



Journeys in the Spirit

Children's work

June 2012

Issue 64



**A simple plan for an all-age Meeting for Worship
about the story of Moses and the 10 best ways to live**

Before you begin this all age meeting for worship make sure that you take a little time for yourself and anybody working with you to be still and center.

Resources: You will need: A4 pieces of white card with, if possible, the heart shape below copied or stuck onto them – have lots of these, enough for people to have more than one each; coloured and writing pencils; a selection of Bibles – some with pictures. Lay out the Bibles, the colouring and drawing materials around the room at different heights for different ages.

Wait until everybody is settled. Be still and silent for a few moments; welcome everybody.

Now say that you are going to tell a story. Say that it is from the part of the Bible called the Old Testament. It is different from the part of the Bible that Jesus is in – that is called the New Testament.

Tell the following story:

In the oldest part of the Bible there is a long story about a man called Moses. Lots of things happened to him.

When he was a baby the king at the time wanted to get rid of all of the boy babies who were part of Moses big group or tribe called the Israelites or Jews. Moses' mum put him in a basket woven out of grass or reeds. She hid the basket in tall grass or reeds at the edge of a river. Somebody found him and looked after him. He ended up living in the palace of the king or Pharaoh who had wanted to hurt the children.

The king was still very cruel. He used lots of people from Moses' big group or tribe as slaves – he made them build palaces and temples. Moses kept asking Pharaoh to let his people go. Pharaoh said no. Every time he said no, horrible things happened to his people but not to Moses' people. Pharaoh began to be scared and he finally said Moses and his people should get out of his country. They left really quickly.

Well, after a long and hungry journey through a sea and across sandy deserts Moses and the Israelite people came to a big mountain with smoke and fire and lightening at the top. Moses felt funny. He knew he had to go up the mountain. He also knew that if he did then he was going to hear or feel some things from God that were very important. He was scared but he went.

After 40 days – he came back down with big stones with special words carved on them. He was ready to say some pretty important things to everybody. However, whilst he had been away all of the other people felt lost – they didn't know where Moses was and they felt that God had gone away from them. They wanted something to make them feel safe and special. They made a statue of a baby cow, a calf, out of real gold. They worshipped the statue because it was made of gold and it was of an animal that gave them food. They were happy – they had a big party.

When Moses saw the golden calf & people dancing he was very angry and broke the big pieces of stone on which had been written the 10 ways that people should lead their lives. Moses broke the calf. Everybody was very sorry. Whilst the golden calf was like a God to them they had forgotten that there was something even more special to believe in that could help them more. Moses calmed down and went back up the mountain for another forty days. He came back with more big pieces of stone with the special ways to live written on them. This time everybody waited and didn't worry.

Pause after reading the story.

Say that you are going to read out the 10 best ways to live that Moses had written down. Here they are in updated language:

1. Don't serve other gods
2. Make no idols to worship.
3. Be serious when you say my name.
4. Keep the Sabbath holy (*Quakers might say keep each day holy*)
5. Honour your mother and father.
6. Don't kill.
7. Don't break your marriage. (*Quakers might say look after your special relationships as best as you can*)
8. Don't steal.
9. Don't lie.
10. Don't even want what others have.

...and another that Jesus added much, much later:

Love God. Love people. God loves us.

Now ask everybody to think about what they think are their best ways to live – they can quietly talk to somebody else if they need to. It can be 10 or any number of best ways. After a little while everybody can move to the drawing and writing equipment and write or draw what they have thought of on one or more of the heart shapes. When you judge everybody is finished say that people can read out one thing they have thought of if they would like to.

(These can be displayed on a wall or banner in the Meeting House as 'best ways to live'.)

End with a little stillness and quiet.

