



## Overview:

God isn't trying to crush us with red tape and regulations. The 10 Commandments are a guide to experiencing the satisfying life that Jesus came to bring us.

## Lessons:

1. The First Commandment
2. The Second Commandment
3. The Third Commandment
4. The Fourth Commandment
5. The Fifth Commandment
6. The Sixth Commandment
7. The 7th Commandment
8. The 8th Commandment
9. The 9th Commandment
10. The 10th Commandment



# THE FIRST COMMANDMENT

*Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)*

## TALKING POINTS

*There is only one God, and you're not him. Freedom comes from accepting and embracing the one true God.*

- There is one creator God. He's the God of \_\_\_\_\_, not just Christians. **Isaiah 44:6**
- God demands exclusive \_\_\_\_\_. Any attempts to \_\_\_\_\_ God and something else will end in disaster. **Matthew 6:24**
- The 10 commandments aren't a pathway to \_\_\_\_\_ yourself. They're a pointer to the \_\_\_\_\_ God who is revealed in Jesus Christ. **Hebrews 1:3, Acts 4:12**

## DISCUSSION

---

1. *If you could add one new law in your town, what would it be? Why?*
2. *Read Exodus 20:2. What does this verse teach us about the heart of God?*
3. *After hearing this message, what is the purpose of the 10 Commandments? How is this different than what you thought of the 10 Commandments before this message?*
4. *Read John 14:15 and Psalm 119:97. Based on these verses, what should be our attitude toward following God's commands for our lives?*
5. *Read Exodus 20:3. What are some of the other gods that people worship in our culture?*
6. *What happens when you put someone or something else on the same level as God in your life (see Matthew 6:24)?*
7. *Read Acts 4:12. According to this verse, what is the only way to heaven? How is this different from what is popular in our culture?*



# THE SECOND COMMANDMENT

Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)

## TALKING POINTS

*The first commandment is a warning about worshiping the wrong God. The second commandment teaches us how to worship the right God in the right way.*

- We are all created to \_\_\_\_\_. If we don't worship the one true \_\_\_\_\_, we'll find something else to take his place. **Exodus 20:4-5**
- We don't have \_\_\_\_\_ to put God in a box. When we make idols, we put ourselves in God's place by \_\_\_\_\_ and \_\_\_\_\_ him. **Exodus 32:1-4**
- You will end up \_\_\_\_\_ to the idols you worship, and chances are your \_\_\_\_\_ will too. **Exodus 20:5b**
- God \_\_\_\_\_ his love on those who choose to worship him in the right way, which can impact a \_\_\_\_\_ . **Exodus 20:6**

## DISCUSSION

1. Read Exodus 20:4-6. What does worship look like in these verses?
2. How would you define "worship"? In what ways do people today worship things that aren't necessarily carved images?
3. Read Exodus 32:1-4. What was the motive that led the people to desire another god besides God? What do their responses reveal about the nature of idolatry?
4. The Israelites said, "These are the gods who brought you out of Egypt." What are some ways that Christians in our generation are tempted to redefine God?
5. Read Hosea 2:13. Hosea compares idolatry to adultery. How does this comparison help us understand how idolatry works in contemporary life?
6. Describe some ways that even good things can become idols in our lives.
7. Read Exodus 20:4-6 again. What are some ways that our idolatries affect our children?



# THE THIRD COMMANDMENT

*Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)*

## TALKING POINTS

*The third commandment isn't just about how not to cuss. It speaks to how we carry God's name into our world.*

- God takes his name \_\_\_\_\_, and so should we. The third commandment is the only one that explicitly will not go "unpunished." **Leviticus 24:16**
- Honoring God's name is more than language – it's a \_\_\_\_\_. When Christians commit evil in God's name, it reflects back on \_\_\_\_\_ himself. **Colossians 3:17**
- In the OT God's name is always \_\_\_\_\_ above all. In the NT God himself exalts the name of \_\_\_\_\_ to the same level as his own. **Philippians 2:9-11**

## DISCUSSION

---

1. *Do you have a significant story of why you were given your name? Do you like it or not? Explain.*
2. *The 3rd commandment includes a stern warning to those who would take His name in vain. Why do you think God feels so strongly about His name?*
3. *When you think of God's name what comes to mind? Discuss.*
4. *Read Exodus Isaiah 42:5-8. After reading this, does it change your view of God's name? Explain.*
5. *What is your reaction when you hear someone use God's name thoughtlessly or without respect? Discuss.*
6. *Many people think that the 3rd Commandment deals only with using God's name inappropriately with our language i.e. curse words. Are there other ways to take God's name in vain? Name them and discuss.*
7. *Read Colossians 3:17. As a Christian, how do our actions impact the name of God? Discuss.*



# THE FOURTH COMMANDMENT

Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)

## TALKING POINTS

*God created the Sabbath to meet our need for physical and spiritual rest.*

- The average American works 100 hours more every year than the average Brit. That's why we need to get the \_\_\_\_\_ of the Sabbath. **Exodus 20:8-10**
- God set up the Sabbath for our \_\_\_\_\_. He gives us permission to regularly rest and \_\_\_\_\_ on God. **Exodus 20:9-10, Isaiah 58:13**
- The Sabbath is a blessing, not a burden. The Sabbath is essential to our \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ health. **Mark 2:27**
- The Sabbath is not a special day as much as a principle. And it points us to a \_\_\_\_\_ kind of rest in Jesus. **Romans 14:5, Colossians 2:16-17**

## DISCUSSION

1. Read Exodus 20:8-10. How would you summarize the basic idea of the Fourth Commandment?
2. What happens in your life when you work too much without resting, or rest too much without working?
3. Read Mark 2:23-28. What point do you think Jesus was trying to make?
4. What are some ways that religious systems make Sabbath a burden rather than a blessing?
5. Read Romans 14:5-6. What is the underlying principle here about observing special religious days?
6. Is Sunday the "Christian Sabbath"? Why or why not?
7. If keeping one day as a Sabbath day is no longer required, how can we incorporate the principle of Sabbath into our lives? Share some practical ideas.
8. Read Exodus 20:10. What are some ways that our times of Sabbath rest can be "dedicated to the Lord"?
9. Read Colossians 2:16-17. In what way did the ancient Sabbath point forward to a greater reality in Christ?
10. How can you experience the greater rest that is found in Christ?





# THE FIFTH COMMANDMENT

Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)

## TALKING POINTS

*Commandment #5 is singled out by God for the blessings that it brings to the individual, the family, and society.*

- When kids honor their parents they honor God's design for healthy \_\_\_\_\_, which are the building block for a functioning \_\_\_\_\_. **Exodus 20:12**
- Honoring your parents is more than just \_\_\_\_\_ them in your childhood. It's about your \_\_\_\_\_ toward them from beginning to end. **Ephesians 6:1-3 1 Timothy 5:8**
- God promises to \_\_\_\_\_ those who honor their parents. \_\_\_\_\_ to godly wisdom makes for a rich and satisfying life.

## DISCUSSION

---

1. Describe your family dynamic growing up. What were some annoying or quirky rules your parents had for you?
2. What did you learn about following rules and listening to authority from your parents? How has that impacted you as an adult?
3. In your opinion, how do healthy families make a stronger society?
4. Read Exodus 20:12. What do you think it means to honor your parents? Is there a difference between obeying and honoring? Explain.
5. Read Ephesians 6:1-3. Identify all that this passage says about kids and parents. What is the promise and why does obedience lead to a long life?
6. Read 1 Timothy 5:8. How does this verse challenge you? How do you hope your kids interpret this verse when you're older and in need?
7. Read Colossians 3:20. Are we supposed to honor parents even if they have really wounded or hurt us? Is there a way to honor our parents without having a great relationship?
8. Take an honest assessment by asking these 3 questions of yourself: Would your parents say that you honor them? Would your kids say you are living honorably? How can you improve in how you honor your parents?



# THE SIXTH COMMANDMENT

Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)

## TALKING POINTS

*The 6th commandment finally seems like one we can actually obey. Think again.*

- Murder is wrong because \_\_\_\_\_ matter to God. Human beings are a special form of creation, made in the \_\_\_\_\_.  
**Exodus 20:13 Genesis 1:27 Psalm 139:13**
- Jesus has a \_\_\_\_\_ definition of murder than we do. The sixth commandment not only prohibits violent acts of murder, but all violent \_\_\_\_\_ of the heart. **Matthew 5:21-22**
- The 10 Commandments demonstrate that our sin problem goes \_\_\_\_\_ than we think. We place our hope in Jesus who was \_\_\_\_\_ to pay for our \_\_\_\_\_. **1 John 3:15-16**

## DISCUSSION

---

1. *How has our culture normalized violence? What factors do you believe contribute to the increase in violent acts?*
2. *Read Genesis 1:27 and Psalm 139:13. What do these verses say about the value God places on human life? Do you agree that there should be a distinction between death in war versus in society? Explain.*
3. *Read Matthew 5:21-22. What attitudes and actions does Jesus equate with murder?*
4. *What are some examples of violent intentions? How can those intentions produce the same kind of devastation that murder does?*
5. *How has someone's bad intentions hurt or wounded you or someone you know?*
6. *Read Matthew 12:33-37. Paraphrase this passage in your own words. How does this passage challenge you? What are some things you're storing in your heart that aren't productive?*
7. *Read 1 John 3:15. How is hatred a form of murder? How does stewing in our hatred affect us and those around us?*
8. *Read 1 John 3:16. How did Jesus demonstrate real love for us?*
9. *Think about a person for whom you feel anger or hatred. How can you apply the Sixth Commandment to that relationship?*



# THE 7TH COMMANDMENT

*Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)*

## TALKING POINTS

*Any sexual thought or act that is at odds with the divine design is prohibited by the 7th commandment.*

- \_\_\_\_\_ is everyone's problem. The 7th commandment is not just about the final act of adultery...it's about \_\_\_\_ in the \_\_\_\_\_. **Exodus 20:14 Matthew 5:27-28 Mark 7:20**
- Pursue "\_\_\_\_\_" in your marriage. God's plan for marriage goes beyond avoiding an affair or a divorce. **Genesis 2:24**
- Pursue \_\_\_\_\_ in your life, before and after marriage. Purity isn't a destination, it's a \_\_\_\_\_. **1 Corinthians 6:18**

## DISCUSSION

---

1. *What percentage of your friends/acquaintances have been affected by adultery? Why do you think this issue is so prevalent in this day and age?*
2. *What are the common scenarios that lead a person to have an affair?*
3. *Read Exodus 20:14. Define adultery in your own words. In what other areas of life can we be adulterous?*
4. *Read Matthew 5:27-28 and Mark 7:20. What is Jesus' point about adultery? Why would he warn about what precedes an affair as the real issue?*
5. *Read Genesis 2:24. How does the "ownness" principle apply to the conversation about adultery? What do couples need to do to "affair proof" their marriage?*
6. *Read 1 Corinthians 6:18. If you aren't married, how do you need to protect yourself from lustful/adulterous thoughts and actions? If you're married, how do you need to protect yourself? Why do you think Paul chose the word "running" in the passage?*
7. *Read 1 Corinthians 6:9-11. Describe the hope in this verse for everyone who has broken the 7th commandment (or any other commandment).*



# THE 8TH COMMANDMENT

Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)

## TALKING POINTS

*Almost 86% of adults claim that they completely fulfill the requirements of the 8th commandment. That's a lie.*

- Most clearly this commandment is taking something that doesn't \_\_\_\_\_ to you. But this command goes deeper than that. **Exodus 20:15**
- The 8th commandment wasn't just for then. Here are 8 ways we can become \_\_\_\_\_: tax evasion **Matthew 22:21**, fraud and embezzlement, stealing from employees **James 5:4**, stealing from employers, stealing from society **2 Thessalonians 3:10-12**, stealing love through manipulation, robbing God financially **Malachi 3:8**, stealing intellectual property.
- The solution to stealing is a habit of \_\_\_\_\_. Stealing is valuing a possession over a person; generosity is valuing a \_\_\_\_\_ over their possessions. **Ephesians 4:28**

## DISCUSSION

1. *Do you ever remember being tempted to steal as a child? What happened? Share a time you've seen your kids try to sneak or steal. Why do you think they choose to do that?*
2. *Why do you think 86% of adults believe they've never broken the 8th commandment? Do you agree with them?*
3. *According to the list of 8 ways to steal, which one surprises you the most? Explain. Which one challenges you the most and why?*
4. *Read James 5:4. What does this verse say about God's heart for workers? How might you apply the spirit of this verse in other contexts beyond just an employer to workers?*
5. *Read 2 Thessalonians 3:10-12. Identify all that this passage says about idleness and the fruit of idleness. How does this passage challenge you?*
6. *Read Malachi 3:8. What does it mean to rob God? What are the consequences of this?*
7. *Read Ephesians 4:28. How does generosity help us overcome the temptation to steal?*
8. *How can you grow in being a generous person?*



**NOTES**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# THE 9TH COMMANDMENT

*Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)*

## TALKING POINTS

*There are thousands of ways to lie, both inside and outside the courtroom. But society can't survive without a commitment to the truth.*

- Lying is out of step with God's \_\_\_\_\_. It undermines \_\_\_\_\_, which God cares deeply about. **Exodus 20:16 Exodus 23:1-3 Hebrews 6:18**
- Lying isn't just a violation of truth, it also \_\_\_\_\_ people. That means lying directly contradicts the \_\_\_\_\_ Commandment. **Proverbs 25:18**
- Lying is not a mouth issue, it's a \_\_\_\_\_ issue. The only cure for lying is a \_\_\_\_\_ heart. **Matthew 15:18-19 Colossians 3:9-10**

## DISCUSSION

---

1. *On a scale of 1 to 10, how prevalent do you think lying is among people you know? Explain your answer.*
2. *In your experience, what are the most common ways people lie? Why do people choose to lie?*
3. *Read Exodus 23:1-2. God cares deeply about justice. In what ways can lying undermine justice – whether in court or otherwise?*
4. *Read Exodus 20:16. Why do you think the Ten Commandments focuses on lying about others versus lying in general?*
5. *Read Exodus 25:18. Why is lying to or about someone hurtful and uncaring? Why do you think we are quick to tell hurtful lies when we would hesitate to do physical harm?*
6. *Read Matthew 15:18-19. In your own words, why is lying really a heart issue? When you've been tempted to lie or exaggerate the truth, what is the motivation behind that choice?*
7. *Read Colossians 3:9-10. How is it possible for a Christian to live truthfully? What are some practical steps you need to take to live according to your new nature in Christ?*



# THE 10TH COMMANDMENT

*Find discipleship resources at [pursueGOD.org/The10](http://pursueGOD.org/The10)*

## TALKING POINTS

*The 10th commandment was unique in the ancient world. It's the only law that legislates thoughts, not just actions.*

- Sin starts in the \_\_\_\_\_. It's about the \_\_\_\_\_ desires inside you, not just what comes out. **Exodus 20:17, James 1:14-15**

\_\_\_\_\_ means you're never happy

- with what you have. It's the \_\_\_\_\_ attempt to take what isn't yours. **James 4:1-3**

\_\_\_\_\_ and \_\_\_\_\_ are

- the keys to overcoming coveting. Like every antidote for sin, this requires a heart change. **1 Timothy 6:6, 1 Timothy 6:17-19**

## DISCUSSION

---

1. *What are some signs in a person's life that they are coveting? Why is coveting such a big deal?*
2. *What are the sorts of things that you tend to covet most? Why do you covet those things in particular?*
3. *Read Exodus 20:17. How might this command be rewritten for Christians in 21st century America?*
4. *Read James 1:14-15. How is sin a matter of the heart? How do you break free from your sinful desires?*
5. *Read James 4:1-3. Rate yourself on a scale from 1-10 (1 never satisfied, 10 perfectly content). Explain your answer. What drives your discontent? What will you do to move one number closer to 10?*
6. *Read 1 Timothy 6:6 and 6:18. How are contentment and generosity the key to overcoming coveting? How can you be more generous?*
7. *How has your view of the 10 Commandments changed in this series?*

