



Aloha - Keeping Cool When Things Get Hot

“All of you together are the body of Christ. Each one of you is a part of that body.” 1 Corinthians 12:27 (ICB)

LESSON - GOD COMES FIRST!

Welcome to our island adventure, Aloha: Keeping Cool When Things Get Hot! In this series, we are going to learn how to stay calm, trust God, and make the right choices when big feelings come. One way God helps us do that is by giving His people special rules called commandments. Now, that is a really big word, Commandments. A commandment is a rule from God that helps us know the right way to live. Today, we are learning about Commandment One, and it teaches us something very important: God comes first!

SAY IT: Commandment One...God comes first!

DO IT: Hold up one finger.

A long time ago, God’s people were living in Egypt, and they were very sad because they were not free and had to work really really hard. But God loved His people. He chose Moses to help lead them out of Egypt. God rescued them and they were safe. Then they went to a mountain called Mount Sinai. Can you say Mount Sinai?

At Mount Sinai, God spoke to Moses and gave His people the Ten Commandments. The very first commandment was very important because it helped God’s people know how to live. God said, “You shall have no other gods before Me.” That means God should come first in our lives.

SAY IT: God comes first!

DO IT: Hold up one finger.

When we say God comes first, we mean that God matters most. We love Him, trust Him, and choose His way. God does not want anything to take His place in our hearts. God wants us to remember that He comes first because He loves us and knows what is best for us.

SAY IT: God matters most!

DO IT: Put your hands over your heart.

Sometimes people can put other things first. Maybe they care more about getting their way. Maybe they care more about toys, games, or always being first. But God knows life works best when He is first. When we put God first, He helps us make right choices. He helps us obey. He helps us when life feels hard or when we are having a sad day. Everywhere we go, we can choose to put God first.

SAY IT: I choose God!

DO IT: Point up to the sky.

When we pray, listen to our parents, and share and be kind to our friends, and trust God, we are putting God first. God wants to be first in our hearts because He is good, loving, and always knows the right way.

SAY IT: Commandment One...God comes first!

DO IT: Hold up one finger

PRAYER: Dear Jesus, Thank You for loving me. Thank You for giving me Your commandments. Help me put You first in my life. Help me trust You and choose Your way every day. In Jesus’ name, Amen.

LESSON QUESTIONS - 10 MINS

2 & 3YR OLDS

1. Did God give His people commandments? **(Yes)**
2. Does God come first? **(Yes)**
3. Should we put other things before God? **(No)**
4. Does God love us? **(Yes)**

4YRS - 1ST GRADE

1. What did God give His people at Mount Sinai? **The Ten Commandments**
2. What does Commandment One teach us? **God comes first**
3. What does it mean when we say God comes first? **God matters most**
4. Where can we put God first? **At church, at home, at school, and everywhere**



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ACTIVITY 1: FIRST PLACE JUMP

Items Needed: Floor spots, paper circles, or tape marks

Connection: God comes first in our lives.

Step 1: Place several spots or papers on the floor in a short path.

Step 2: Tell the children they are going to jump from spot to spot.

Step 3: As they jump, say, “God comes first!”

Step 4: When they reach the last spot, have them stop, point up, and say, “God comes first!”

Step 5: Remind them that just like they went to the first spot, God should always be first in our lives.

ACTIVITY 2: GOD COMES FIRST RELAY

Items Needed: Cone, chair, or marker

Connection: Commandment One teaches that God comes first.

Step 1: Have the children line up.

Step 2: One at a time, they run to the marker and back.

Step 3: When they return, they hold up one finger and say, “God comes first!”

Step 4: Then the next child goes.

Step 5: Keep going until everyone has had a turn.

ACTIVITY 3: BUBBLE PARTY OR STORY TIME

Items Needed: Bubbles and music OR book basket

We’ve got some extra time today, so let’s spend it worshipping and dancing with bubbles or reading a book to the class (please show the pictures on each page).

CRAFT OR COLORING SHEET (USE 1 OR 2 OPTIONS DEPENDING ON CLASS AGE & TIME)

GOD IS NUMBER 1 CRAFT

Items Needed: God is number 1 precut it (1 finger up, hand template), crayons, glue or glue dots, and popsicle sticks

Connection: Because God’s name is holy, He is always number one

Step 1: Distribute precut 1 finger up, hand template, crayons

Step 2: Allow kids time to color their foam finger template

Step 3: Help the kids assemble by adding a popsicle stick with glue or glue dots

GOD COMES FIRST COLORING SHEET

Items Needed: Coloring sheet and crayons.

Connection: We must remember that God comes first

Step 1: Distribute the coloring sheets and allow time to color.



God is

#1

"You shall have no other
gods before Me."

– Exodus 20:1