



THE
TEN
COMMANDMENTS

STUDENT EDITION

We received a lot of positive feedback last time with our Matthew challenge. This time we're going to give you a 40 Days With God Challenge. Here is a small chart to help you go through the book of Exodus, one chapter at a time. It will help you stay organized and can help making time with God a priority in your life.

Ch	What I Learned	Prayer	Ch	What I Learned	Prayer
1			21		
2			22		
3			23		
4			24		
5			25		
6			26		
7			27		
8			28		
9			29		
10			30		
11			31		
12			32		
13			33		
14			34		
15			35		
16			36		
17			37		
18			38		
19			39		
20			40		

No Idols

(Commandments 1-3)

Remember the scene in the movie *Hook*, when the little boy touches Robin William's face and says, "it really is you Peter"? He had to look past the appearance of the adult Peter Pan in order to see the real Peter Pan that he knew when he was younger. Today, I want us to look at the Ten Commandments in that way, specifically the first three Commandments. We need to set straight our view of the Ten Commandments by revisiting our heritage and faith. Sometimes we have to go way back to the beginning to remind ourselves who we are and who God is. The Ten Commandment gives us a great foundation of what God expects from His people as well as giving us an understanding of what is important to God. Read through the Ten Commandments and then we will focus on the first three for this week's small group time.

Exodus 20:1-17 *"And God spoke all these words:*

² *I am the LORD your God, who brought you out of Egypt, out of the land of slavery. ³
"You shall have no other gods before me.*

⁴ ***"You shall not make for yourself an idol in the form of anything** in heaven above or on the earth beneath or in the waters below. ⁵ You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand generations of those who love me and keep my commandments.*

⁷ ***"You shall not misuse the name of the LORD your God,** for the LORD will not hold anyone guiltless who misuses his name.*

⁸ ***"Remember the Sabbath** day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

¹² ***"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.***

¹³ ***"You shall not murder.***

14 “You shall not commit adultery

. 15 “You shall not steal.

16 “You shall not give false testimony against your neighbor.

17 “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.”

Now read the first three again.

Exodus 20:1-7

“And God spoke all these words:

I am the Lord your God, who brought you out of Egypt out of the land of slavery.

You shall have no other gods before me. (First Commandment)

You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. **You shall not bow down to them or worship them;** for I, the Lord your God am a jealous God. **(Second Commandment)**

You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuse His name”. **(Third Commandment)**

What do these three Commandments have in common?

Why do you think God started out with these three Commandments first?

Some Background Information: Israel was in slavery under Egypt for many years and the Egyptians worshipped many gods. Over the years the Israelites began to incorporate Egyptian gods into their religion as well and no longer just served one God.

Do you remember the ten plagues God sent to the Egyptians to get Pharaoh to free his people?

List some of the plagues right now.

The First Plague (Exodus 7:14-24)

All of the water in Egypt - right from water already in buckets and jars, to ponds, canals, streams, even the Nile River- turned to blood. Then all of the fish of the river died, causing a terrible stench.

The Second Plague (Exodus 8:1-15)

Frogs miraculously multiplied in number, so many that the land was infested with the normally aquatic creatures. Even people's houses had them inside.

The Third Plague (Exodus 8:16-19)

Vast swarms of gnats tormented people and animals.

The Fourth Plague (Exodus 8:20-32)

Vast swarms of flies through the land, spreading disease.

The Fifth Plague (Exodus 9:1-7)

Disease on the livestock - horses, donkeys, camels, cattle, sheep and goats - but those of the Israelites weren't harmed.

The Sixth Plague (Exodus 9:8-12)

Festering boils on people and animals through the land.

The Seventh Plague (Exodus 9:13-35)

Powerful hail storms that destroyed the standing crops. The hailstones were so big that any people or animals caught outside in the storm were killed.

The Eighth Plague (Exodus 10:1-20)

Locusts in such great numbers that the ground was covered with them. They devoured everything that survived the hailstorm.

The Ninth Plague (Exodus 10:21-29)

Darkness over the entire land for three days - but the Israelites had light in Goshen.

The Tenth Plague (Exodus 11:1-10, 12:1-42)

Death of the firstborn. The Passover. Pharaoh let the Israelites go.

What do you think the ten plagues were about?

Why so many?

What point do you think God was trying to make to the people and to you and I who are reading it today? Was he just trying to make Pharaoh angry? What was he attacking?

What are the false gods or systems we worship today as a society?

What are some false gods you worship today in your life?

Let's go back to these words of God again and see the importance of God's Commandments to us.

"I am the Lord your God, who brought you out of Egypt out of the land of slavery."

- *Why does God want them to know who brought them out of slavery?*
- *How can God bring you out of sin (slavery) in your life?*

The First Commandment - "You shall have no other gods before me."

Memorize this so it is etched in your brain
and you don't allow other things to take over your life.

The Second Commandment - "You shall not make for yourself an idol

in the form of anything in heaven above
or on the earth beneath or in the waters below.

You shall not bow down to them or worship them;
for I, the Lord your God am a jealous God. "

- *What does it mean that God is a jealous God? Does that mean that God sins?*

The Third Commandment - You shall not misuse the name of the LORD your God,
for the LORD will not hold anyone guiltless who misuse His name."

How do you misuse God's name in your life?

Why should we be so careful that we are authentic in our faith in God?

How does this show the importance of God's Holy name to God?

Do you think our world has a high respect for God's name? Why or Why not?

Recap – The First Commandment refocuses Israel’s loyalty to one God.

Have you refocused your loyalty to one God?

Recap – The Second Commandment makes Israel realize that there are other things in this world that want our time and allegiance but nothing trumps God’s time.

Will you prioritize God in your life to be #1?

Recap – The Third Commandment shows that there is no compromise in worshipping God.

Have you compromised worshipping God on a regular basis?

Challenge for you this week is to memorize the first three Commandments.

Pray as a group to put God first in our lives this week.

**Come up with at least 5 ways to help you put God 1st this week
at school, at home, with friends, sports etc.**

- 1.
- 2.
- 3.
- 4.
- 5.

Remember

(Commandments 4-6)

What is your perfect, relaxing day?

Exodus 20:1-17 “And God spoke all these words:

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“You shall have no other gods before me.

⁴ **“You shall not make for yourself an idol in the form of anything** in heaven above or on the earth beneath or in the waters below. ⁵ You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand generations of those who love me and keep my commandments.

⁷ **“You shall not misuse the name of the LORD your God,** for the LORD will not hold anyone guiltless who misuses his name.

⁸ **“Remember the Sabbath** day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

¹² **“Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.**

¹³ **“You shall not murder.**

¹⁴ **“You shall not commit adultery**

¹⁵ **“You shall not steal.**

¹⁶ **“You shall not give false testimony against your neighbor.**

¹⁷ **“You shall not covet your neighbor’s house.** You shall not covet your neighbor’s wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.”

The Fourth Commandment – “Remember the Sabbath.”

Why should we remember the Sabbath?

Do you think people take a Sabbath day today?

What are the advantages of keeping a day focused on God in our society?

Why does God include “son or daughter... manservant or maidservant...animals, etc.” in this commandment?

Why do you think God took a day to rest after he created the world in seven days? Was he tired?

In agriculture, there is a farming technique called the three-year crop rotation. Farmers would plant rye or wheat the first year, oats or barley the second year, and then they would not plant anything the third year. These rotations made it possible to restore the nutrients of the soil during the off year. This allowed farmers to plant more in the same patch of land in the long run because the soil would not get dried up.

As a junior high or high school student, do you feel you have a lot to do?

What happens to your life when you get too busy with everything you feel you have to do?

Have you ever taken a sabbatical, an extend period of time to rest, renew, and recharge?

Do you think the Fourth Commandment was written to protect us from ourselves and culture? Explain your answer.

The Fifth Commandment - “Honor your father and your mother”

How do you interpret this Commandment?

How would you define the word honor?

God is asking you to take your parents seriously and to respect them.

How are you doing with that in your home?

What are the advantages of listening to your parents and taking their advice?

Do you think there are things in your life your parents couldn't understand or wouldn't be able to handle if you told them about it?

All of us need advice in one way or another and God knows that.
If we think we know everything, we become arrogant and will
make more mistakes in our lives than we should.
We need to respect the advice of people that have come before us
and had more experiences than we have.

Why does God say that if we honor our father and mother we will live long in the land?

Do you think the Fifth Commandment was written to protect us from ourselves or culture? Explain your answer.

The Sixth Commandment - "You shall not murder."

"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says 'Raca' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you; leave your gift there in front of the altar. First go and be reconciled to your brother, then come and offer your gift." (Jesus)

Why does Jesus say that murder and anger are under the same umbrella?

Can you kill someone's reputation by the things you say about them?

Why does Jesus say we need to go to someone that has something against us or we have something against them?

What can anger cause you to do when it is uncontrolled?

Do you think the Sixth Commandment was written to protect us from ourselves or culture? Explain your answer.

Recap – The Fourth Commandment shows that God want us to stay focused on Him

Are you so busy that you have a hard time resting and thinking of God?

Recap – The Fifth Commandment shows that God wants us to take our parents seriously

Do you take them seriously or do you not show them the respect that God says they deserve?

Recap – The Sixth Commandment shows that God wants us to keep our anger under control

Are you so angry that you can't get past something that has happened to you?

Pray for rest, honor in family relationships, and for release from anger.

Challenge - to memorize the Fourth, Fifth, and Sixth Commandments.

Be Honorable

(Commandments 7-10)

Recap from last week

What were the Fourth, Fifth, and Sixth Commandments about?

How does that change your life today?

I don't know about you but I feel our world really lacks honor. It seems we really don't respect things like we used to. We don't take things as serious as we used to. We really just don't trust people anymore, do we? Everything is in question. I find myself questioning everything! Now, I think it is good to question some things, but do we go too far? I think the last three Commandments we are going to talk about today address that situation of honor and trust. God wants us to be honorable people and he wants us to be trustworthy. Ok, so for the last time, read through these Commandments again – Don't you love it!!!!

Exodus 20:1-17 *“And God spoke all these words:*

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“You shall have no other gods before me.

⁴ ***“You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.*** ⁵ *You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me,* ⁶ *but showing love to a thousand generations of those who love me and keep my commandments.*

⁷ ***“You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.***

⁸ ***“Remember the Sabbath day by keeping it holy.*** ⁹ *Six days you shall labor and do all your work,* ¹⁰ *but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates.* ¹¹ *For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

¹² ***“Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.***

13 “You shall not murder.

14 “You shall not commit adultery

. 15 “You shall not steal.

16 “You shall not give false testimony against your neighbor.

17 “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.”

What are the last four commandments and what are they about?

The Seventh Commandment - “You shall not commit adultery.”

It is a pretty clear Commandment.

DO NOT SLEEP WITH SOMEONE ELSE’S WIFE OR HUSBAND!

Why do you think people commit adultery today?

Why do you think people in high school relationships cheat sometimes?

Why does God want to keep people away from adultery?

**It comes back to serving God and only Him.
Adultery is cheating on our spouses and God.**

I know you may think this does not pertain to you right now as a student but it does.

**You are already forming your ideas about relationships!
God wants you to make it a priority to put Him first in your relationships
and not cheat on Him or your future spouse.**

**Some of you already know the damage it can do because either your mom or dad
have committed adultery or you know someone that has been in that situation.**

Do you think the Seventh Commandment was written to protect us from ourselves or culture? Explain your answer.

The Eighth Commandment - “You shall not steal.”

Why do you think God put this one in there?

Why do you lock your doors to your car or house?

Have you ever had something stolen from you? How does that make you feel?

Imagine if there was no stealing. How would our lives be different?

Taking something from someone else that does not belong to you causes very intense emotions between you and the people around you. They feelings are hard to forgive and overcome. They cause divides in friendships.

Do you think the Eighth Commandment was written to protect us from ourselves or culture. Explain your answer.

The Ninth Commandment - “You shall not give false testimony against your neighbor.”

“Again, you have heard that it was said to the people of long ago, ‘Do not break your oath, but keep the oaths you have made to the Lord. But I tell you, do not swear at all; either by the earth, for it is his footstool, or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black, Simply let your Yes be Yes and y our No, NO; anything beyond this comes from the evil one.” (Jesus)

I am a forgetful person.
I have great intentions but I am kind of tired of having great intentions. Aren't you?

The other day I told my sons I would play basketball with them
so we started to play.

I took my phone out to check my messages for the day.
My son saw my phone and told me to put it in my pocket.
When I tell my sons I'm going to play basketball with them
I need to do it with all of me,
not just part of me.

Have you ever said something to someone to just get them to quit asking?

Have you ever told someone you would do something and then never do it? What does that say about you as a person to them?

What is the importance in keeping your word?

**Jesus does not want any confusion of who He is and what He values
so we need to do the same as His followers!**

Read John 13:34-35

How does Jesus want us to make disciples?

Do you think the Ninth Commandment was written to protect us from ourselves or culture? Explain your answer.

The Tenth Commandment - “You shall not covet your neighbor’s house”

What happens to us when we are not satisfied with what we have?

*What does it say about our **Provider** when we are not satisfied?*

*What does it say about **our relationship** with our Provider when we are not satisfied?*

*What does it say about **us** when we cannot be satisfied?*

How does God want us to be perceived by the people we around with these last four commandments?

What do you wish you could have that your friends or neighbor has?

Philippians 4:11-13

“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want, I can do everything through him who gives me strength.”

This writing from Paul puts the Tenth Commandment in perspective for me. I need to be content in God and He will supply what I need.

*What are some things you need to depend on God about more?
What are you not content about?*

How can God strengthen you when you are struggling with something?

Do you think the Tenth Commandment was written to protect us from ourselves or culture? Explain your answer.

Recap - The Seventh Commandment tells us do not commit adultery.

Make sure you have the right view of marriage now and how God values your commitments.

Recap - The Eight Commandment tells us not to steal.

Making sure we are living in harmony with other people and you are trusting.

Recap - The Ninth Commandment tells us not to give false testimony to people.

Are you letting your yes be a yes and your no a no? Does your word mean anything to people?

Recap - The Tenth Commandment tells us not to covet other people's stuff.

Are you content in what God has given you?

Pray that the Ten Commandments help you stay committed to God.

Challenge - memorize the Ten Commandments.

**Take the next 5 minutes and try to list the Ten Commandments
and what they mean?**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What did you learn the most about the Ten Commandments?

How has it changed you?

What is the importance of knowing the Ten Commandments?