The Ten Commandments: God's Covenant at Mount Sinai

Learning to love God and our neighbors

Ages about 7-11 | Video 5:15 | Group lesson about 25-35 minutes

Central truth God rescued Israel before calling His people to keep His covenant. The Ten Commandments teach us to love God and our neighbors; Jesus helps us live them with our whole hearts.

Learning goals Recall the covenant at Mount Sinai; identify love of God and neighbor in the commandments; choose one concrete loving action.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online Open this video on Servus Dei

Before watching | 2 minutes

Recall the manna in the wilderness. Ask: What promises help people care for one another?

Watch and notice

Notice that God first reminds the people of their rescue. Listen for the promises, the commandments, and the people answering together.

Talk together | 6-8 minutes

1. What had God already done for the Israelites?
He had rescued them from slavery in Egypt and cared for them on their journey.

2. What is a covenant?
A sacred relationship sealed by solemn promises. God called Israel to be His people.

3. What do the Ten Commandments teach us?
To love God and our neighbors. The first three concern love of God, and the other seven love of neighbor.

4. What is one way a child can put this love into practice?
Pray, speak truthfully, respect parents and caregivers, care for someone, or respect what belongs to another person.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

The Ten Commandments: God's Covenant at Mount Sinai

Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Read the prompts aloud. Accept drawing, pointing, dictated words, or spoken responses.

Read & Write Use one story detail, one explanation, and one practical response. Short or dictated answers are welcome.

Adapt by readiness

Younger children: focus on God’s care and examples such as prayer, truthfulness, kindness, and respecting others’ belongings.

Older children: read Exodus 20:1-17 and discuss how the commandments protect relationships, life, and families.

Two ways to show love | Optional 4 minutes

Draw two large hearts labeled Love God and Love My Neighbor. Add one practical example to each. Choose one action to practice today, then ask Jesus for help. Do not require children to share private family experiences.

Look for understanding The child recalls God’s rescue, explains that a covenant includes solemn promises, and connects a commandment with a loving action.

Closing prayer Loving God, thank you for caring for your people and teaching us your ways. Help us love you, tell the truth, respect others, and care for our neighbors. Jesus, give us grace to begin again when we fail. Amen.

At home Choose one loving action with a trusted adult. At bedtime, thank God for His help and ask for grace to begin again tomorrow.

Handout answer notes Remember: God rescued Israel from Egypt. Explain: the commandments teach love of God and neighbor within His covenant. Apply: a concrete loving choice such as truthfulness, prayer, respect, or care.

Teach with care

Have a Bible, paper, pencils, and crayons. Read Exodus 19-20 and 24 before teaching. Preview the storm and covenant-sacrifice scene for your group. The story includes thunder, fire, animal sacrifice, and the covenant’s use of blood. Explain these ancient rituals calmly and do not reenact them. Teach marriage promises in age-appropriate language without inviting private disclosures. Respect for parents never requires accepting harm or keeping unsafe secrets; children may seek help from a trusted adult. God’s care comes first, and His grace helps us respond.

Words to explain Covenant: a sacred relationship sealed by solemn promises. Commandment: a teaching God gives for living in love. Neighbor: another person we are called to love. Covet: let a greedy longing for another person’s belongings take hold.

Sources for the leader

Scripture: Preparing for the covenant - Exodus 19
Scripture: The Ten Commandments - Exodus 20
Scripture: The covenant at Sinai - Exodus 24
Catholic teaching: Catechism: the Ten Commandments, 2052-2082