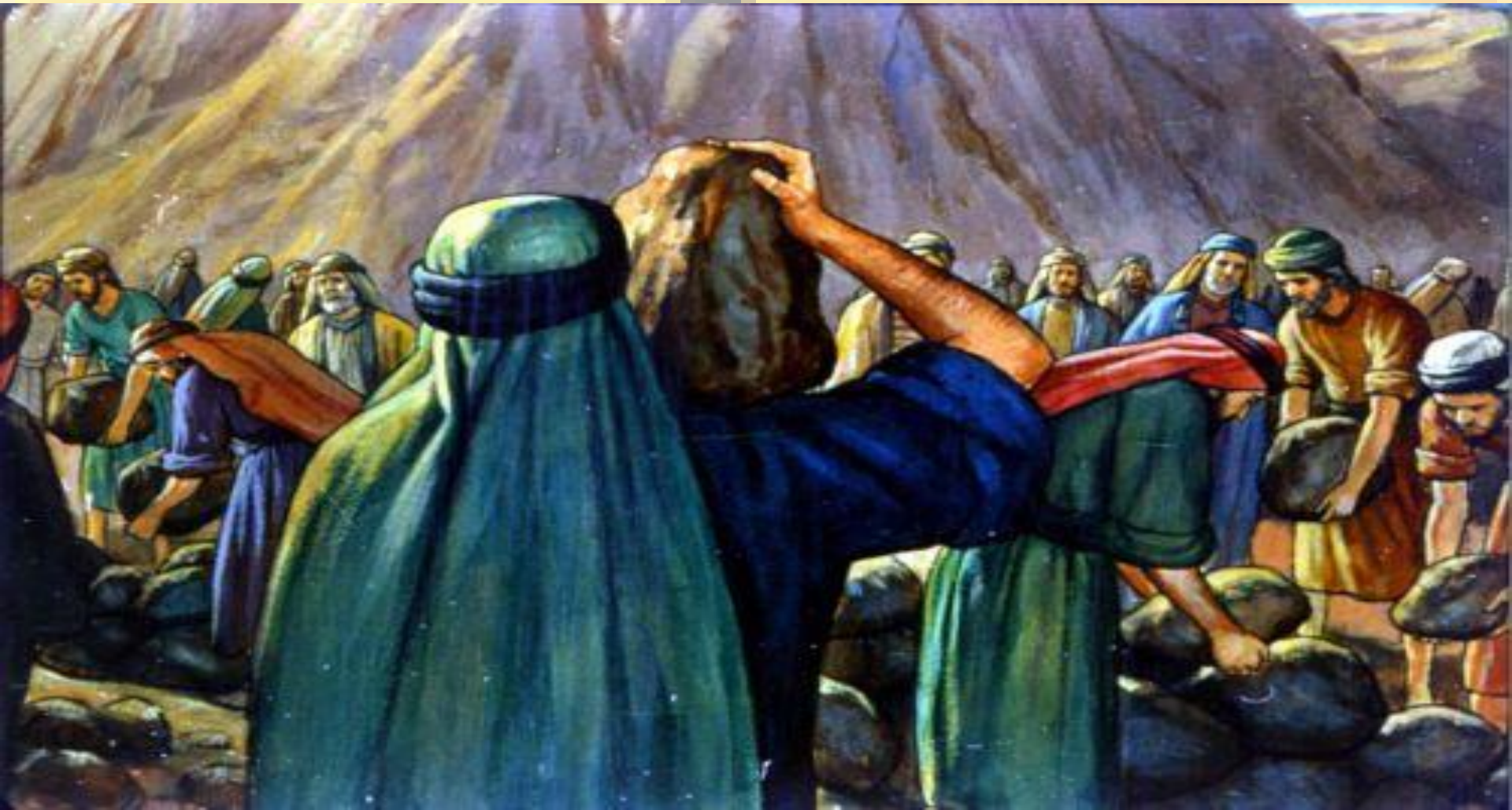
The **second** command is to **worship only God**. This is like the first commandment in that God wants our love, and He doesn't want us to bow down and worship a statue just because we can't see Him. In other words **God is the only one that we should pray to.**



The **third commandment** is broken all the time. God commands us to use His name with respect. Many people use God's name like a swear word, or say it when they're upset. **God wants us to use His name when we're talking to Him**, or telling others about Him in a nice way. To use His name in these other ways is very disrespectful and hurts God to hear it.



The **forth commandment** should be easy, we are to remember God's Sabbath. God wants us to take **one day of the week and rest**. When God made the world in six days, He rested on the seventh day. This gets harder when you get older, there always seems to be something to do, but remember God commands us to take a day off.



The **fifth commandment** might be a little tricky for some of you, but its very important (like all the other commandments) that you follow it. He tells us to **respect our parents**. Sometimes you might think you know what's best, or you get frustrated because your parents won't let you do something. Remember your parents were once kids just like you, and they are trying to keep you safe and from making the same mistakes they have already made.



Which commandment is next...oh right, it's **the sixth commandment**. This commandment says **don't hurt others (kill)**. Now imagine for a minute if everyone in the whole world obeyed this rule like God wants us to. We probably wouldn't have any jails and we would all get along with one another.



The **seventh commandment** is for those who are married. God tells us to be **faithful in marriage**. He wants us to love our wife or husband (even if they get on your nerves once and a while) and treat them with respect.



The **eighth commandment** is don't steal. This means that we shouldn't take something that doesn't belong to us.



We are almost done, the next commandment (9th) is don't lie. It is always better to tell the truth, and while you're at it don't do anything that would make you want to lie. Usually parents know when you're lying anyway, and if you don't get caught God sees and hears everything and He knows.

The **last commandment** is **don't be envious of others**. This means that we shouldn't wish to have things that someone else has. I know there is always a new toy or game - there is always something that we want to get. It's important to remember that these things aren't really important. **God is the most important** (if you remember the first commandment).

The first 4 commandments told the people to love God more than anything else. They also told the people not to use God's name in a bad way. It also helped the people see how important it was to go to church and worship God.



1. You shall have no other gods before Me.
2. You shall not make for yourself a carved image.
3. You shall not take the name of the LORD your God in vain.
4. Remember the Sabbath day, to keep it holy.

The next 6 commandments were rules to help people love others. God told us to respect our parents, tell the truth, be honest and not steal and not wish for things that other people had.

Loving Others



5.

Honor your father and your mother.

6.

You shall not murder.

7.

You shall not commit adultery.

8.

You shall not steal.

9.

You shall not bear false witness against your neighbor.

10.

You shall not covet.



Jesus Christ summarized all these commandments with two commandments.

1. To love our God with all our hearts, minds and souls.

2. To love our neighbor as ourselves.

If one is able to keep these two, it means he/she kept the 10 commandments as well.

While Moses was with God on Mount Sinai, the Israelites did something very bad. Many days went by and Moses did not return. The people gathered around Aaron, the high priest, and asked for a god that they could see. "We don't know what has happened to Moses!" they cried.



They ordered Aaron to make a golden calf.



They worshiped that instead of God. God was very angry.



When Moses came down the mountain and saw the sin of God's people, he became very angry. When he saw that God's people had broken their promise to obey God's covenant with them, Moses broke the stone tablets on which God had written the Ten Commandments.



He had the golden calf destroyed, and many people died because of the sins of the people.



Those who loved God stood by Moses while he made an offering to God and prayed for His forgiveness.



It was clear that God's people could not keep His law. They were sinners who would never be able to obey God. They needed God's forgiveness and they needed His help to obey Him. They needed to trust in His promise to send a Savior who would take the punishment for their sin. The Savior is The Lord Jesus Christ.

Conclusion

God wants us to do right things and live good lives.

He has set up rules to help us.

God wants us to respect and keep all His commandments (rules).

All these rules are important because they help us love God and love others.

Movie Clip

Show a short movie clip about the story, if available.



Questions

Why did God call Moses to the mountain?

What happened when God came down on the top of the mountain?

What did God give Moses?

While Moses was away, what did they build to pray to instead of God?

What is the first commandment?

How many commandments have to do with loving God and loving people?

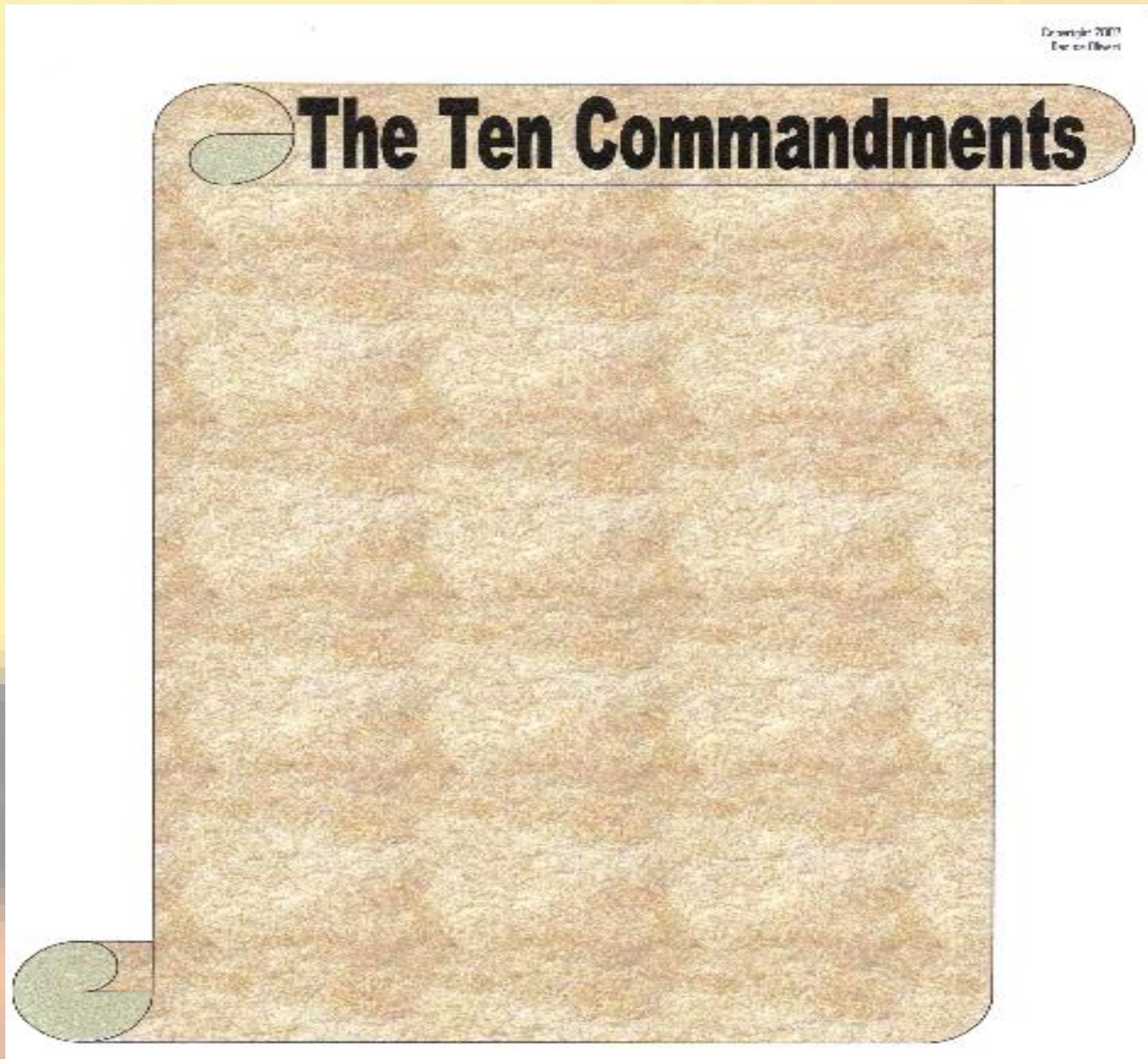
What are the two commandments Jesus Christ gave us?

TEN COMMANDMENT QUIZ

Check (✓) Yes or No to indicate which phrases below belong to the Ten Commandments given to Moses.

Yes	No	Exodus 20:1-17 NIV
		1. You shall not steal
		2. You shall not smoke
		3. Honor your father and your mother
		4. You shall not make for yourself an idol or bow down to them
		5. You shall not talk back to your Sunday school teacher
		6. Do to others as you would have them do to you
		7. You shall not misuse the name of the Lord
		8. You must obey God rather than men
		9. You shall not give false testimony against your neighbor
		10. You shall not murder
		11. In God we trust
		12. You shall have no other gods before me
		13. Remember the Sabbath day by keeping it holy
		14. Be kind to the poor
		15. You shall not commit adultery
		16. You shall not covet your neighbor's property

Write the ten commandments.



1. "You shall have no other gods before Me.

2. "Do not make or bow down to images.

3. "Do not take the LORD's name in vain.

4. "Remember the Sabbath day, to keep it holy.

5. "Honor your father and your mother."

6. "You shall not murder.

7. "You shall not commit adultery.

8. "You shall not steal.

9. "You shall not tell lies.

10. "You shall not covet."

The End

Next Week

We will learn about the
Washing of the feet.



3 things we all can do to strengthen our relationship with God

1. Read the Holy Bible daily preferably when we get up in the morning. 5 minutes to start.
2. Partake Holy Communion regularly.
3. Remember God throughout the day. We can repeat short prayer such as “Lord Jesus Christ have mercy on me.”

JESUS CHRIST

- “For there is no other name under heaven given among men by which we must be saved” (Acts 4:12)





*“And you shall know
the truth, and the
truth shall make you
free.” John 8:32*

Any question?

Close with prayer.

