


# DISCOVERING GOD'S TREASURE: WHO I AM IN CHRIST

## Lesson 7

Large Group Lesson Plan | All Ages



### LESSON 7: Obedient From The Heart

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| <p><b>Bible Story</b></p> <p>The Ten Commandments <i>Exodus 20:1-21</i></p>   | <p><b>Materials</b></p> <ul style="list-style-type: none"><li>• A Bible</li><li>• Two poster boards (or large sheets of paper), both cut out into the shape of a heart</li></ul> |
| <p><b>Bible Verse</b></p> <p>“And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second is equally important: Love your neighbor as yourself. No other commandment is greater than these.”<br/><i>Mark 12:30-31, NLT</i></p> |  |
| <p> <b>Identity   Who God Says I Am</b></p> <p>I can be obedient from the heart.</p>   |  |

## Large Group Lesson 15 Minutes

To get everyone's attention, ask loudly, **"Who Is Jesus?"**

- **Jesus is the Son of God.**
  - Point one finger to the sky.
- **Jesus came from heaven to earth.**
  - Point two fingers to the sky, and then slowly bring them down to your sides to make a giant circle.
- **He lived a perfect life.**
  - Give two thumbs up.
- **He died on the cross to pay for our sin.**
  - Hold both arms out horizontally, forming a cross.
- **His body was buried in the ground.**
  - Hold up both arms high above your head, and then bending low, bring your arms down to hold your knees.
- **Three days later, he rose from the dead victorious!**
  - Hold up the number three. Use both hands and slowly lift them up, and then wave both hands above your head in celebration.
- **He is in heaven now preparing a place for you and me! Preparing a place for you and me!**
  - Point one finger toward heaven. Then, with two fists, tap one fist on top of the other fist twice, and then switch the fist that is on top and do it again. You will do this repetition twice.
- **Right now he sits on a throne in heavenly places.**
  - Tap your wrist like a watch. Then pretend to sit down while standing.
- **There he prays to the Father for each and every one,**
  - Make praying hands. Then, with those praying hands, gesture toward others around you.
- **...and sends the Holy Spirit to all God's children.**
  - Slide one hand across the palm of the other away from your body.
- **One day he will come again as the eternal king**
  - Hold up the number one. Then make a crown with your hands atop your head.
- **...and he will turn every wrong thing, right!**
  - Turn around in a circle once with two thumbs down, and when you finish, give two thumbs up.

**What have you learned about who God says you are as we've been exploring the perfect life Jesus lived?**

Take student responses.

**Yes, all of these things are true! We are empowered to obey God even when it's hard, and we have been made right with God, receiving Jesus's perfect record of obedience, all because of the perfect life that Jesus has lived. Who is Jesus?**

Encourage students to participate in the [Who Is Jesus? Theme](#) by performing the motions with the students.

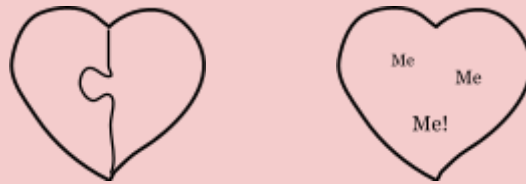
Introduce students to today's identity statement:

**Because Jesus lived a perfect life and offers me his heart that loves God and loves others, I can be obedient from the heart.**

“Give two thumbs up. Then, hold out both hands as if offering a gift. Make a heart using both of your hands, and then point upward to God, side-to-side to others, and then point to yourself.”

#### *Large Group Instructions:*

You will need two poster boards, both cut out into the shape of a heart. On the first heart, draw a line down the middle, but make it look like two puzzle pieces coming together (see the picture below for an example). On the second heart, cover it with the word “ME.”



**The ten commandments are all about a four letter word called L O V E: loving God and loving others. As we explore the following commands in the Bible, I need your help to put them in the correct category. Is the command about loving God or loving others? We'll also learn some different hand motions to help us remember them.**

After each command is shared, record their response by writing a summary of the command on the appropriate side of the poster board heart.

**God gave his people all these instructions:**

**“I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery. “You must not have any other god but me.”**

ACTION: Hold up 1 finger pointing to God. He is #1.

**“You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. You must not bow down to them or worship them, for I, the Lord your God, am a jealous God who will not tolerate your affection for any other gods. I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. But I lavish unfailing love for a thousand generations on those who love me and obey my commands.”**

ACTION: Hold up 2 fingers on one hand. Shake head “NO” as you bend your fingers down to represent bowing down.

**“You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.”**

ACTION: Hold up three fingers to form a “W”. Place it over your mouth to represent the words that come out of your mouth.

**“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”**

ACTION: Hold up 4 fingers on one hand then put both hands together and rest your face on your hands like lying in bed on a pillow.

**“Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.”**

ACTION: Hold up 5 fingers on your hand and then the other 5 fingers (one for father and the other for mother) clasp fingers and cross over heart. This shows the love for father and mother.

**“You must not murder.”**

**ACTION:** Hold up five fingers on your right hand and your left hand pointer finger. Turn up your left thumb to represent a gun pointed at the right hand.

**“You must not commit adultery.”**

**ACTION:** Hold your left hand out flat (like the aisle of the church) and walk the index and middle finger of your right hand down the aisle. This represents being faithful to marriage promises.

**“You must not steal.”**

**ACTION:** Make a circle with each hand, using the thumb and fingers curving to the thumb. Put both circles on top of each other. Put both circles over your eyes, representing a robber’s mask.

**“You must not testify falsely against your neighbor.”**

**ACTION:** Hold up 5 fingers on your right hand (to represent people) and then 4 fingers of the left hand. Turn the 4 fingers (to represent a pitchfork) and poke at the right hand. Our words hurt and are like sharp pokes.

**“You must not covet (explain to the children that this means jealousy) your neighbor’s house. You must not covet your neighbor’s wife, male or female servant, ox or donkey, or anything else that belongs to your neighbor.” (Exodus 20:1-17, NLT).**

**ACTION:** Hold up all 10 fingers. Grab air with both hands to represent wanting more.

**To be able to obey these commands, we need a heart that loves God and loves others. The problem is, the sinful heart does not love God and does not love others...when we have a sinful heart, all we can think about is ourselves.**

Cover up the first poster board heart with the second one.

**This kind of heart is a sinful heart. It is not able to obey God’s commands that call us to express love to God and to others because it’s only focused on protecting itself.**

**But we have good news! Jesus, God’s Son, came and lived the perfect life that we were unable to live. That means that Jesus always loved God and loved others, and he obeyed every one of God’s commands.**

**Jesus knows the conditions of our hearts and that we are unable to obey unless our heart is changed to be more like his. So, instead of giving us these commands, Jesus gives us something better. He gives us himself, his love for us and his heart to obey! We can be obedient from the heart, if we receive his heart as our own, and believe that Jesus lived the perfect life that we could not live apart from him!**

Review the Bible verse:

**“And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second is equally important: Love your neighbor as yourself. No other commandment is greater than these.” (Mark 12:30-31, NLT).**

**It is only possible for us to obey this great commandment if we receive Jesus’s heart to obey! We’ll talk more about this in small groups. We’ll talk about what it means to have a heart that is full of love toward God and others.**

Give instructions and then dismiss students into their small groups.