

One week from 8 Weeks-Eight Stories Family Bible Study

Sinai Covenant

Sinai Covenant Exodus 19:1-6, Exodus 19:7-15, Exodus 19:16-25, Exodus 18:1-7, Exodus 18:8-15, Deuteronomy 5:6-20

Prayer for ***Sinai Covenant***

God, you call us to action. You enter into a two-way promise with us. You are our God and we are your people. Amen.

Day 1: Read Exodus 19:1-6

Family Discussion: Here is the promise that God made to the Israelites. It is a two-way promise because the Israelites must obey God's words and keep his covenant. Do you have any family covenants? These might be things you promise to do for each other as part of your family.

Activity: Write a covenant with your family. Remember that a covenant is a two-way promise so you are promising each other to follow the covenant.

Day 2: Read Exodus 19:7-15

Family Discussion: God is giving the Israelites some jobs to do before they hear the words Moses will say for God. This is a special time and so there is

preparation. Can you think of any time when your family is going to be involved in a special event? What will be some of the special preparations?

Activity: Moses was alone on Mt. Sinai. Talk together about how you like to spend alone time when you are listening to God. Is there a place you each feel safe and quiet? Go to that place at least once this week.

Day 3: Read Exodus 19:16-25

Family Discussion: How do we keep something holy? God told Moses to set limits to keep the mountain holy. Talk about holy places your family knows about. Why are these places holy? Why is it important that we have holy places? How do we act in a holy place?

Activity: Read this story like a play. One person is God and one person is Moses. One person should do all the sounds like blast of trumpet and when the mountain shook. If you have enough people you can also have the crowds watching.

Day 4: Read Exodus 18:1-7

Family Discussion: What do these first three commandments have in common? Who or what are they about? How do these commandments affect your everyday life?

Activity: Play charades. Put the three commandments on pieces of paper. Act them out and see if the others in your family can figure out which commandment you are representing.

Day 5: Read Exodus 18:8-15

Family Discussion: These commandments talk about our relationships in our community and in our family. They tell us when we can work and how we should act. Talk about commandments 4-8. These are part of the covenant God made with us at Sinai. Share how you feel about this part of the promise.

Activity: The Sabbath is an important covenant. Notice it does not say it has to be Sunday. How would Sabbath look in your family if you followed all these ideas? Try planning a day of Sabbath for your family with no work, chores or activities.

Day 6: Read Exodus 18: 16-17

Family Discussion: Covet is a very hard word when you are talking about making promises. Talk about the things that others have that you would like to have.

Why do you think God needs this promise from us? Can you promise not to covet anything your neighbor, friend or other family member owns?

Activity: As a family, look through a catalog of sporting goods, clothing or toys. Share with each other what you really would like to have. Decide what the difference is between covet and wishing.

Day 7: Read Deuteronomy 5:6-20

Family Discussion: What do you find in this set of commandments that is different or the same as the Exodus commandments? Why do you think the commandments are in the Bible twice? Why is this covenant made in Sinai important to our faith?

Activity: Remembering that a covenant is a two-way promise, what was God's promise to the Israelites? What promise did the Israelites make to God?