

# God's Commandments

## Preparation for the Session

**Turn to Page 81,**  
the Family + Faith page.  
*Vivos en Cristo*, Page 163

In this chapter you will cover the following objectives:

- God created people to be free and live as his People, and he called Moses to lead his People from slavery to Egypt
- Identify the Ten Commandments as a summary of laws that God gave Moses on Mount Sinai
- Explain that God gave the Ten Commandments to help us be faithful to him and his covenant

**Read** the **Consider This** feature. What thoughts or reactions do you have to the opening question?

**Parents, Consider This:** *Many of us grow up with the notion that rules restrict us. As adults we come to understand that rules help us to be clear about what fits within the boundaries of love, respect, and peace. In the Ten Commandments, the struggling Israelites were presented with the simple wisdom of God's will for them. As parents, when you teach your children by setting and holding boundaries (rules) based on God's laws, you help your child know and live a life that helps her/him grow in right relationship with God and others.*

**Read** these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the chapter.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



**Let's Sing:** These songs connect the session topics and can be downloaded from [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

- My Ten Commandments
- Moses, Set Them Free

## INVITE: Encountering God in His Word

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



**Let Us Pray** Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

**Explain** that God wanted Moses to move his People, who were slaves in Egypt, to freedom.



**Guide** your child through the Preparing for God's Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God's Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

Now, look at the *What Do You Wonder?* box.

**Say:** Moses was just a shepherd taking care of his sheep when he noticed the burning bush. He paid attention to hear God and know what God wanted him to do. God gave Moses the Ten Commandments so that his People would know how to live.

**Invite** your child to respond to the questions. Ask what else she/he might wonder about how God speaks to us today and her/him directly.

## DISCOVER: Learning God's Truth

**Turn to Page 74,**  
From Slavery to Freedom  
*Vivos en Cristo*, Page 149

**Read** aloud the introduction to the Scripture story.

Review from last session that God created us with free will so that we can choose whether or not to follow God. God created us with free will because he wants us to choose the good—to love him above all things.

**Provide** your child with a pen and lined paper. Ask her/him to keep a list of the major events of the story—an outline of what is happening.



**Proclaim** "Joseph and His Brothers." Pause when she/he begins to write so that she/he does not miss parts of the story.

**Look** at the picture of the stained glass window. Explain that when people could not read, the Church taught about God's Word through the art of the windows. Ask your child what part of the story this window tells. Read the caption together.

**Share** with your child a time when you forgave someone who had harmed you. Ask him/her to share an example with you when he/she had to do the same.

**Give** your child a piece of blank paper. Ask them to draw the front of your house. In the windows of the house, ask him/her to write the names of some Bible stories that could help teach your family how to live in right relationship with God and others.

**Parents, Consider This:** You are about to share the story of Moses with your child. As Moses learns about God's love for his People, he also learns how people should live in response to God's love. How does anyone love God in return? They follow his Commandments, for the Commandments outline the boundaries of what love is and what love is not. For your child to be happy, he/she needs to learn that he/she is God's creation. The Commandments are the plan that helps each person learn what God desires for us and from us. Is there a place in your home where the commandments are visible?

**Turn to Page 75,**  
God Calls Moses  
Vivos en Cristo, Page 151

**Read** the first paragraph to your child.



**Direct** your child to read the Scripture silently.

- Ask: Who was Moses and what did he do?
- Discuss why Moses led the Israelites out of Egypt. (God wanted the suffering of the Israelites to stop. He brought them from slavery to freedom.)
- Ask: Joseph also led a group of people from slavery to freedom? Who were those people and how were they slaves? (Joseph's brothers were slaves to their jealousy and greed. Joseph freed them with his forgiveness.)

**Turn to Page 76,**  
Laws to Guide Us  
Vivos en Cristo, Page 153

After reading the definitions in the Catholic Faith Words box, have your child make vocabulary cards for the terms, **ark of the covenants** and **Ten Commandments**.

**Ask** your child to think of a time when he/she had a guide. (A vacation, a field trip, a scout leader, a coach)

**Ask** your child to recall the definition of covenant from Chapter 2. (a sacred promise or agreement between God and his People)

**Invite** your child to read the text aloud.



**Have** them complete the gold-star activity.

**Turn to Page 77,**  
The Ten Commandments  
Vivos en Cristo, Page 155

Be ready with a piece of lined paper.

**Read** the first Commandment.

**Ask** your child to read what the Commandment means from the next column. On the piece of paper, write the number "1." Together, write three ways your family lives or can live the Commandment, remembering that the law is the *minimum* of what love requires. Repeat this process for all Ten Commandments.

## LIVE: Living Our Faith

**Turn to Page 78,**  
Our Catholic Life  
*Vivos en Cristo*, Page 157

**Read** the introductory paragraph.



**Complete** the gold-star activity. (Answers: 1, 7, 3, 4, 2, 5, 9, 6, 10, 8, 4)

**Parents, Consider This:** *This session may have caused you to think more deeply about the rules you make and keep in your family. It is important to recognize that all of the energy you spend in holding those boundaries and being consistent about consequences is a holy work. In those moments when you are exhausted, drained, and it would be so much easier to give in, remember to pray for the grace to love your child enough to say “No.”*

**Turn to Page 79,**  
People of Faith  
*Vivos en Cristo*, Page 159

**Read** the paragraph about Saint Raymond of Peñafort.

- Share your reactions to the information.
- Talk about some ways your family follows the Ten Commandments.

### Activity

**Discuss** the first part of the Live Your Faith activity.

- Write the number of the Commandment that is not being followed in each of the two pictures.
- Ask your child to draw a picture inside the third box in which he/she is following a Commandment.

**Turn to Page 81,**  
Family + Faith Page and  
conclude with the Let's Pray  
prayer on this page.  
*Vivos en Cristo*, Page 163

**Parents, Consider This:** *It's important to form our children in the common language of prayer. We encourage you to pray the Our Father (see Page 321) during your night prayer this week. You may want to play, “God's Laws Make Us Free” from the Songs of Scripture CD as you drive in your car this week.*



To access and send an eAssessment to your child, go to the Student and Family section of [aliveinchrist.osv.com](http://aliveinchrist.osv.com).