

The Israelites had been traveling in the desert for about 3 months when they came to Mount Sinai. They were going to stay there for a while plus they had excellent shelter from the mountain.

Moses got unpacked and decided to walk up the mountain to talk to God. Remember that this wasn't very easy for Moses, he was already over 80 years old.

On the third morning after Moses had talked to God, the Israelites were busy making their breakfast when all of a sudden there was a large rumble and a flash of light over the mountain. Anyone who was still sleeping was startled and woke up suddenly.

Everyone went out to look and just over the mountain there was lightning and thunder, and a very thick cloud hung over the mountain so you couldn't see the top. Even the mountain shook and the sound of trumpets could be heard getting louder and louder.

Moses went back up the mountain. But this time he stayed there for a long time (40 days and 40 nights), God sure had a lot to tell him. God wanted to instruct the people on how to live. By following His rules they would have less sadness in their lives. God just wanted to protect them.

It's just like when our parents give us rules to protect us: to look both ways before we cross the street, to not hit our brother or sister... They give us rules because they love us and know what's best for us.

God gave Moses ten commandments, or special rules to follow.

The first commandment was to **put God first**. This meant that nothing should be more important than God - a hobby you enjoy, tv or video games, even your friends and family should not be more important than God.

The second command was to **worship only God**. This is like the first commandment in that God wants Christians to love him, and He doesn't want us them to bow down and worship a statue just because they can't see Him. In other words God is the only one that Christians should pray to.

The third commandment is broken all the time. God commanded Christians to **use His name with respect**. Many people use God's name like a swear word, or say it when they're upset. God wants Christians to use His name when they're talking to Him, or telling others about Him in a nice way.

The fourth commandment should be easy, Christians are to **remember God's Sabbath**. God wants Christians to take one day of the week and rest. When God made the world in six days, He rested on the seventh day.

The fifth commandment might be a little tricky for some people, but it's very important (like all the other commandments) that Christians follow it. He tells Christians to **respect their parents**. Sometimes people might think they know what's best, or get frustrated because their parents won't let them do something. God wants Christians to treat their parents respectfully and to remember they are they are only trying to keep them safe.

The sixth commandment says **don't hurt others**. Now imagine for a minute if everyone in the whole world obeyed this rule like God wants. We probably wouldn't have any jails and we would all get along with one another.

The seventh commandment is for those who are married. God tells Christians that husbands and wives should only love each other.

The eighth commandment is **don't steal**. This means that we shouldn't take something that doesn't belong to us.

The next commandment is **don't lie**. It is always better to tell the truth, and while you're at it don't do anything that would make you want to lie.

The last commandment is **don't be jealous of others**. God doesn't want Christians to wish they had things that other people have.