



B E Y O N D T H E
T E N
C O M M A N D M E N T S

SESSIONS 1-5

D I S C U S S I O N G U I D E

SESSION ONE

SACRED TRUST

THE FIRST COMMANDMENT

TO BEGIN

- What's one thing that you are looking forward to this summer?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Exodus 19:7-24 & 20:1-21

We come to a point in history just after the Israelites were freed from Egyptian slavery through many a miracle and divine intervention. God led the Israelites to Mount Sinai. At this place, He would establish them as a nation and give them guidelines on how to live a life that honours God, the 10 Commandments.

Throughout these sessions, we will be spending time going through each of the Ten Commandments. Going through each one gives us greater insight in how we can live out the greatest commandment to love God and to love people. The first four laws are how to develop our relationship with God and the following 6 teach us how to relate and treat each other.

God began the 10 Commandments by saying this: "I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage."

Pronounce it! Read Exodus 20:1-3 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you?

God begins by reminding His people how He brought them out of Egypt, out of the land of slavery.

- Throughout your life what are some of the ways or times that God has brought you through difficulties and brought you to Himself?
- Why do you think this is the first commandment?
- What does it look like for us to obey this commandment in everyday life? What does it look like to disobey it?
- Why can't God share worship with other gods? How should we, as Christians, respond to friends of other religions?
- What are some of the things about God that draw you to Him and cause you to worship Him?

Our sinful nature causes us to turn away from the Creator, and as followers of Jesus we need to turn towards God. Jesus himself quotes this verse in Luke 4:5-8. Jesus knew the Commandments—no other gods before Yahweh, His Father.

- How did Jesus respond to the devil in Luke 4:5-8? What can we learn from Jesus in how we approach the first commandment?
- What are the “other gods” you are tempted to set up between you and God?
- How does this commandment apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Spend some time praying and share what God is doing in your life. Each week you will be given a different prayer based upon the commandment we are studying.

Together, pray this prayer then go into praying for each other.

Lord, I detach myself from all things outside of You that compete for my ultimate affection.

SESSION TWO

SACRED FOCUS

THE SECOND COMMANDMENT

TO BEGIN

- If you could change places with a Bible character, who would you choose? Why?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Exodus 20:1-21

In this session we are going to be looking at the second commandment **"You shall not make for yourself an idol."** This commandment elaborates on the first and follows a logical progression. The Israelites are to not worship any other god but Yahweh therefore they are not to make any idol. Israel is to be set apart from other nations, of whom many have multiples gods and idols. This command is a longer one than the first in that it includes some harsh language to those who disobey, but in contrast, love and blessings to those who remain faithful to Him.

Pronounce it! Read Exodus 20:4-6 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you?

- How would you describe what an idol is to someone?
- What does it look like for us to obey this commandment in everyday life? What does it look like to disobey it?
- Why do you think people make idols and worship them?
- What are some of the "idols" in our culture today?
- Why does God tell us not to try to make an "idol" in the form of anything in heaven above or on the earth beneath?

- What are the “idols” you are personally inclined to make and then substitute for God? What can we do to remove those “idols”?

God alone deserves our worship.

- What are some of the things about God that make Him worth worshipping?
- How does this commandment apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Spend some time praying and share what God is doing in your life. Each week you will be given a different prayer based upon the commandment we are studying.

Together, pray this prayer then go into praying for each other.

*Help me not to shape You according to my own fears and ideas,
but to trust and follow You, like Abraham, into the unknown.*

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SESSION THREE

SACRED NAME

THE THIRD COMMANDMENT

TO BEGIN

- Whose life has had a major influence on yours? Why?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Exodus 20:1-21

In this session we are going to be looking at the third commandment **"You shall not misuse the name of the Lord your God."** This commandment means that we shouldn't use God's name flippantly in our conversations, in harmful ways or to curse others.

The Jewish practice is actually to not pronounce the name of God to protect themselves from breaking this commandment. God's name is to be honoured, exalted, and lifted high. Let our language be God honouring in every conversation and interaction.

Pronounce it! Read Exodus 20:7 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you?

- How have you heard the name of God used flippantly during the past week?
- Why do you think our culture misuses God's name?
- How do we know when we are misusing the Lord's name?
- If we shouldn't misuse the name of God then how should we use God's name?

Together read Exodus 3:14 and Exodus 34:5-6.

- Who does God say he is? How does this contrast with the way our world often uses God’s name?
- What does it look like for us to obey this commandment in everyday life? What does it look like to disobey it?
- How does this commandment apply to your life? What will you do about it?

Throughout the Scripture, we are told again and again to, “call upon His name.” So, let us do it right now and pray for each other!

PRAISE & PRAYER POINTS

Spend some time praying and share what God is doing in your life. Each week you will be given a different prayer based upon the commandment we are studying.

Together, pray this prayer then go into praying for each other.

Enable me to represent You well in every conversation and interaction.

SESSION FOUR

SACRED REST

THE FOURTH COMMANDMENT

TO BEGIN

- Where is your favourite place to go for some much needed rest and relaxation?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Exodus 20:1-21

In this session we are going to be looking at the fourth commandment **“Remember the Sabbath day by keeping it holy.”** The whole command is given in three parts starting with the command itself in verse 8. We then get told what it means to keep the command in verses 9-10 and the reason for the commandment in verse 11.

Remembering the Sabbath isn't just an intellectual thought, but requires action on our part. One scholar suggested we read it like this, “By remembering the Sabbath, Israel, you are treating the day as separate from the other six days. You are treating it as holy.” But how? How do we treat the Sabbath as holy? For the Israelites, they were to work six days, but on the seventh day, everyone, including animals, servants, and the whole family were to rest.

Pronounce it! Read Exodus 20:8-11 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you?

- What stops you from taking a day for rest and worshipping God?

- What does “keeping it holy” mean to you?
- How did Jesus relate to the Sabbath? **Read Mark 2:23-27 and Matthew 12:1-14.** What does that mean for us as followers of Jesus?

By resting on the seventh day, Israel is following God’s lead. God declared this day to be different, to be separate, to be holy for the Israelites, and for us too.

Together read Genesis 2:1-3.

- What do these verses teach us about the nature of the seventh day? What is God’s attitude towards rest? How good at resting are you?
- In your experience what are some of the best ways you take a Sabbath to be with God?
- What does it look like for us to obey this commandment in everyday life? What does it look like to disobey it?
- How does this commandment apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Spend some time praying and share what God is doing in your life. Each week you will be given a different prayer based upon the commandment we are studying.

Together, pray this prayer then go into praying for each other.

Prepare me that I may rest from all my works each day and set apart a day to put away all earthly anxieties to delight in You.

SESSION FIVE

SACRED FAMILY

THE FIFTH COMMANDMENT

TO BEGIN

- Share a favourite childhood memory.

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Exodus 20:1-21

In this session we are going to be looking at the fifth commandment “**Honor your father and your mother.**” The four previous commandments had a focus on our relationship with God and the following six help us understand our relationships with other people, starting with our parents. We are to honour our parents appropriately. May we remember that the same way we treat them, we may be treated some day.

Pronounce it! Read Exodus 20:12 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you?

- What does it mean to honour your parents? Does it mean doing what they say no matter what? What if your parents are wrong?
- What does it look like for us to obey this commandment in everyday life? What does it look like to disobey it?
- How does God call us to treat the elderly? Together read 1 Timothy 5:1-8 and discuss your thoughts.
- How is the church as “the family of God” to live out this commandment?

- What could you, or your group, do this week to support a family facing a difficult time?
- How does this commandment apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Spend some time praying and share what God is doing in your life. Each week you will be given a different prayer based upon the commandment we are studying.

Together, pray this prayer then go into praying for each other.

Help me to honor my parents appropriately. May I remember that the same way I treat them, I may be treated some day.

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