

Sample Lesson

Passover and 10 Commandments

Review: The Exodus

Ask:

- Who did God choose to lead His people out of Egypt? (Moses)
- What were the Israelites freed from? (Slavery)

Explain briefly:

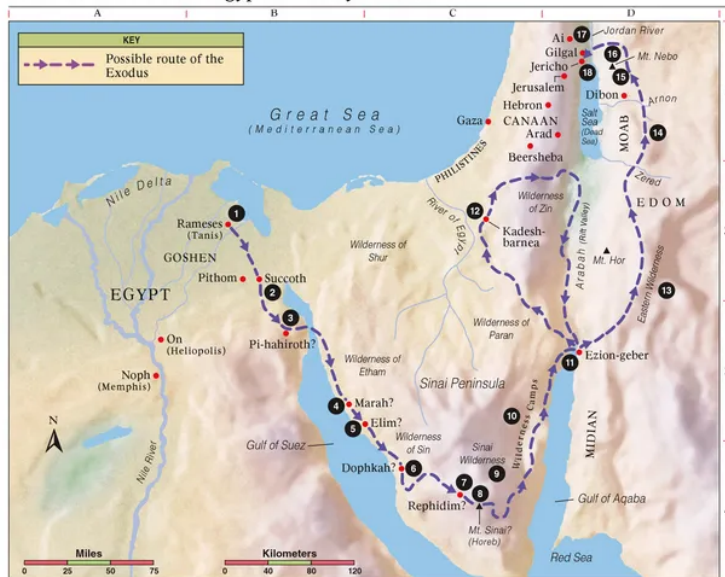
God rescued the Israelites through the Red Sea, showing His power and care.

Video- [Moses and the Red Sea | LEGO Ai Animated Bible Story](#)

What Happened After the Exodus?

After leaving Egypt, the Israelites entered the **desert**. Life was hard:

2. Israel's Exodus from Egypt and Entry into Canaan



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- They were **hungry** → God sent **manna** from heaven

- They were **thirsty** → God gave them **water from a rock**
- They were **afraid and impatient** → God remained faithful

Emphasize:

- God was teaching them to **trust Him**
 - Freedom doesn't mean "do whatever you want"
 - God was preparing them to become a holy nation
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Celebration of Passover-

What is Passover?

Passover, called *Pesach* in Hebrew, is a major Jewish holiday that remembers the Israelites' escape from slavery in ancient Egypt, as told in the Torah (the first five books of the Hebrew Bible).

Why is it called Passover?

The name comes from the story that God "passed over" the homes of the Israelites during the final plague in Egypt, sparing their firstborn children.

When is it celebrated?

Determined by the Hebrew calendar, which is lunar based- falls after the first full moon after the spring equinox

Key Traditions

- **The Seder:** A special meal held on the first night. Families retell the Exodus story using a book called the *Haggadah*. **This would be the meal Jesus and his disciples were celebrating at the Last Supper***
- **Symbolic Foods:**
 - *Matzah* (unleavened bread) reminds Jews of leaving Egypt in a hurry.
 - *Bitter herbs* represent the bitterness of slavery.

- Other foods symbolize hope, hardship, and freedom.
- **No Leavened Bread:** During Passover, Jews avoid *chametz* (leavened foods like bread and pasta) to remember the haste of the escape.

Main Message

Passover celebrates **freedom, faith, and remembering history**

Mount Sinai and the Covenant

Tell the story:

- God led the Israelites to **Mount Sinai**
- God called Moses up the mountain
- God made a **Covenant** with His people:
 - *“I will be your God, and you will be My people.”*

Explain:

The Ten Commandments were not punishments—they were **guidelines for living in freedom** and loving relationships.

The Ten Commandments

Read or summarize Exodus 20.

FYI- there is an account of the 10 commandments in Deuteronomy as well which has similar wording; however, due to the 2 accounts in the Bible and no specific listing- different religions have listed the commandments in 2 different orders- these orders do not contradict each other but rather combine/place weight on some commandments over others- we will discuss the order that the Catholic church teaches*

Video-[The Ten Commandments | Catholic Central](#) (**disclaimer- video does mention sex** important to mention but please do not dwell on this- if needed to explain, sex is an intimate loving relationship for married adults)

Break them into two parts:

Commandments 1–3: Love God

- Put God first
- Respect His name
- Keep the Lord's Day holy

Commandments 4–10: Love Others

- Honor parents
- Respect life
- Be faithful
- Respect others' property
- Tell the truth
- Be thankful, not jealous

Catholic Teaching:

Jesus later taught that **all the Commandments are about love** (Matthew 22:37–40).

Activity-

Option A. Commandments in Our Lives

Have students choose one Commandment and answer:

- What does this Commandment mean?
- How can a 6th grader live this Commandment today?

Option B: Desert Journey Timeline

Students draw a simple timeline:

- Exodus from Egypt
 - Crossing the Red Sea
 - Manna and water
 - Mount Sinai
 - Ten Commandments
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Discussion Questions

- Why do you think God gave laws after freeing the Israelites?
 - How do rules help people live peacefully?
 - How are the Ten Commandments still important today?
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8. Closing Prayer

Invite students to quietly choose one Commandment they want to work on this week.

Prayer:

“Lord, thank You for loving us and showing us how to live. Help us follow Your commandments with joyful hearts. Amen.”