

**PARTICIPANT**

# Ten Commandments

**REVISED EDITION**



**To Know, To Live,  
To Grow**



# Ten Commandments

REVISED EDITION

## Contents

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Session 1: Before the Commandments ..... 2

Session 2: Respect for God ..... 5

Session 3: Respect for Life ..... 11

Session 4: Respect for Community ..... 19

Community Cards ..... 23

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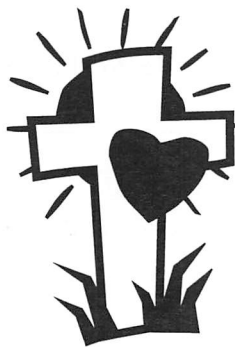
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**To Know, To Live,  
To Grow**

**Augsburg Fortress**  
MINNEAPOLIS

**PARTICIPANT**

## Ten Commandments

REVISED EDITION

**Writer**

Terri Martinson Elton

**Editors**

Jeffrey S. Nelson

James Satter

Connie Sletto

**Graphic Designer**

Marti Naughton

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# Session 1

## Before the Commandments

### Scripture Text

Exodus 1:1—19:25

#### Open with prayer.

The book of Exodus describes several important events in the history of the Jewish people. Look up passages in Exodus to answer the following questions that set the stage for the Ten Commandments.

Where does this story begin? (Exodus 1:1) \_\_\_\_\_

What were the midwives ordered to do? (Exodus 1:15-22)

\_\_\_\_\_

How did Moses' family prevent this from happening to him? (Exodus 2:1-3)

\_\_\_\_\_

Who raised Moses? (Exodus 2:10) \_\_\_\_\_

What does the name Moses mean? (Exodus 2:10)

\_\_\_\_\_

Why did Moses flee to Midian? (Exodus 2:11-15)

\_\_\_\_\_

What did Moses do in Midian? (Exodus 2:21-22)

\_\_\_\_\_

What role did the Jewish people have in Egyptian society? (Exodus 2:23)

\_\_\_\_\_

Why was Moses sent back to Egypt? (Exodus 3:7-10)

\_\_\_\_\_

Who did God send to help Moses? (Exodus 4:14-26) \_\_\_\_\_

Why did God decide to show “signs and wonders”(the plagues) in Egypt?  
(Exodus 7:1-5)

\_\_\_\_\_

What meal did they celebrate just before they left Egypt? (Exodus 12:1-11)

\_\_\_\_\_

How long were the Israelites in Egypt? (Exodus 12:40)

\_\_\_\_\_

Why did God send the Israelites across the desert? (Exodus 13:17-18)

\_\_\_\_\_

How did God guide the Israelites? (Exodus 13:21-22)

By day: \_\_\_\_\_

By night: \_\_\_\_\_

What did the Israelites react when Pharaoh sent his army after them?  
(Exodus 14:10-12)

\_\_\_\_\_

How did Moses help them? (Exodus 14:13-31)

\_\_\_\_\_

What did the Israelites eat as they crossed the desert? (Exodus 16:13-16)

\_\_\_\_\_

Where did Moses go to get the Ten Commandments? (Exodus 19:20-25)

\_\_\_\_\_

Why do you think God gave the Commandments to the Israelites at this time?  
(Exodus 1:1—19:25)

\_\_\_\_\_

## The Ten Plagues

Exodus 7:1—12:51

List the ten plagues God sent to Egypt.

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

## Rules and Guidelines

Read the questions below. Then share your answer to one of the questions with the rest of your group.

- What is one rule you follow at your house?
- To whom do you turn for advice?
- Has anyone ever asked for your advice? Were you able to help?

### What's Ahead?

**The next three sessions go into depth on the Ten Commandments. God gave us these Commandments as guidelines for living. The Ten Commandments set positive boundaries for our lives.**

As a group, make a list of some rules or guidelines you have in these areas:

- Home
- School
- Friends

Now go back over your lists and decide why each rule or guideline is important. Think about what life would be like if the rule or guideline didn't exist.

As a group, define the following words:

Rule \_\_\_\_\_

\_\_\_\_\_

Guideline \_\_\_\_\_

\_\_\_\_\_

Law \_\_\_\_\_

\_\_\_\_\_

Covenant \_\_\_\_\_

\_\_\_\_\_

Commandment \_\_\_\_\_

\_\_\_\_\_

How is a Commandment different from the other words above?

\_\_\_\_\_

\_\_\_\_\_

**Close with prayer.**

# Session 2

## Respect for God

Open with prayer.

### The First Commandment

Read Exodus 20:1-3. Write the First Commandment here:

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### Who Is God?

Draw a picture showing how you see God. Impressionistic or abstract drawings are okay. Or write a poem or list of words that describe God. Share your work with the rest of the group.

As a group, write down some characteristics that seem to describe God. Make a poster with these words on it and hang it in your room. The following verses might be helpful.

- Deuteronomy 32:4
- Psalm 19:1
- Psalm 90:1-2
- Psalm 102:27
- Psalm 145:9
- Jeremiah 10:10
- Malachi 3:6
- Matthew 19:26
- John 4:24
- John 21:17
- Hebrews 3:4
- 1 John 4:8

Spend some time talking about what these characteristics mean to you. Why is it important to you that God has these characteristics?

### Scripture Text

Exodus 20:1-11

### Ten Commandments

First Commandment

Second Commandment

Third Commandment

Fourth Commandment

Fifth Commandment

Sixth Commandment

Seventh Commandment

Eighth Commandment

Ninth Commandment

Tenth Commandment

## Set Your Priorities

How many hours do you spend on the following activities in an average week?

\_\_\_\_\_ School/Homework

\_\_\_\_\_ Family/Relatives

\_\_\_\_\_ Friends/Socializing/Talking

\_\_\_\_\_ Watching TV/Playing video games/Listening to music

\_\_\_\_\_ Reading the Bible/Praying/Attending church

\_\_\_\_\_ Helping others

\_\_\_\_\_ Sports/Extracurricular activities

Rate these activities from 1 (your top priority) to 7 (your bottom priority).

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

Pay close attention to your top two priorities and your bottom two priorities.  
Are your priorities in alignment with the First Commandment?

Based on the First Commandment, what would your first priority be?

\_\_\_\_\_

With your group, list some ways of making God your first priority.

\_\_\_\_\_

As a group, list some other “gods,” or distractions, that we have in our society.

\_\_\_\_\_

How does the First Commandment give you freedom?

\_\_\_\_\_



# The Second Commandment

Read Exodus 20:7. Write the Second Commandment here:

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## What's in a Name?

**Materials**      chalkboard or chart paper  
                      baby name book

On a chalkboard or chart paper, list everyone's name in your group. Look up the names and write down the characteristics associated with each one.

Think about the following questions:

- What do you like or dislike about your name?
- Why did your parents choose your name?
- Do you have a nickname? How did you get your nickname?
- Why are names important?

## Prayers, Swears, and Curses

Read the following list. Put a check mark before the statements that use God's name disrespectfully. The sentences in parentheses give the context for each statement.

- \_\_\_\_\_ "God!" (After hitting your finger with a hammer.)
- \_\_\_\_\_ "God, I am so mad!" (In conversation with a friend.)
- \_\_\_\_\_ "Dear God, thank you for our food." (Praying before a meal.)
- \_\_\_\_\_ "God is so good." (During a song of praise.)
- \_\_\_\_\_ "God #@# you!" (Swearing at someone.)
- \_\_\_\_\_ "We believe in God." (At a worship service.)
- \_\_\_\_\_ "God, please take care of my family." (Addressing God in prayer.)
- \_\_\_\_\_ "I swear to God." (Making a promise to someone.)

What are we asking for when we use God's name?

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Why do people misuse God's name?

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Why do you think the Second Commandment asks us not to make wrongful use of God's name?

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How does the Second Commandment give you freedom?

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## The Third Commandment

Read Exodus 20:8-11. Write the Third Commandment here:

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## Take a Break

**Materials**      travel brochures  
                     vacation photos or slides

Look at pictures of vacation spots. With your group, talk about vacations you have taken. Why do people go on vacations? How are vacation days different than other days? Why do we need vacations?

What does the word *sabbath* mean?

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Read Genesis 2:2-3. What do these verses say about the sabbath?

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What do you think God wants us to do on the sabbath?

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When are the “sabbath” times in our lives today?

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How does the Third Commandment give you freedom?

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Look again at the first three Commandments. How are these Commandments related to one another?

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Read Matthew 22:37. Jesus said, "You shall love the Lord your God with all your heart, with all your soul, and with all your mind."

Rewrite the first three Commandments as guidelines for respecting God in your everyday life. Word your "commandments" positively. For example: "I will love God" instead of "You shall have no other gods before me."

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## Lord's Prayer

Luke 11:1-4

*Father, hallowed be  
your name.*

*Your kingdom come.*

*Give us each day  
our daily bread.*

*And forgive us our sins,  
for we ourselves forgive  
everyone indebted to us.*

*And do not bring us  
to the time of trial.*

For the next session, bring a baby picture of yourself. Ask a parent or guardian to describe the day you were born, where you were born, and who saw you first. Did your parent have special hopes for you?

**Close with the Lord's Prayer.**

# Session 3

## Respect for Life

Open with prayer.

### Baby Pictures

Begin this session by passing around everyone's baby pictures. Taking turns, share one story about yourself when you were little. Next, share what you discussed with your parent about the day you were born.

### The Fourth Commandment

Read Exodus 20:12. Write the Fourth Commandment here:

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### Becoming a Parent

Imagine that all of the participants in your group are adults who are about to become parents. With your group, discuss the questions below.

How does the thought of being a parent make you feel?

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What expectations do you think you'll have for your child?

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Will you want your child to be like you? Or like someone else?

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### Scripture Text

Exodus 20:12-14

### Ten Commandments

First Commandment

Second Commandment

Third Commandment

**Fourth Commandment**

**Fifth Commandment**

Sixth Commandment

Seventh Commandment

Eighth Commandment

Ninth Commandment

Tenth Commandment

## Who's the Boss?

List several of the authorities in your life.

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How do the people listed above keep order in our lives?

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What would our lives be like without these authorities?

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## Generation to Generation

Visit a nursing home or invite a senior citizen to speak to your group. Here are some questions you might like to ask an older person you are visiting or who is speaking to your group.

- What rules did you have in your home when you were growing up?
- What rules did you set for your own family?
- What were the things that got you into trouble?
- Who were the people you went to for advice?
- What advice did they give you?
- What advice could you give us?

With your group, talk about what would happen if we didn't have people in authority.

Look up the following verses. What do they say about honoring authorities?

Leviticus 19:32 \_\_\_\_\_  
\_\_\_\_\_

Acts 5:29 \_\_\_\_\_  
\_\_\_\_\_

Romans 13:2 \_\_\_\_\_  
\_\_\_\_\_

Ephesians 6:2-3 \_\_\_\_\_  
\_\_\_\_\_

Colossians 3:20 \_\_\_\_\_  
\_\_\_\_\_

Now consider the questions below.

How can we learn from people who are older, wiser, or more experienced?

\_\_\_\_\_  
\_\_\_\_\_

What does God specifically promise us in the Fourth Commandment?

\_\_\_\_\_  
\_\_\_\_\_

How does the Fourth Commandment give you freedom?

\_\_\_\_\_  
\_\_\_\_\_

# The Fifth Commandment

Read Exodus 20:13. Write the Fifth Commandment here:

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## In the News

**Materials**      newspapers/magazines  
                         paper  
                         scissors  
                         glue

Split into two groups. One group should cut articles and pictures from newspapers or magazines that describe or show life. The other group should cut out articles and pictures about death. Make two collages with these pictures, one for life and one for death.

As a group, talk about which collage is fullest.

Which one do you like the best? Why?

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Describe the images that show life:

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Describe the images that show death:

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## Babies, Babies, Babies

Invite a new parent to speak with your group. (The newborn child can come too.) Ask the parent what it was like expecting a child, and seeing the child for the first time. Or visit the maternity ward at your local hospital and discuss the experience with your group.

As a group, come up with a definition of life.

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List some ways we can promote life.

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Read Genesis 1:26-28, 31; Genesis 9:6.

Why do you think God wants us to promote life?

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How does the Fifth Commandment give you freedom?

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## The Sixth Commandment

Read Exodus 20:14. Write the Sixth Commandment here:

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### Ready or Not?

Jill and Tom have been seeing each other for the past two months. They met in algebra class and went to the fall dance together. Jill watches Tom's basketball games, they've seen a few movies together, and they talk on the phone almost every night. Now Tom is starting to pressure Jill to have sex with him. Jill feels strongly about waiting until she is married to have sex. She enjoys kissing Tom and being his girlfriend, but she doesn't want to go further.

- How do you feel about this situation?
- What impact could sexual activity have on Jill and Tom's relationship?
- How can Tom respect Jill's desires? How can Jill respect Tom's desires?
- What are some options that Jill and Tom have?

### A Love Triangle?

Jon and Kim have been going out for six months. They both said they were seeing each other exclusively, but Jon just found out that Kim also has been seeing a guy from another school. She's been bragging to her friends about secretly dating two guys at once. Kim still acts like everything is the same between her and Jon, but he isn't sure what to do. He still really cares for Kim even if she's been dishonest.

- How do you feel about this situation?
- What role does honesty have in this relationship?
- Do you think Kim misled Jon? Why or why not?
- How can Kim be respectful of Jon's needs in the future?
- How can Jon be respectful of Kim's needs in the future?

## Will You Marry Me?

Imagine that all of the participants in the group are about to get married. As a group, come up with a description of the ideal husband or wife:

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Make a list of things you can do to keep your relationship strong:

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List some things that might destroy your relationship:

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Think about friendships, girlfriend/boyfriend relationships, and family relationships. Now list things that are important to you in a relationship:

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Go back over the two lists above. Talk with your group about how you can begin using the things that are important to you in your current relationships with others.

How can we show respect for others in our relationships?

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How does the Sixth Commandment give us freedom?

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Look again at the Fourth, Fifth, and Sixth Commandments. How are these Commandments related to one another?

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Rewrite the Fourth, Fifth, and Sixth Commandments into guidelines for respecting life on a daily basis. Word your “commandments” positively.

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In the coming week, pay close attention to the TV shows you regularly watch. Using the Fourth, Fifth, and Sixth Commandments, evaluate the programs you watch in the following ways:

- Are authorities honored on these TV shows?
- Is life honored and promoted on the shows?
- Are committed relationships honored?

**Close with the Lord’s Prayer.**

# Session 4

## Respect for Community

Open with prayer.

### The Seventh Commandment

Read Exodus 20:15. Write the Seventh Commandment here:

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### To Catch a Thief

After following the directions of your group's leader, choose a "chief inspector" to take charge of the investigation. After you figure out who is the "thief," discuss the following questions as a group.

- What happened in your group when you tried to find the "thief"?
- What was it like to be the "thief"?
- Have you ever had something taken from you?
- How did you feel?
- What is stealing?
- Why do you think God says we should not steal?

Look up the following verses. What do they say about stealing?

Proverbs 29:24 \_\_\_\_\_

Jeremiah 22:13 \_\_\_\_\_

Matthew 7:12 \_\_\_\_\_

Ephesians 4:28 \_\_\_\_\_

2 Thessalonians 3:10 \_\_\_\_\_

How does the Seventh Commandment give you freedom?

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### Scripture Text

Exodus 20:15-17

### Ten Commandments

First Commandment

Second Commandment

Third Commandment

Fourth Commandment

Fifth Commandment

Sixth Commandment

Seventh Commandment

Eighth Commandment

Ninth Commandment

Tenth Commandment

### Community Cards

You can use the  
Community Cards activity  
on pages 23-24 with  
Session 4 or as a stand-  
alone activity.

Permission is granted to  
photocopy the cards on  
page 24.

## The Eighth Commandment

Read Exodus 20:16. Write the Eighth Commandment here:

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### And Then They Said . . .

Play the game “telephone.” The leader will whisper a statement to the nearest participant. Then go around the group whispering this message to the next person until everyone has heard. The last person can repeat the message out loud. Afterward, discuss these questions as a group.

- Did the message change as it was repeated? What happened?
- Does this happen in real life?
- Has someone ever spread false information about you? How did you feel?
- Have you ever done something that you were sorry for doing? Explain.
- How would you feel if this story got spread around school?
- Why do you think God would not want us to spread rumors?
- Do rumors help build people up or make them better people? Why or why not?

Look up the following verses. What do they say about giving false testimony?

Proverbs 11:13 \_\_\_\_\_

Proverbs 19:5 \_\_\_\_\_

Proverbs 31:8-9 \_\_\_\_\_

Zechariah 8:17 \_\_\_\_\_

Matthew 26:14-16 \_\_\_\_\_

Luke 6:37 \_\_\_\_\_

Ephesians 4:25 \_\_\_\_\_

James 4:11 \_\_\_\_\_

1 Peter 4:8 \_\_\_\_\_

How does the Eighth Commandment give you freedom?

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## The Ninth and Tenth Commandments

Read Exodus 20:17. Write the Ninth and Tenth Commandments here:

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## Time to Eat

The leader will pass out treats. Three participants get fruit, three of them get candy, and the rest get nuts. Everyone can eat their own treats, but no one can share or exchange their food with someone else. After everyone has finished, discuss the following questions:

- How does it feel to be different from the others in your group?
- Who got the best treat? Who got the worst treat?
- Did you want to share your treat, or exchange it with someone else? Why?
- Have you ever wanted something that belonged to someone else? Explain.
- Has someone wanted something of yours? Explain.

## What about Me?

On separate sheets of paper, complete these thoughts.

- These are the members of my immediate family ...
- This is what my home looks like ...
- One thing I can do well ...
- My best subject in school ...
- My worst subject in school ...
- As an adult I would like to do or be ...
- One reason my friends like me ...
- One day I hope to ...

After everyone has filled out their sheets, compare answers in the group.

- In what ways were everyone's answers the same?
- In what ways were everyone's answers different?
- How does it feel when others are good at things that you'd like to do well?

All of us are blessed with special gifts and resources. All of us are different; no two people are exactly the same. It is in our nature to envy other people's abilities and possessions. Sometimes we complain about the world not being fair or we feel cheated.

List some things that tempt us in our society:

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The Ninth and Tenth Commandments admit that according to worldly standards, life is not fair. But God loves us all the same, and encourages us to love each other in that same way. Once again, God calls us to focus on God, not on the things of the world. Look up the following verses. What do they say about keeping a holy heart?

Psalm 37:4 \_\_\_\_\_

Galatians 5:1 \_\_\_\_\_

Ephesians 6:10-19 \_\_\_\_\_

James 1:14-15 \_\_\_\_\_

How do the Ninth and Tenth Commandments give you freedom?

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Rewrite the last four Commandments into guidelines for respecting community in your everyday life. Word your “commandments” positively.

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## Lord's Prayer

Luke 11:1-4

*Father, hallowed be  
your name.*

*Your kingdom come.*

*Give us each day  
our daily bread.*

*And forgive us our sins,  
for we ourselves forgive  
everyone indebted to us.*

*And do not bring us  
to the time of trial.*

Keeping all Ten Commandments in mind, discuss ways you can respect others in your community.

Close with the Lord's Prayer.



# Community Cards

The leader should give one participant the first card, the card that mentions the home burning down. Hand out the other cards to the rest of the participants. Using the resources listed on the other cards, participants should decide how they can help the one whose house had burned down.

- How can we find out what needs exist in our community?
- Was there a way each person in your group could help?
- What if only one person were available to help?

This activity is about community. We are all a part of several communities: our family, school, church, town, friends, teams, and other groups. Sometimes we can choose which communities we will belong to, other times we don't have any choice.

When I am a part of a community, what I do influences others in the community, even though I may not intend to influence them. For example:

- If I attend Central High School and our football team wins the state championship, I celebrate that win whether I played on the team or not.
- If I am a member of Central Lutheran Church and our congregation builds a house for Habitat for Humanity, I am associated with Habitat for Humanity whether I worked on the house or not.
- If my parents get a divorce, I am affected by the divorce, even though it is not my decision.
- If I hang out with a certain crowd at school, and one person from that group picks on someone else, the behavior of that person reflects on me, even if I don't do anything.

Make a list of the communities that you are part of, then share your list with the rest of the group.

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Our behavior positively and negatively affects other people. My actions not only affect me, but also those groups to which I belong. In the same way, the behavior of others in my community also affects me in some way. It works both ways. How do the Ten Commandments help us to live in community with other people?

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## Community Cards

You can use the **Community Cards** activity with **Session 4 of *Ten Commandments*** or as a stand-alone activity.

**Permission is granted to photocopy the cards on page 24.**

# Community Cards

<p>Your home has been destroyed in a fire. All of your possessions are gone. You have no insurance or extra savings.</p>	<p>You have a surplus of building materials available.</p>	<p>You have extra furniture available.</p>
<p>You have extra clothing available.</p>	<p>You are a good listener.</p>	<p>You have time off from school or work for the next few weeks and have plenty of spare time.</p>
<p>You have a spare bedroom in your home.</p>	<p>You are friends with the person whose home was lost in a fire and have many photos and mementos of your friendship together.</p>	<p>You just completed a psychology course on interpersonal skills.</p>
<p>You are an experienced carpenter.</p>	<p>You work for the fire department.</p>	<p>You don't have any specialized skills or resources to offer but would still like to help in some way.</p>
<p>You have extra money this week.</p>	<p>You are looking for a roommate to share your apartment.</p>	<p>You are part of a prayer chain.</p>
<p>You are a talented chef.</p>	<p>You own a grocery store.</p>	<p>You own a clothing store.</p>





To Know, To Live,  
To Grow

Apostles' Creed  
Building the Christian Church  
Jesus of Nazareth  
Lord's Prayer  
Meaning of Service: Living in Love  
My Faith  
New Testament  
Old Testament  
Ten Commandments  
What Is a Lutheran?

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