

Ten Commands on Your Hands!

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Here's a way to teach the ten important rules from God's book, the Bible, in a way that will help children carry them wherever they go!

We are going to learn ten important rules from God's book, the Bible, in a way that will help you carry them with you wherever you go!

1

(Hold up index finger.) **You shall have no other gods but the one true God.** God lives in Heaven *(you are pointing up)*. He made the universe and rules over it. Some people try to make their own gods but there is only one true and living God.



2

(Hold up index finger and middle finger.) **You shall not make an idol or worship one.** What is an idol? An idol is anything that is more important to you than the one true God. It is something or someone you put above God in your life. *(Bend middle finger so it is lower than the index finger.)* Nothing is more important than the true God who made us and loves us.



3

(Hold up three middle fingers against lips.) **You shall not misuse the name of the Lord God.** God is so great that we must only say His name with great respect. We should not use His name to swear or use it without thinking about Him or talking to Him.



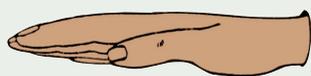
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(Hold up four fingers and bend thumb across palm.) **Do all your work in six days and keep one day for the Lord.** God gave us a wonderful hand. The thumb is very important in doing our work. But God has given us one day to worship Him and rest from our work. He knows we need a day of rest—for our bodies and our souls.



5

(Place open hand above head.) **Honor your father and mother.** God has placed your father and mother over you. He has appointed them to care for you and He wants you to honor them with your love and respect.



(Hold up five fingers.) This commandment has a special promise with it. If you honor your parents, things will go well for you and you will have a long life. You can say each word of this commandment on the fingers of your hand.

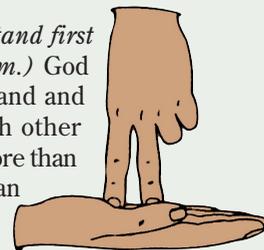
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(Hold up one finger.) God made each one of us. He gave each of us power. *(Grab finger with other hand.)* Sometimes a person is tempted to hurt someone else, maybe even kill him. *(Release finger, holding up six fingers.)* God says, **You shall not murder.** This means do not kill someone on purpose or even hate someone.



7

(Hold out hand with palm up, stand first two fingers of other hand on palm.) God has a wonderful plan for a husband and wife. They are to belong to each other and no one else. If a man treats more than one woman like a wife or a woman treats more than one man like a husband, God calls that adultery. God says, **You shall not commit adultery.**



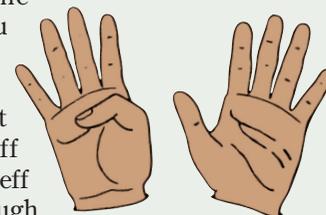
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(Cup one hand and with thumb and first two fingers of other hand pretend to snatch something out of it.) God sees everything we do. He knows if we take something that does not belong to us. What do we call that? *(Stealing.)* The eighth commandment is, **You shall not steal.**



9

(Hold up nine fingers.) **You shall not give a false testimony.** *(Close hands.)* Suppose you were having a treat at school and the teacher said, "Each of you may take four pieces of candy." *(Hold up four fingers on one hand.)* But someone wants to get Jeff into trouble and he yells, "Jeff took five pieces" even though he didn't. *(Hold up five fingers on other hand.)* God calls that "giving a false testimony." Another way to say this commandment is, **You shall not lie.** Lying hurts us and others but most of all it hurts God.



10

(Open and shut both hands as if you are grabbing something.) Some people like to grab everything for themselves. "Coveting" is wanting things that belong to others. *(Hold up ten fingers.)* God says, **You shall not want what belongs to someone else.** God will provide all that you need.

