



# Weekly Opening Routine

## 1. Sing them in

Children respond well to structure. Additionally, reducing any “down time” during PEAK worship enhances the worship experience for the children. As the children are entering the room, start off with a song for the children to join as they are walking toward their designated mat. Some great songs involving movement include “If You’re Happy and You Know it”; “Jesus is a Friend”; and, “Deep and Wide”.

## 2. Tribe Shout Outs

Each of the tribes has its own “shout out”. Ask each tribe to call it out to you:

- Rams: “Rams! Pow!” as they make fists and bump them together.
- Lions: “Roar!” with hands up like “claws”.
- Eagles: “Caw, Caw, Caw” using hands to open & close like a beak.
- Bears: “GRRR!” using their hands as bear paws.

## 3. Theme Verse

Help the children learn the PEAK theme verse, Isaiah 2:3 using the hand motions in the youtube video with Steven Hovater.

“Come let us go up to the mountain of the Lord. He will teach us His ways, that we may walk in His paths.” Isaiah 2:3

Video Link: <https://www.youtube.com/watch?v=Fr2PZwYzo2A>



Mountaintop Worship – 4- December

## Moses on God's Mountain

**The Point:** We Will Worship & Obey God Only

**Storyline:** Moses on Mount Sinai  
Exodus 19, 20, 32  
Hebrews 11:24a-26 (faith of Moses)

### Make the Point:

- God is the only true God
- We want to honor God and obey Him only

**Week One & Two** – God meets the Israelites at Mount Sinai (Exodus 19 & 20)

#### Storyline:

- Three months after God rescued the Israelites from Pharaoh in Egypt, they came to camp in front of Mount Sinai.
- God told Moses to get the Israelites ready because in three days God was coming to meet them. Moses told the people:
  - Wash and be clean
  - Set boundaries around the mountain
  - Not to touch the mountain
- On the third day, in the morning, the people saw lightning and heard thunder and a thick cloud appeared on the mountain. They heard a loud trumpet blast. Then Moses brought the people out of the camp to meet God.
- God came down onto the mountain in fire and smoke and the mountain shook. He told his people how to obey Him and gave them the Ten Commandments to live by.
- God said, "I am your only God. Do not make or worship any images or idols."
- The people promise to obey.

#### Presentation Ideas:

- **Read & Share Bible DVD** – Play the Ten Commandments segment (Volume 2, Disc 1).
- **The Ten Commandments** – Teach them using hand gestures.
- **Clean Up Your Room Object Lesson** – See Attached.

**Week Three & Four** – The Golden Calf (Exodus 32)

#### Storyline:

- After God spoke to all the people, He called Moses up on the mountain to teach him more.
- Moses was gone for a long time and God's people were tired of waiting. They asked Aaron, Moses' brother, to make them an idol to worship.
- Aaron told the people to bring all their gold and he melted it down over hot fires. He made an idol that looked like a cow.
- Then God's people worshipped the golden calf – the idol they had made.

- God was very sad and very angry. He sent Moses down the mountain.
- When Moses came down from the mountain, he threw down the stone tablets with God's laws on them. He crushed the golden calf into powder and scattered it out on the water and made God's people drink it.
- But God loved His people and He forgave their wicked sin.

#### **Presentation Ideas:**

- **Read Golden Calf Story** (attached).
- **Egyptian Idols** – Show the idols from Egypt. Talk about the fact we cannot see God and we don't know what He looks like. He does not want us to make an image to worship, but to worship Him with our hearts. He wants us to put Him first and if we put something else first then that becomes our idol. Let the kids tell what things they might put before God. (Story attached)

#### **Communion:**

Our congregation normally will share in communion prior to dismissal to PEAK; however, there may be times when PEAK dismissal occurs prior to communion, so we will share it during PEAK on those occasions.

If communion is shared in PEAK during December, some ideas for reflection with the kids include:

- Our eyes should always be focused on God and how, through His son – Jesus Christ – we are saved.
- When we let our "eyes" or focus wander to other things we let ourselves believe are more important than God, then we risk being like the Israelites and start worshipping our idols – events or things we make more important than God.
- The Ten Commandments were God's old law; however, these were replaced with a new law or new covenant in the body of Christ and his death on the cross.

#### **Puppets:**

Each week, a puppet (C.C., Chip, etc.) likes to drop by and go over the rules and remind the children about the Quiet Seat award. Normally, the same puppet will help conclude PEAK by recognizing any visitors (who normally are given a PEAK Frisbee), any upcoming birthdays, and announcing our Quiet Seat winner(s).



## Object Lesson: Clean Up Your Room

**Object:** “Thou shalt clean up your room” sign and “Love” sign

**Scripture:** “If you love me, you will do the things that I command.”  
~John 14:15

Do your parents ever say this to you? (Hold up “Thou Shalt Clean Up Your Room” sign)  
Ask one of the older kids to read it out loud.

In some families, this is the 11<sup>th</sup> commandment. If you leave a mess, your mom and dad will tell you, “Thou shalt clean up your room!!” Now you may wonder why you should clean up your room. There are several reasons:

1. You should clean up your room because it’s healthy. When rooms get too dirty there are lots of nasty germs crawling around. So you need to clean up to stay healthy.
2. You can clean up your room to keep from getting embarrassed. What if your grandparents came over or your friends and saw your nasty, dirty, messy room?
3. You could clean up your room because you are afraid of being in trouble. You might be punished by having something you like taken away or you may lose privileges of watching TV or playing video games if you don’t obey.
4. You could also clean up your room to get a reward. Maybe your mom said that if you clean up your room she will get you a double banana split.

So there are all sorts of reasons to obey the commandment, “Thou shalt clean up your room,” but we left out the best reason. (Hold up the LOVE sign and see if the kids can read this one) That’s right, the best reason to obey is love. You know it will please your parents to clean your room and you want to do something nice for them.

You can show your love to God our Father and to Jesus and to your parents by obeying.



# The Golden Calf Story

## Exodus 32

OH, OH! What are the people doing now? They are praying to a calf! Why are they doing this?

When Moses stays up on the mountain for a long time, the people say: 'We do not know what has happened to Moses. So let's make a god to lead us out of this land.'

'All right,' Moses' brother Aaron says. 'Take off your gold earrings, and bring them to me.' When the people do so, Aaron melts them down and makes a golden calf. And the people say: 'This is our God, who led us out of Egypt!' Then the Israelites have a big party, and worship the golden calf.

When God sees this, He is very angry. So He says to Moses: 'Hurry and go down. The people are acting very badly. They have forgotten my laws and are bowing down to a golden calf.'

Moses hurries down the mountain. And when he gets close, this is what he sees. The people are singing and dancing around the golden calf! Moses is so angry he throws down the two flat stones with the laws on them, and they break into many, many pieces. He then takes the golden calf and melts it down. Then he grinds it into powder and scatters in the water and God's people had to drink it.