The Ten Commandments are God's rules to help people to live a good, safe lives.

Moses climbed up the mountain to talk to God, carrying two big, flat stones, while all the people waited at the bottom of the mountain.

God wrote His rules on the stones. God's rules tell people that God is the only real God to love and trust and how to do what is good and right, to other people.

Moses was away a long time. "Let's make a God we can see, out of gold treasure," the people said. But the gold calf could not answer their prayers.

Moses saw the people praying to their idol. He broke the stones God had written on. Then everyone remembered how God had saved them and they were sorry.

Moses went back up the mountain again, with two new stones. God gave Moses the new rules again. "Tell the people to do these good rules," God said.

"Now they will know what is the right thing to do and how to live good lives." God's rules are called the Ten Commandments.

If you do these things, your life will be happy and peaceful. God wants us to love Him and to love others.