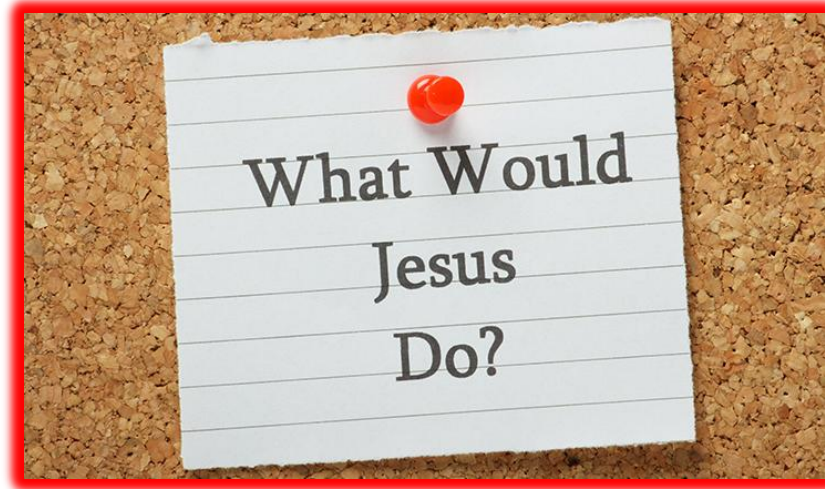


St. Laurence Catholic Parish
Elementary Children's Faith Formation (CCE)
Week 12 Lesson Plan
(Home Study Version)



Unit 3 – How does Jesus Christ teach us to live a moral life?

EQ #1: How do God's commands (rules) guide my life?

PARENT CATECHIST PREPARATION

To prepare for this week's lesson:

- Establish a dedicated time and comfortable learning space for your family discovery session.
- Create a [Prayer Table](#) (or check out [How to Make a Prayer Table for Kids](#)) in a dedicated place in your home.
- Prepare your adult heart and mind by watching the following videos ahead of this lesson:
[BISHOP BARRON ON THE TEN COMMANDMENTS](#) and [DID THE CATHOLIC CHURCH CHANGE THE 10 COMMANDMENTS?](#) If time permits, also review [THE CATHOLIC ORDERING OF THE TEN COMMANDMENTS](#).

Important Note: Depending upon whether you come from the Catholic tradition or one of the Protestant denominations, you will be influenced by one of the two scriptural bases for God's Commands. To read both Biblical 'lists' for yourselves, go to **Exodus 20:1-17** and **Deuteronomy 5:6-21** in the Old Testament. (This would also be a GREAT activity for older learners - i.e., to read and compare/contrast the two lists). The Catholic translations can be found on the USCCB website at [EXODUS](#) and [DEUTERONOMY](#) or in your family Bibles. Note that the Catholic ordering is based upon the Deuteronomy account.

Sometimes, Catholics are criticized by their Protestant brothers and sisters for the ordering of the Commandments that we use. Claims have been made that Catholicism has 'taken out' the reference to making idols or graven images in order to justify our 'worship' of sacred statues and images. Of course, that is *not* what the Church teaches.

While we do venerate these religious items as they serve to point our hearts and minds towards Him, only God is deserving of our worship or adoration. When you read from Scripture, however, it is apparent that the command regarding idols has not been neglected in the Catholic rendition. Rather, the prohibition of worshipping idols is understood/affirmed in our First Commandment where God declares *“I am the Lord your God; you shall not have strange gods before me.”* This includes *any and all things* that might be wrongfully worshipped or placed before God in our lives. This can be ANYTHING (sports, money, electronics, success, statues, images, etc.). Be sure to keep this in mind as you instruct your learners in this lesson. This is a point of contention for some Protestants against Catholicism and understanding this distinction and the reason for it can better equip your kids with the tools necessary to defend their faith now and as they grow older. As we know, it’s not enough that our learners are taught what we believe, but more importantly, why we believe it. **Remember: If an activity or video is listing a prohibition against GRAVEN IMAGES OR IDOLS as the 2nd Commandment, it’s not the Catholic ordering. Be sure to ADAPT any activities you may find to reflect the Catholic ordering.**

- Reflect upon a favorite Scriptural passage referring to God’s rules, or laws, that you would like to share with your children, and explain why the passage is important to you. Or, you might like to consider any one of the following:
[MARK 12: 28-34](#), [EXODUS 3: 1-17](#), [EXODUS 14: 5-29](#), [EXODUS 20: 1-17](#), [DEUT 5: 6-21](#),
[MATT 5: 3-10](#), [MATT 7:12](#), [MATTHEW 19: 16-19](#), [ROMANS 2: 12-16](#), [ROMANS 13:8](#),
[JEREMIAH 31: 33](#)

Supplies you may want to have on hand before beginning the Lesson:

- A Catholic family or children’s Bible (go to [USCCB](#) for approved Bible translations)
- An electronic device with reliable internet access
- Sticky notes
- Art/craft or any unlined paper
- Crayons, markers and pencils
- (Optional): Materials necessary for any of the craft ideas selected during the EXTEND segment of the lesson



OPENING PRAYER

Begin your discovery session today with your child or children in prayer. Gather together in your dedicated prayer space and ask your children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and then recite a favorite family prayer, choose one of the [COMMON PRAYERS BY GRADE](#) or sing the [10 COMMANDMENTS SONG](#) together as a family. Conclude by praying the [SIGN OF THE CROSS](#).

ENGAGE

(Mental warm-up)

Say, “Our last unit focused on how we get to know and love Jesus Christ by praying, going to Mass and celebrating the Sacraments. For the next few lessons, we will learn about how Jesus Christ wants us to live and always do the right thing. Let’s listen to one of my favorite passages

from the Bible about the rules that God made to keep us safe ... (*Read your favorite passage from the Bible about God's commands and explain WHY it is important to you or your favorite passage*) ... You know, Jesus teaches us how to obey God's rules."

EXPLORE

(Pre-assessment of faith concepts)

Ask/Discuss, "What can you tell me about God's rules or commands?"

- ❖ As your child or children share their ideas, have them jot a few down on a sticky note (with their name) and then place them on the wall in your discovery space. (For younger children, you may act as the 'scribe'). Retain the sticky notes to have an understanding of what your child or children already know or don't know. This will be helpful as you move along through today's lesson.
 - ❖ To facilitate thinking and discussion above, use some of the following prompts: What is a rule? Why do we have rules and why are they so important? Can you name any rules which we all must follow? What are God's rules called? Can you name any of God's rules? How many are there? Who did God give his rules to and how? Where can we read about God's rules? What is God's *greatest* rule and why? Who teaches us how to follow God's greatest rule and commands? How are we supposed to do that? How does God's greatest rule reflect his commandments? What are the *Beatitudes*? Who taught us the *Beatitudes* and where can we find them? *Plus, any others you can think of...*
-

EQ "Essential Question"

(This question serves as a cognitive bookend for your child or children – i.e., it is the targeted "so what" or "take-away" of the lesson being presented that your child should be able to articulate at the end of your session today).

Share and post a physical representation of the lesson's EQ in your study space:

How do God's commands (rules) guide my life?

EXPLAIN (Either guided with your assistance or working independently, have your child or children review their relevant grade-level material – listed below - and complete the workbook activities. *Empower older children by allowing them to mentor younger siblings*):

Kinder: *Call to Faith, Chapter 14 (Good Choices)*

Grade 1: *Alive in Christ, Chapter 14, Pgs.195 & 198 (Making Choices) and Pgs. 318-319*

Grade 2: *Alive in Christ, Chapter 7 (God's Commandments)*

Grade 3: *Alive in Christ, Pg. 320-321, Chapter 3, Pg. 78 (Families Teach Love) and Chapter 13, Pg. 193 (Choose Love)*

Grade 4: *Alive in Christ, Chapter 3 (God's Commandments) and Chapter 7 (Beatitudes)*

Grade 5: *Alive in Christ, Chapter 6 (A Life of Virtue)*

EXTEND

(As a family, gather back together and have each child share, in turn, what they learned about God's rules or commands. Together as a family, come up with a list of *at least three new things* that you learned, were surprised by or think others should know about how God's Commandments and the Jesus' Beatitudes taught by Jesus help us to live a life of LOVE. Then, *extend the lesson together by completing at least one of the activities* provided below).

Lower Elementary (K-2):

- Video [THE MOST IMPORTANT COMMANDMENT](#) , [THE GREATEST COMMANDMENT](#) or [MEMORIZE CATHOLIC 10 COMMANDMENTS \(HAND SIGNS\)](#)
- Crafts/Activities Complete the [HIDE IT IN YOUR HEART, GREATEST COMMANDMENT HEARTS](#) or [TEN COMMANDMENTS TABLETS](#) craft, *or* play one of the [ALL YOU NEED IS LOVE](#) games or [WHAT IS LOVE?](#) game.

Upper Elementary (Grades 3-5):

- Video [THE MOST IMPORTANT COMMANDMENT](#) or [JESUS REVEALS GREATEST COMMANDMENT](#)
- Activities Complete either the [GREATEST COMMANDMENT](#) or [REWRITE THE TEN COMMANDMENTS](#) worksheet, *or* play either the [TEN COMMANDMENT CUP KNOCKDOWN](#) or [WHAT IS LOVE?](#) game.

EVALUATE/REFLECT

Restate today's Essential Question (EQ) – *How do God's commands (rules) guide my life?*

Summarize what's been learned during this lesson, emphasizing those concepts which may have been missed or misunderstood in the EXPLORE step above.

- **Say**, "A rule is something that we are asked to follow and do. Rules tell us how to behave and act. In our lives, there are rules for most everything; for keeping us safe, for taking care of things, for organizing our lives, for doing the right thing, for keeping the peace, and for pleasing our families, just to mention a few. God gives us rules too. We call the rules or laws given to us by God, His "commandments." This is one important way in which God shows us just how very much He loves and cares for us. He provides us with His commands in order to keep us safe from harm. The commandments give us a standard, or rule, for living as God wants us to live.

We can learn about God's commandments by spending time reading the Bible. These rules for living are *so* important, that they are actually found in *two* places in the Old Testament of the Bible – in both the Books of *Exodus* (20: 1-17) and *Deuteronomy* (5: 6-21). God gave these *Ten Commandments* (also called the *Decalogue* – remember, 'deca' means 10...) to Moses, a man who He called to be the leader of His people, the Chosen People of Israel. When leading the Israelites out of slavery in Egypt, Moses received ten words or "commands" from God on two stone tablets up on Mount Sinai in the desert. The story of God leading the Israelites out of Egypt with the help of Moses can be found in the Book of *Exodus* (14: 5-29) in the Old Testament.

The Ten Commandments are more than just a summary of laws that God entrusted to Moses' care. They provide us with a standard (or rule) of living that is necessary for loving

God and loving others. *Love keeps us in right relationship with God* and should be the basis of all our decisions about what to do and what not to do as Catholic Christians. These commandments are the expression and sign of the *Covenant* (a sacred promise or agreement) between God and God's people, and are just as binding today as they were when they were given to Moses over 3,300 years ago. They direct God's People (that's us!) to live out our covenant promises with God.

Jesus was an excellent student in the Hebrew Scriptures of the Old Testament and also knew God's laws well. One day, when he was asked by the scribes of the Temple what the greatest of all of God's Ten Commandments was (i.e., note – this was a trick question meant to trip Jesus up!) Jesus cleverly replied, "You must *love God* with all your heart and with all your mind and with all your strength; and you must *love your neighbor* as you love yourself." (Matthew 12:33) Clear in his teaching, Jesus gave us what is known as *The Greatest Commandment* of God. When we look carefully at the *Greatest Commandment*, we quickly realize that it neatly summarizes *all* of the Ten Commandments into two simple rules for living – **Love God** (Commandments 1-3) *and* **Love Neighbor** (Commandments 4-10). Choosing to follow Jesus means loving God with all one's heart and loving one's neighbor as oneself.

Jesus teaches us how to live a fulfilling life. He instructs us through his actions and teachings recorded in the Gospels of the New Testament. Jesus' entire public life was dedicated to healing the sick, feeding the hungry and reaching out to those cast off by society. While the Ten Commandments appear in the Bible in the Old Testament, we find the *Beatitudes* in the Gospel of Matthew in the New Testament (Matthew 5: 1-11). A "Beatitude" is a blessing from Jesus Christ. The *Beatitudes*, taught by Jesus at the *Sermon on the Mount*, fulfill the intent of the Ten Commandments by providing Christians with specific guidelines which will help us find happiness with God in this life and in the next. There are eight Beatitudes that instruct us on how to achieve this blessedness or happiness.

Even though we talked about God's Ten Commandments today, they all point to the most important rule that God gave us through Jesus which is the *Great Commandment of LOVE*. Loving others and treating them as Jesus taught (and did) results in a life of true happiness and freedom. When we freely follow the Ten Commandments, we are living *moral* lives. Being "moral" means we are acting in service of others as God directs us to do... and by always doing what is right and avoiding what is wrong. This is how Jesus teaches us to live a moral life through God's commands."

- **Say**, "Think back to the passage that I read from the Bible at the beginning of our lesson today. Which of God's rules (or commands), did it refer to, and how do you know?" (*Discuss together, affirming appropriate answers and reinforcing lesson teaching points*).
- **Separately reflect on these questions: *How would you explain the Ten Commandments (or the Beatitudes) to a friend? Why do you think it is so important to follow the rules and guidelines that Jesus taught us about? Explain in your own words why LOVE is God's greatest commandment.*** (*After some reflection time, turn and share your answers with another family member*).

CLOSING PRAYER

Gather together in your dedicated prayer space and ask your children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and recite a favorite prayer, choose one from the [COMMON PRAYERS BY GRADE](#), sing the [GREATEST COMMANDMENT SONG](#), choose one of the [KID'S PRAYERS TO BE OBEDIENT](#) or ask your child/children to offer up their [INTERCESSORY INTENTIONS](#). Conclude by praying the [SIGN OF THE CROSS](#).



BONUS (optional)

- **What We Pray:** An *examination of conscience* is a prayerful way to reflect on our actions in light of our Catholic Christian faith. It helps us to identify sins, patterns of sin, or ways in which we are falling short of who God is calling us to be. Once we recognize our sins, or what leads us to sin, we can better ask God for forgiveness and healing. Even if we are not yet old enough to celebrate the *Sacrament of Reconciliation*, developing the habit of a *daily* examination of conscience (perhaps at bedtime along with your prayers) is a beautiful way to guide our words and actions. It can also be an opportunity for us to ask for God's forgiveness daily in our hearts and make a new commitment to do better. This allows us to be more self-aware and intentional about our choices and actions.

One useful way to make an *examination of conscience* is to consider the *Ten Commandments* and how we perhaps have fallen short on God's rules which instruct us love not only Him, but also love others.

Use the [KIDS' EXAMEN](#) as a guide to begin this daily practice in your life. Then, write your own prayer to the Holy Spirit asking for God's grace to better follow His commands, memorize the [ACT OF CONTRITION](#), or use the prayer below to ask for help with your choices.

All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sinful ways and that I may be forever united with you. Amen.

- **Saint of the Week:** *Saint Ignatius of Loyola* has been quoted as saying,

"It is not hard to obey when we love the one whom we obey."

Find out more about the life of *Ignatius of Loyola* by watching [THE STORY OF ST. IGNATIUS OF LOYOLA](#) or [SAINT IGNATIUS LEGO STOP](#) and also, [FINDING GOD: ST. IGNATIUS AND SPIRITUAL EXERCISES](#).

Then, answer the questions that follow:

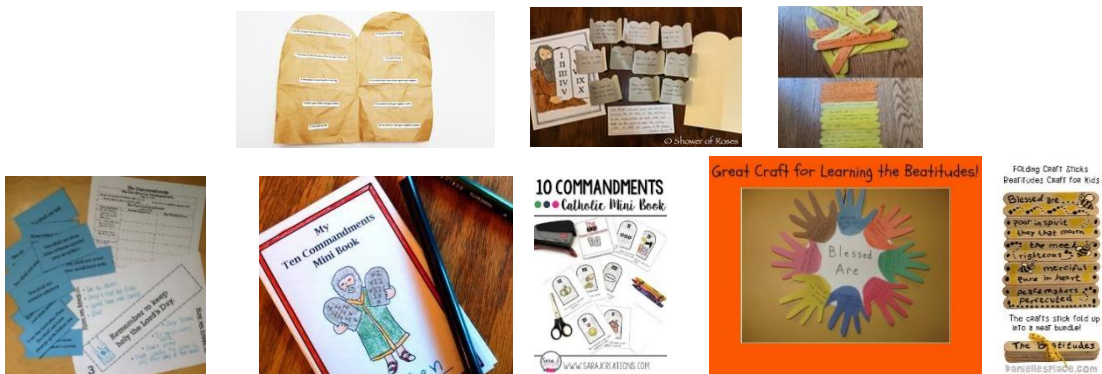
- What inspired Ignatius to turn his life over to God?
- How did Ignatius show his commitment to putting God first in his life?
- What is Saint Ignatius best known for?
- Do you agree with Saint Ignatius' quote above? Why or why not?

Want to extend your family's formation about this topic? Check out these additional resources which can be used at the Parent Catechist's discretion, if desired:

- ***Parent Preparation Videos/Resources:*** [DID THE CATHOLIC CHURCH CHANGE THE 10 COMMANDMENTS?](#) , [BISHOP BARRON ON THE 10 COMMANDMENTS](#), [THE BEATITUDES: THE KEY TO JOY](#), [IN THE WORLD BUT NOT OF IT](#), [DO CATHOLICS FOLLOW ALL THOSE](#)

[WEIRD OLD TESTAMENT LAWS?](#), [TEN COMMANDMENTS CATHOLIC VS PROTESTANT](#), [10 COMMANDMENTS FOR DUMMIES](#), [EXODUS](#) and [DEUTERONOMY](#)

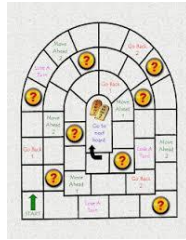
- **Lesson Plans/Activities:** [THE RELIGION TEACHER](#), [CATHOLIC TOOLBOX](#), [HOW TO TEACH THE 10 COMMANDMENTS TO CHILDREN](#), [CATHOLIC MOM](#), [TEACHING TOOLS FOR THE 10 COMMANDMENTS](#), [BEST EVER GREATEST COMMANDMENT LESSON PLAN](#), [1st GRADE GREATEST COMMANDMENT LESSON PLAN](#), [THE GREATEST COMMANDMENT OF JESUS](#), [TEACHING THE GREAT COMMANDMENT](#), [TEN COMMANDMENTS GROUP ACTIVITY](#)
- **Videos:** [A NEW COMMANDMENT](#), [JESUS REVEALS GREATEST COMMANDMENT](#), [GREATEST COMMANDMENT SONG](#), [KIDS AND THE GREATEST COMMANDMENT](#), [THE MOST IMPORTANT COMMANDMENT](#), [THE GREATEST COMMANDMENT](#), [DID THE CATHOLIC CHURCH CHANGE THE 10 COMMANDMENTS?](#), [MEMORIZE CATHOLIC 10 COMMANDMENTS \(HAND SIGNS\)](#), [TEN COMMANDMENTS SONG](#), [CATHOLIC 10 COMMANDMENTS HAND MOTIONS](#), [JIMMY & THE 10 COMMANDMENTS](#), [MY BODY REMEMBERS THE 10 COMMANDMENTS](#), [THE BEATITUDES SONG 1](#), [THE BEATITUDES SONG 2](#), [BLEST ARE THEY](#), [THE BEATITUDES](#), [GOD'S STORY: THE SERMON ON THE MOUNT](#), [CLOSE ENCOUNTERS WITH THE BEATITUDES](#), [BROTHER FRANCIS 10 COMMANDMENTS](#) (2 copies available), [GREATEST COMMANDMENT SONG](#), [TEACHING THE 10 COMMANDMENTS TO KIDS](#)
- **Activities/Crafts:** [TEN COMMANDMENTS TABLETS](#), [CATHOLIC LAP BOOK](#) (Shower of Roses), [10 COMMANDMENTS ACTIVITY](#), [CATHOLIC 10 COMMANDMENTS MINI BOOK](#), [10 COMMANDMENT TEACHING TOOLS](#), [10 COMMANDMENT ACCORDION BOOKS](#), [10 COMMANDMENTS PRINTABLES](#), [MOSES AND THE 10 COMMANDMENTS](#), [DECODER SHEET](#), [BIBLE CRAFTS](#), [BEATITUDES](#), [BEATITUDES CRAFT STICKS](#), [10 COMMANDMENTS ROAD MAP](#), [GREATEST COMMANDMENT WORKSHEET](#), [10 COMMANDMENT WORKSHEET](#) (older kids), [10 COMMANDMENT WORKSHEET](#) (younger kids), [PRESCHOOL CRAFT VIDEO](#) and [PRINTABLE](#) (Preschool) or [GREATEST COMMANDMENT NECKLACE OR HEADBAND](#) (Lower Elementary) and [REWRITE THE TEN COMMANDMENTS](#) (see samples below)



(Crafts below need to be adapted to Catholic ordering)



- **Games/Object Lessons:** [GREATEST COMMANDMENT HEARTS](#), [PEOPLE WHO LOVE GOD OBEY HIM](#), [ON TOP OF MT SINAI](#), [GREATEST COMMANDMENT GAME: WHAT IS LOVE?](#), [CATHOLIC 10 COMMANDMENTS GAMES](#), [TEN COMMANDMENTS MEMORY GAME](#), [10 COMMANDMENTS BOARD GAME](#), [CROSSWORD PUZZLE](#), [10 COMMANDMENTS BINGO](#), [OBJECT LESSON](#), [COMMANDMENT ORDERING GAME](#) (would need to be adapted to Catholic ordering), [10 COMMANDMENTS GAMES](#), [COME ON UP MOSES GAME](#) (also needs Catholic adaptation), [10 COMMANDMENTS DICE GAME](#) (this can be adapted to the Catholic ordering, using the gestures in the 'Hand Motions' video below), [10 COMMANDMENTS RACE](#) (again, must be adapted to the Catholic ordering), [ALL YOU NEED IS LOVE GAMES](#), [10 COMMANDMENTS CUP KNOCK DOWN GAME](#), [SIN OR NOT A SIN GAME](#), [TEN COMMANDMENTS SORTING ACTIVITY/GAME](#)



- **Picture/Story Books/Manipulatives:**
 - *Tales of the Ten Commandments* by Jared Dees
 - *Ten Commandments for Kids: Ten Commandments Picture Book for Catholic Children* by Marisa Boan
 - The Ten Commandments Nesting Blocks



Revised 3/31/26