



## ☆ ☆ Introduction ☆ ☆

Welcome to the INTRUTH Bible Study on the Ten Commandments!

We believe that studying the Word of God transforms lives!

The Bible is God's message of redemption, as well as our instruction book for life. God wants us to search the Bible so we can understand the TRUTH of His character and His desire for us. Each lesson has 9-10 questions, a memory verse, a Believe the TRUTH, Pray the TRUTH, and a Walk in TRUTH application section.

These lessons teach foundational Scriptural truths all age groups can enjoy but adjust them to make them work for your group. Younger children may need help to read and answer the questions or understand certain words or concepts. Older students might need help to dig in deeper.

The Ten Commandments were given to God's people through Moses as laws to live by. God gave them to us to help us lead our best lives with regard to our relationship with Him and our relationship with each other.

However, a lot of people see them as a list of old rules for people who lived a really long time ago. Some people don't think the commandments matter anymore, and some people are too focused on following them perfectly which is not possible.

In this study, we will learn what the Ten Commandments are, why they were given to us, why they are good, and how we should follow them in our lives today.

The Ten Commandments, at their heart and core, are all about love. Jesus tells us that the whole point of the law is to love God and love others. And because of His amazing love for us, He fulfilled the law that we could not!

We pray that this study will grow your understanding of the law, God's heart behind the law, and salvation available to us through Jesus Christ.

John 1:17 For the law was given through Moses, but God's unfailing love and faithfulness came through Jesus Christ.

Enjoy!



# INTRUTH

## Ten Commandments



### Matthew 22:37

“Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.”

Lesson 1

### Romans 13:9b-10

“Love your neighbor as yourself.” Love does no harm to a neighbor. Therefore love is the fulfillment of the law.”

Lesson 6

### Jonah 2:8 NIV

“Those who cling to worthless idols turn away from God’s love for them.”

Lesson 2

### 2 Corinthians 9:8

“And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.”

Lesson 7

### Exodus 20:8

“You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.”

Lesson 3

### Proverbs 12:22

“The LORD detests lying lips, but he delights in those who tell the truth.”

Lesson 8

### Mark 2:27

“Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

Lesson 4

### Hebrews 13:5

“Don’t love money; be satisfied with what you have. For God has said, “I will never fail you. I will never abandon you.”

Lesson 9

### Exodus 20:12

“Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.”

Lesson 5

### Matthew 22:37-39

“Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’”

Lesson 10

## The Ten Commandments

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

## The Ten Commandments

1. Don't have any  
other gods before me.

2. Don't have any idols.

3. Do not misuse  
God's Name.

4. Keep the Sabbath holy.

5. Honor your parents.

6. Do not murder.

7. Do not commit adultery.

8. Do not steal.

9. Do not lie.

10. Do not covet.

### Put God First – No other god but the One True God



MEMORY VERSE: “Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.” Matthew 22:37



#### Exodus 20:1-3 The Lord Your God

The Ten Commandments are how God tells His people (the Israelites) to live after He rescues them from being slaves in Egypt. He writes these on stone and gives them to Moses on a mountain to help His people live the way He wants them to live. God knew that we could not keep them perfectly, but He gave them to us to help us lead our best lives with regard to our relationship with Him and our relationship with each other.

1. Read Exodus 20: 1-2. What does it mean that He is your God?

2. Write the First Commandment God gave His people. v. 3

3. What does this commandment mean?



#### Matthew 22:37-40 Love The Lord Your God

4. How did Jesus summarize the best way for us to live? Matthew 22:37-38.

5. What do you think it looks like to love God with all your heart? Soul? Mind?

6. Verse 38 says this is the greatest commandment. Why do you think that is?



## Exodus 20:1-3 Other gods

7. See the definition of “other gods.” Is there anything in your life that you treat more important than God?
8. Why do you think God wants to be put first in our lives? What do you learn from these verses:  
Matthew 6:33  
  
Matthew 6:24a
9. Circle the things that can help you keep God number one in your life.  
List other ways you can keep God has your higheest priority.  
thinking about God      talking to God      reading the Bible
10. What is one thing you can change this week to “put God first?”

### BELIEVE THE TRUTH

God’s very first commandment to His people is to have no other God but Him. And later the Bible tells us the most important thing we can do is love God with all our heart, soul, and mind. When we follow other gods or get distracted by things that take our eyes off of God, we will never be satisfied and our lives are harder. But when we follow God and live in a way that honors Him, we will be blessed and He will meet every other need that we have.

### PRAY THE TRUTH

Dear God, You are the one and only God! Thank you for giving us the Ten Commandments to show us the right way to live. Help me know you better so that I may become more like You and so that others may see You in me.  
In Jesus’ name I pray. Amen.

### WALK IN TRUTH



What are some qualities of the one true God that the “other gods” do not have?

## Various References (NLT)

Exodus 20:1-3:

1 Then God gave the people all these instructions:

2 “I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery. 3 “You must not have any other god but me.”

Matthew 22:37-40:

37 Jesus replied, “‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ 38 This is the first and greatest commandment. 39 A second is equally important: ‘Love your neighbor as yourself.’ 40 The entire law and all the demands of the prophets are based on these two commandments.”

**Other gods:** can be anything—possessions, desires, goals, people and even self (pride)—that we treat as more important than God.

Matthew 6:33:

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Matthew 6:24a:

“No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other.”

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### Worship God Only



MEMORY VERSE: "Those who cling to worthless idols turn away from God's love for them." Jonah 2:8 NIV



#### Exodus 20:4-5a What Are Idols

1. The first four commandments show how to love God the way He wants to be loved. What is the Second Commandment? v. 4

2. The first commandment deals with who to worship, and the second commandment deals with how to worship. We are to worship only God, and not to worship idols. Review the definition of idol. Give examples of idols today.

3. What do you learn about idols and idolatry from the following verses:  
Ezekiel 14:3

Jonah 2:8



#### Exodus 20:5 God's Jealousy

4. Read verse 5. Is God's jealousy good or bad? Why? See definition.

5. What happens when you put something else in the place of God? Why can't God use us when we have an idol in His place?

6. What do you think it means that God won't tolerate idols? How do you think our relationship changes when we do have idols?





## Exodus 20:4-5a Worshipping God

7. Review the definition of worship. How would you define worship in your own words?

8. What does worshipping God look like to you?

9. What do the following verses tell us about God and how to worship?

Revelation 4:11

Romans 12:1-2

### BELIEVE THE TRUTH

God's second commandment tells us not to have idols; God alone deserves our worship and praise! God is a jealous God. He loves us so much He won't tolerate our idolatry because He knows that idols take us further away from Him. We were made to be in relationship with Him and His will for us is always good and pleasing and perfect!

### PRAY THE TRUTH

Dear God,  
I know that you alone are God. Please keep me from having any kind of idols in my life. Help me to worship and honor You the way You deserve. Help me to no longer follow things in this world, but to be changed by You. I want your good and pleasing and perfect plans for my life. Amen!

### WALK IN TRUTH



Can you identify any idols in your life?

How can you worship God the way He wants and deserves to be worshipped this week?

## Various References (NLT)

Exodus 20:4-5a: “You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. 5 You must not bow down to them or worship them, for I, the Lord your God, am a jealous God who will not tolerate your affection for any other gods.”

**Idol:** the worship of someone or something other than God as though it were God.

Ezekiel 14:3a “Son of man, these leaders have set up idols in their hearts. They have embraced things that will make them fall into sin.”

Jonah 2:8: “Those who cling to worthless idols turn away from God’s love for them.”  
NIV

**God’s jealousy:** God’s jealousy is righteous and holy. He is jealous for us for our own good—because He loves us and does not want us to be destroyed by idolatry.

**Worship:** reference; adoration; an attitude and an action; acknowledging God and all His power and glory in everything we do. The highest form of praise and worship is obedience to Him and His Word. True worship is felt inwardly and then is expressed through our actions.

Revelation 4:11: “You are worthy, O Lord our God, to receive glory and honor and power. For you created all things, and they exist because you created what you pleased.”

Romans 12:1-2: “And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

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### Do Not Misuse God's Name



MEMORY VERSE: "You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name." Exodus 20:8



Exodus 20:7 The Third Commandment

1. What does God say about how we should treat His name? What does God say about people who misuse His name? v. 8

2. Why do you think God feels so strongly about His name?

3. When you think of God's name what comes to mind?



Exodus 20:7 & Colossians 3:17 Misusing God's Name

4. Why do you think each of the following would be considered misusing God's name?  
Speaking untruthfully about God

Thinking God's name is insignificant

Saying something has been done in God's name when it clearly hasn't

5. Read Colossians 3:17. What does it mean to be a representative of the Lord?

6. As a Christian, how do our actions impact how others view God?



## Isaiah 42:5-8 I Am the Lord; that Is My Name!

7. Read Isaiah 42:5-8. After reading this, does it change your view of God's name? Explain. Do you believe that God is worthy of the title God and Lord?

8. Read verse 42:8. Why do you think God says this?

9. Why do you think this commandment is important to:  
how we see God?

how our hearts are changed?

how others see God through us?

### BELIEVE THE TRUTH

Giving God the glory He deserves and not misusing His name is a very important commandment. Not only does it recognize God as the one true God, but it also changes our hearts as believers. And when our hearts are changed, we are better representatives of Christ.

### PRAY THE TRUTH

God, Help me to honor and glorify Your name in all things. May I be a good representative of you in all my words and actions. All praise be to you, the One True God! Amen.

### WALK IN TRUTH



What is one thing you can do this week to:

stop misusing His name?

glorify His name?

## Various References (NLT)

Exodus 20:7: “You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.”

Colossians 3:17: “And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.”

Isaiah 42:5-8: “God, the Lord, created the heavens and stretched them out.

He created the earth and everything in it.

He gives breath to everyone,

life to everyone who walks the earth.

And it is he who says,

6 “I, the Lord, have called you to demonstrate my righteousness.

I will take you by the hand and guard you,

and I will give you to my people, Israel,

as a symbol of my covenant with them.

And you will be a light to guide the nations.

7 You will open the eyes of the blind.

You will free the captives from prison,

releasing those who sit in dark dungeons.

8 “I am the Lord; that is my name!

I will not give my glory to anyone else,

nor share my praise with carved idols.”

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### Keep The Sabbath Holy



MEMORY VERSE: "Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."  
Mark 2:27



Exodus 20:8-11 Day of Rest

1. What is the Fourth Commandment? v. 8 What does Sabbath mean?
2. What do you learn about the Sabbath from Exodus 20:9-11?
3. What are we NOT supposed to do on the Sabbath? What are we supposed to do instead?



Genesis 2:1-3 The Sabbath Is Holy

4. Read Genesis 2:1-3. What does it mean to you to keep the Sabbath holy?
5. After studying the first 3 commandments, why do you think God commanded the people to take one day of rest and to worship Him each week?
6. What do you think are the benefits to followers of Jesus when they observe the Sabbath?



## Mark 2:27-28 Jesus Is Lord of the Sabbath

7. Read Mark 2:27-28. What does it mean that God is “Lord, even over the Sabbath?”
8. This commandment helps us put God first, but verse 27 tells us that the Sabbath is meant to meet OUR needs, not for us to meet religious requirements. What do you think that means?
9. How do you think you can rest and keep the Sabbath holy without it becoming a religious duty (burden) to fulfill?
10. What does the way we honor and respect the Sabbath reveal to God and to others?

### BELIEVE THE TRUTH

The Fourth Commandment is one of God’s greatest blessings to humans. God had plans for the Sabbath day from the beginning. Jesus says: “The Sabbath was made for man, not man for the Sabbath.” (Mark 2:27). May we use our Sabbath to refocus on God, worship and fellowship with others.

### PRAY THE TRUTH

Dear Lord, Thank You for creating and modeling the Sabbath for us when you created the world! I am so grateful that You know my needs and want to be in relationship with me. Help me to treat the Sabbath as a holy day where I remember to put You first and to use this special day to grow in my relationship with You. Amen

### WALK IN TRUTH



The Sabbath day gives us a whole day to recognize God as Lord of our lives. What should this look like in your life?

## Various References (NLT)

Exodus 20:8-11: “Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. 11 For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”

**Sabbath:** comes from the word Shabbath which means “a day of rest.” God started the Sabbath in Israel to give his people a day of rest in which they could focus on him. It creates time with the Lord to simply rest, rejuvenate, and remember who God is and what He has done for us.

Genesis 2:1-3: “So the creation of the heavens and the earth and everything in them was completed. 2 On the seventh day God had finished his work of creation, so he rested from all his work. 3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.”

Mark 2:27-28: Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. 28 So the Son of Man is Lord, even over the Sabbath!”

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### Honor Your Parents



MEMORY VERSE: "Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you." Exodus 20:12



Exodus 20:12 Honor Your Parents

1. What is God's Fifth Commandment?

2. Review the definition of honor. What do you think it means to honor your parents?

3. Why do you think God gave us parents?



Various God's Instructions For Parenting

4. Read the verses about parenting on the Scripture page. What do these verses tell us about a parent's role in raising their children?

5. How do these verses change the way you feel when your parents teach or discipline you?

6. Some of our parents follow God's instructions for parenting and some do not. All parents are not perfect, yet God has placed them in authority over us. How can you honor your parents?



## Ephesians 6:1-3 Honoring Your Parents Pleases the Lord

7. Read Ephesians 6:1-3. How is this command special? What do you think that means?
8. Is it easy for you to honor your parents? Why or why not?
9. What are some specific ways you can show your parents that you honor them - with your attitude and your actions?

### BELIEVE THE TRUTH

Honoring our parents pleases the Lord. Honoring our parents is another way to show God that we love and honor Him. God purposely gave us our parents to care for us physically, emotionally, and spiritually. Family is very important to God.

### PRAY THE TRUTH

Dear God, Thank you for caring for me through the adults in my life that watch over me. And I thank you specifically for my parents, I realize they are gifts from you (even if they aren't perfect). Amen.

### WALK IN TRUTH



How has studying these Scriptures changed your thoughts on honoring and obeying your parents?

What changes will you make this week to honor your parents?

## Various References (NLT)

Exodus 20:12: “Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.”

**Honoring parents:** show respect to; value; give authority in one’s life; listen to; care for.

### **Parenting:**

Deuteronomy 6:5-7: “And you must love the Lord your God with all your heart, all your soul, and all your strength. 6 And you must commit yourselves wholeheartedly to these commands that I am giving you today. 7 Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.”

Proverbs 13:24b: “Those who love their children care enough to discipline them.”

Proverbs 22:6: “Direct your children onto the right path, and when they are older, they will not leave it.”

Ephesians 6:4: “Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.”

### **Section C:**

Ephesians 6:1-3: “Children, obey your parents because you belong to the Lord, for this is the right thing to do. 2 “Honor your father and mother.” This is the first commandment with a promise: 3 If you honor your father and mother, “things will go well for you, and you will have a long life on the earth.”

Because we live in a sinful world, some adults harm children. Please talk to a trusted adult if you have any questions about this.

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### Murder & Adultery vs. Love



MEMORY VERSE: "Love your neighbor as yourself." Love does no harm to a neighbor. Therefore love is the fulfillment of the law." Romans 13:9b-10



#### Genesis 9:6, 1 John 3:11-12 Do Not Murder

God gave these commandments (law) to His people to follow as they lived with one another. His laws were (and still are) intended to guide us and ultimately bless us, and to point others towards Jesus.

1. The sixth commandment is simple: Do not murder. Read Genesis 9:6. How were humans made? What does this mean about the value of human life?
2. Read 1 John 3:15a. Why do you think Jesus compares hatred to murder? How do you think hatred affects our hearts?
3. Read 1 John 3:11-12. What does verse 11 say is the "message you have heard from the beginning?" Christians, not only are we called to not murder, but we are called to LOVE one another. How can you show love to someone that is hard to love?



#### Hebrews 13:4 Do Not Commit Adultery

4. Read the definition of adultery. How does God say we should treat marriage? Hebrews 13:4
5. Why do you think marriage is so important? Why do you think being faithful in marriage is so important?
6. Read James 4:4. This verse tells us that not being faithful in our relationship with God is adultery. Why do you think that is? How does it impact our relationship with God?



## Romans 13:9-10 The Heart Behind The Law

These commandments were given as actual laws to follow, but when Jesus came He tells us so much more about them and how we are supposed to follow them. Simply following the law misses the point: God's point is that He wants us to be like Him, and therefore to love like He does.

7. Read Romans 13:9-10. How does the author Paul sum up these commandments? What do you think it means that "love is the fulfillment of the law?"
8. Read Matthew 15:19. Where does sin come from? Do you think our hearts can be filled with both sin and love for others? Why or why not?
9. God gave these laws as a way for us to live. How do you think Jesus wants our hearts to be changed In how we view everything: God, others, and living in community?

### BELIEVE THE TRUTH

The religious leaders in Jesus time (The Pharisees) kept the law perfectly but they didn't have love in their hearts. Jesus makes it clear that the attitude of our heart is just as important as following His commandments. It might seem really easy to not murder and commit adultery, but it is not as easy to have a heart full of love at all times. John 14:9 tells us that we love because God first loves us. May you love others out of the abundant and perfect love that God has for you.

### PRAY THE TRUTH

Dear God,  
Thank you for your commandments that are made for me! I believe that Your laws are meant to bring me fullness of life and to point others towards You. Please help me to keep my heart far from sin (even sin like murder and adultery!) and instead filled with love. Thank you for loving me first. I love you. Amen

### WALK IN TRUTH



Most of our hearts are VERY far from murder and adultery but all of hearts could love better. What is one way you can steer your heart away from sin and towards loving others instead?

## Various References (NLT)

Exodus 20:13-14: “You must not murder.” “You must not commit adultery.”

**Murder:** the intentional and unlawful taking of a human life. Jesus also compares murder to thoughts/feelings of deep hatred or anger against another person.

Genesis 9:6: “If anyone takes a human life, that person’s life will also be taken by human hands. For God made human beings in his own image.”

1 John 3:15a: “Anyone who hates another brother or sister is really a murderer at heart.”

1 John 3:11-12: “This is the message you have heard from the beginning: We should love one another. We must not be like Cain, who belonged to the evil one and killed his brother. And why did he kill him? Because Cain had been doing what was evil, and his brother had been doing what was righteous.”

**Adultery:** a physical relationship with someone other than your spouse; being unfaithful to God and marriage. Jesus tells us that even lusting after is adultery in our heart.

Hebrews 13:4 Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

James 4:4: “You adulterers! Don’t you realize that friendship with the world makes you an enemy of God? I say it again: If you want to be a friend of the world, you make yourself an enemy of God.”

Romans 13:9-10: “The commandments, “You shall not commit adultery,” “You shall not murder,” “You shall not steal,” “You shall not covet,” and whatever other command there may be, are summed up in this one command: “Love your neighbor as yourself.” 10 Love does no harm to a neighbor. Therefore love is the fulfillment of the law.”

Matthew 15:19: “19 For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander.”

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### Do Not Steal



MEMORY VERSE: "And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others."  
2 Corinthians 9:8



Exodus 20:15 Don't Take What Is Not Yours

1. What is the Lord's Eighth Commandment? What is stealing? Give examples.
2. Stealing is a sin that people don't always treat like a very big deal. Can you think of examples of this. Why do you think people want to steal? Do you believe that stealing is wrong?
3. God doesn't want us to steal because it hurts us and it hurts others. How does it hurt us? How does it hurt other people?



1 Corinthians 10:13 How to Handle Temptation

4. When have you been tempted to steal something? What happened? How did you feel?
5. Review the definition of temptation. What is the promise in 1 Corinthians 10:13?
6. When you are confronted with a temptation, what should you do?



## Ephesians 4:28 Do Good, Give Generously

7. What does Paul ask his audience in Ephesus to do instead of stealing? Why do you think God calls us to live this way?

8. Why do you think sharing with others blesses us?

9. Read 2 Corinthians 9:8. Do you think God provides everything you need? Name a few things God has provided for you.

10. If God provides everything we need, how does that change the way we think or feel about stealing and/or sharing with others?

### BELIEVE THE TRUTH

God tells us not to steal because it hurts his children: both the person being stolen from, and the person that is stealing. God will provide everything you need, and even extra so that you can share with others! Ask God to change your mindset from one of wanting more, to one of giving and sharing. You will surely be blessed if you live this way!

### PRAY THE TRUTH

Dear God, I know that You tell us stealing is wrong, even if it doesn't feel like a big deal, or if I think no one will notice. I can see that it hurts me just as much as the person I'm stealing from. Thank you for providing me with everything I need, and help me to share more with others. In Your name I pray, Amen.

### WALK IN TRUTH



When we talk about sharing with others, can you think of anyone in need that you can give to this week? What steps can you take to shift your heart and mind away from taking and towards giving?





## Various References 20:15 (NLT)

Exodus 20:15: “You must not steal”


**Temptation:** anything that attracts a person to do something unwise, wrong, or opposed to God’s will.

1 Corinthians 10:13: “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”

Ephesians 4:28: “If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.”

2 Corinthians 9:8: “And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.”

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### Do Not Lie



MEMORY VERSE: "The LORD detests lying lips, but he delights in those who tell the truth." Proverbs 12:22



#### Exodus 20:16 Do Not Testify Falsely

1. What is the 9th commandment? What does it mean to "testify falsely?" See definition of false testimony.
2. How could the following be considered 'false testimony' and be harmful to others?  
Lying  
  
Gossip  
  
White Lies/Half Truths
3. What does Proverbs 14:25 say a truthful witness does? What do you think it means to "breathe out lies" and why don't you think God wants us to be like this?



#### Proverbs 12:22 God Hates Lies

4. Read Proverbs 12:22. Detests is another word for hates. How seriously does God take lying? Why do you think that is?
5. Read Proverbs 19:9. What are the consequences of bearing false witness and lying?
6. Lies harm ourselves, others, and our relationship with God. How have you experienced this in your life?



## Ephesians 4:15 Speak Truth In Love

7. According to Ephesians 4:15, how are we supposed to speak? What do you think this means?
8. Read Colossians 3:9-10. Why aren't we supposed to lie as Christians? What does it mean to put off the old self and its ways?
9. From the above two verses, who are we to be like? What do you think that looks like?
10. This lesson shows us that our words can either be untruthful and harmful, or they can be truthful and filled with love. Are you representing God well with the words you speak?

### BELIEVE THE TRUTH

The Ninth Commandment tells us to not lie, to not tell stories that are untrue about people. When you tell a lie, you hurt yourself as well as others. Sometimes telling the truth is not easy; in fact, it can be downright unpleasant. But we are called to be truth-tellers, so that all our friends and family want to know God like we do! God's love for us drives out fear, and He promises to help us if we tell the truth.

### PRAY THE TRUTH

Dear God, thank you for your commandments that are meant for my good. Please help me to take lying as seriously as You do. Give me the courage to speak truth always, especially when it is hard. And help me to be more and more like You everyday. Amen.

### WALK IN TRUTH



When do you find yourself most tempted to lie? What will you do differently next time you find yourself in that situation (OR tempted to lie)?



## Various References (NLT)

Exodus 20:16: “You must not testify falsely against your neighbor.”

**False Testimony:** making an untrue statement with the intent to deceive; speak evil against someone. Includes all lies, half-truths and white lies.

Proverbs 14:25 A truthful witness saves lives, but one who breathes out lies is deceitful.


Proverbs 12:22 The LORD detests lying lips, but he delights in those who tell the truth.

Proverbs 19:9 A false witness will not go unpunished, and a liar will be destroyed.

Ephesians 4:15: “Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.”

Colossians 3:9-10: “Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him.”

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## Do Not Covet



MEMORY VERSE: "Don't love money; be satisfied with what you have. For God has said, 'I will never fail you. I will never abandon you.'" Hebrews 13:5



### Exodus 20:17 Do Not Covet

1. Read the definition of covet and Exodus 20:17. What does it mean to covet?
2. Where in your life do you struggle with coveting? How does coveting affect us and our relationships?
3. What do the following verses tell us:  
Luke 12:15  
Ecclesiastes 5:10



### 1 Timothy 6:9-10 Greed

4. Read 1 Timothy 6:9-10. What happens when people long to be rich? v. 9 What is the result of craving money? v. 10
5. God can use money and things to bless us, but when they become our main focus they stop being a blessing. How does the desire for more and more things impact us and our relationship with God?
6. Today's culture makes it way too easy to compare ourselves to others, and comparison often leads to coveting. Is this true in your life?



## 1 Timothy 6:6-8 Contentment

7. Read 1 Timothy 6:6-8 and the definition of contentment. How can you be satisfied with what you already have?
8. Read Philippians 4:19 and Luke 12:24. Who provides all that we need? Do you believe these verses? Why or Why not?
9. List three things that you are (or should be) content with or thankful for.
10. We have every reason to be content because God gives us everything we need. How is your life better when you are content?

### BELIEVE THE TRUTH

God tells us not to covet because He knows that money and things will never bring us true joy. God provides everything we need, He is the giver of good gifts. He wants our eyes and hearts to be on Him and not on all the things we want. He wants us to spend our time knowing Him and helping others, not chasing after money.

### PRAY THE TRUTH

Dear God, Please help me to have a grateful heart. When I find myself wanting more, help me to remember that I have all I need in You. Please help me when this feels hard. In your name I pray, Amen.

### WALK IN TRUTH



This is easy to believe in your head but a lot harder to feel in your heart.

What can you do to start changing your mindset from one of coveting to one of contentment?

## Various References (NLT)

Exodus 20:17: "You must not covet your neighbor's house. You must not covet your neighbor's wife, male or female servant, ox or donkey, or anything else that belongs to your neighbor."

**Covet:** the desire to possess what someone else has; not being satisfied with what we have, and being jealous of those who have something better.

Luke 12:15: "Then he said, "Beware! Guard against every kind of greed. Life is not measured by how much you own."

Ecclesiastes 5:10 "Those who love money will never have enough. How meaningless to think that wealth brings true happiness!"

1 Timothy 6:9-10: "But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction. 10 For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows."

1 Timothy 6:6-8: "Yet true godliness with contentment is itself great wealth. 7 After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. 8 So if we have enough food and clothing, let us be content."

**Contentment:** being satisfied with what we have and who we are; the state of being happy and satisfied.

Philippians 4:19: "And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus."

Luke 12:24: "Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds!"

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## Jesus Fulfills The Law



MEMORY VERSE: "Jesus replied, "'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'"  
Matthew 22:37-39



### Matthew 22:36-40 The Law Summed Up

1. Read Matthew 22:36-40. What two commands is the 'entire law' based on?
2. These verses neatly sum up the Ten Commandments. How do the first four commandments teach us to love God?
3. How do the last six commandments help us follow the second greatest commandment, "Love your neighbor as yourself?"

The Ten Commandments appear to be a list of rules we have to follow. But when Jesus came, He explains the WHY behind it: It's all about love!



### Romans 8:3-4 Jesus and the Law

4. Read Romans 8:3-4. Why was the Law of Moses (the Ten Commandments) unable to save us? What did God do that the law could not do?
5. When God sent His Son into an earthly body as a sacrifice for us, what did He declare an end to? Instead of following our sinful nature, who are we free to follow now?
6. Read Matthew 5:17. Do you see the goodness of God for doing things this way (giving us the law through Moses and then sending Jesus to fulfill the law and save us)? What does this tell us about how God views the law?





Various

## "The Law" In Our Lives Today

7. Read Psalm 19:7-9. What does it say about God's commandments? Do you believe that this is still true for us today? Why or why not?

8. Read Deuteronomy 10:12-13. What are we supposed to do with God's law and why?

9. How does keeping God's commandments bring us blessings and breaking them hurt us?

10. What does John 8:31-32 mean? Has the "truth" set you free?

### BELIEVE THE TRUTH

This is the gospel, or the "good news" of Jesus Christ! God gave us the law to live by, but none of us can do it perfectly. We all mess up and make mistakes, or sin. And sin is the only thing keeping us away from God. So God sent His own Son to earth, to live the life we could not live, and pay the price WE are supposed to pay for our failures. God fulfilled the Law for us because He knew we couldn't, and He loves us and wants to be with us. We are now free from sin, free to follow the Spirit, and called to share this good news with others! How good is our God!

### PRAY THE TRUTH

Jesus, Thank You for dying for my sins. I need the Holy Spirit to help me so I can honor You and follow Your commandments. Thank You for Your help and for Your love for me. In Jesus' name I pray. Amen.

### WALK IN TRUTH



How has Jesus changed the way you view the Ten commandments and how they apply to our lives today?

## Various References (NLT)

Matthew 22:36-40: “Teacher, which is the most important commandment in the law of Moses?” 37 Jesus replied, “‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ 38 This is the first and greatest commandment. 39 A second is equally important: ‘Love your neighbor as yourself.’ 40 The entire law and all the demands of the prophets are based on these two commandments.”

Romans 8:3-4: “The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin’s control over us by giving his Son as a sacrifice for our sins. 4 He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.”


Matthew 5:17 : “Don’t misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to accomplish their purpose.”

Psalms 19:7-9. “The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple. 8 The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight for living. 9 Reverence for the Lord is pure, lasting forever. The laws of the Lord are true; each one is fair.”

Deuteronomy 10:12-13: “And now, Israel, what does the Lord your God require of you? He requires only that you fear the Lord your God, and live in a way that pleases him, and love him and serve him with all your heart and soul. 13 And you must always obey the Lord’s commands and decrees that I am giving you today for your own good.”

John 8:31-32: “Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. 32 And you will know the truth, and the truth will set you free.”

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As we learned in this lesson, keeping the law does not save you, faith in Jesus and His sacrifice does. Salvation is not about what you do but what God can do for you! The law acts as a mirror. Jesus conquered sin and death so that we may have life! And all we have to do is believe! THAT is called amazing grace! Here are a few additional verses that might help in your understanding.

Galatians 2:16: “Yet we know that a person is made right with God by faith in Jesus Christ, not by obeying the law. And we have believed in Christ Jesus, so that we might be made right with God because of our faith in Christ, not because we have obeyed the law. For no one will ever be made right with God by obeying the law.”

Romans 10:4: “For Christ has already accomplished the purpose for which the law was given. As a result, all who believe in him are made right with God.

John 3:16: “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”

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