

Week 3: The Ten Commandments

A Sabbath Family Bible Study

Introduction

The Ten Commandments are not merely ancient Hebrew laws, they are the eternal moral standard of God for all mankind. Given by the voice of God Himself from Mount Sinai, these commands define righteousness, establish justice, and order society. For the Christian family, they serve as both a mirror to reveal our sin and a lamp to guide our path. In a world of moral confusion, the Ten Commandments remain a steadfast anchor for building holy homes and godly generations.

Scripture Reading: Exodus 20:1–17 (KJV)

With Commentary

1 And God spake all these words, saying,

Commentary: The Law did not originate with man or Moses; it came directly from the mouth of God. It is divine, authoritative, and unchangeable.

2 I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage.

Commentary: God begins not with a command but with a declaration of His covenant faithfulness. The Law is not legalistic oppression; it is the framework for walking in freedom under the protection of God.

3 Thou shalt have no other gods before me.

Commentary: God demands exclusive loyalty. Any rival—whether money, fame, ideologies, or false religions, is idolatry. This is the foundation of true worship.

4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. Commentary: God is not to be represented by man's imagination or carved symbols. His people must worship in spirit and truth, not through man-made rituals or icons.

5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

Commentary: Worship is not just what we believe—it's what we serve. God is jealous for our loyalty and visits the consequences of idolatry generationally.

6 And shewing mercy unto thousands of them that love me, and keep my commandments.

Commentary: The law is not only about judgment—it contains a promise. Obedience brings blessing to future generations.

7 Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.

Commentary: God's name is holy. Whether by false oaths, flippant speech, or misrepresenting Him, taking His name in vain is serious. Our speech should reflect our reverence for Him.

8 Remember the sabbath day, to keep it holy.

Commentary: The Sabbath is a divine command, not a suggestion. It is a gift of rest, a weekly witness of God's creation and covenant. In honoring the Sabbath, we declare that God—not our labor—is our sustainer.

9 Six days shalt thou labour, and do all thy work: Commentary: Work is not a curse—it is commanded. God ordains six days of labor, followed by holy rest. This order cultivates discipline, purpose, and provision.

10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

Commentary: The Sabbath is the Lord's day. It is not for selfish leisure but for worship, teaching, rest, and joy in Him. The entire household is to participate, including servants and guests.

12 Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.

Commentary: Family authority is sacred. To honor parents is to honor God's design. This is the first command with a promise—long life and stability in the land.

13 Thou shalt not kill.

Commentary: Life is sacred because man bears God's image. This includes physical murder but also hatred in the heart (Matthew 5:21–22).

14 Thou shalt not commit adultery.

Commentary: Marriage is holy. Adultery destroys families and dishonors God's covenant. This command includes not only acts but thoughts and desires (Matthew 5:27–28).

15 Thou shalt not steal.

Commentary: Property is protected by God's law. Stealing includes theft, fraud, or laziness on the job. It destroys trust and violates love for neighbor.

16 Thou shalt not bear false witness against thy neighbour.

Commentary: Truth matters. Lies, slander, exaggeration, and deceit are satanic tools that tear down households and communities.

17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

Commentary: Coveting is the sin of the heart that leads to all others. It is dissatisfaction with God's providence and a desire for what He has not given. Contentment is the antidote.

 **Discussion Questions for All Ages****Young Children:**

- What are the Ten Commandments?
- Why does God want us to obey Him?
- Which commandment is your favorite, and why?

Older Children & Teens:

- How do the Ten Commandments help us live rightly?
- What happens when people ignore God's commandments?
- How can you honor your parents in daily life?

Adults:

- Which of these commandments do you see most rejected in today's society?
 - How does the Sabbath commandment shape the rhythm of your home?
 - In what ways can we apply the commandments to teach our children holiness?
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Psalm or Hymn to Sing

Psalm 19:7–11 (KJV) – A Song about God's Law

7 The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.

8 The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.

9 The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.

10 More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.

11 Moreover by them is thy servant warned: and in keeping of them there is great reward.

Optional Hymn:

"Holy Bible, Book Divine" (by John Burton, 1803)

A hymn celebrating God's Word and its guiding truth in our lives.

1. Holy Bible, Book divine,
Precious treasure, thou art mine:
Mine to tell me whence I came;
Mine to teach me what I am.

2. Mine to chide me when I rove,
Mine to show a Savior's love;
Mine thou art to guide and guard;
Mine to punish or reward.

3. Mine to comfort in distress,
Suffring in this wilderness;
Mine to show, by living faith,
We can triumph over death.

4. Mine to tell of joys to come,
And the rebel sinner's doom:
O thou holy Book divine,
Precious treasure, thou art mine.

Family Application Points

1. **Memorize the Ten Commandments** – Use repetition, songs, or visuals to help children learn and recite them.
 2. **Post Them Visibly** – Hang a written copy in your home (e.g., kitchen, hallway, or homeschool area) as a visible reminder.
 3. **Use Real-Life Examples** – Throughout the week, point to opportunities where commandments are being kept or broken (e.g., sharing vs. stealing, truth-telling vs. lying).
 4. **Honor Parental Authority** – Reinforce the fifth commandment by requiring respectful speech and obedience from children.
 5. **Keep the Sabbath Holy** – Continue cultivating a restful, reverent, joyful atmosphere on the seventh day that reflects the holiness of God's law.
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A Sabbath Feast Prayer: (Used later when the Sabbath Meal is Ready)

“Heavenly Father, we thank You for Your Sabbath—a holy day of rest, joy, and renewal. As we partake in this meal, may our hearts be lifted in gratitude for Your provision and peace. Let this table reflect the peace of Your Kingdom and the love that binds our household together in Christ. In Jesus’ name, Amen.”

Closing Prayer

Heavenly Father, we thank You for Your law, which is perfect, just, and holy. In a world of moral confusion, You have given us clear commands to live by. Help us to love Your law, to teach it diligently to our children, and to live it out in our homes with joy and reverence. Forgive us where we have fallen short, and write Your commandments upon our hearts. Let our household be governed by Your truth, that we may be a light in a dark world. In Jesus’ name, the fulfillment of the law, we pray. Amen.