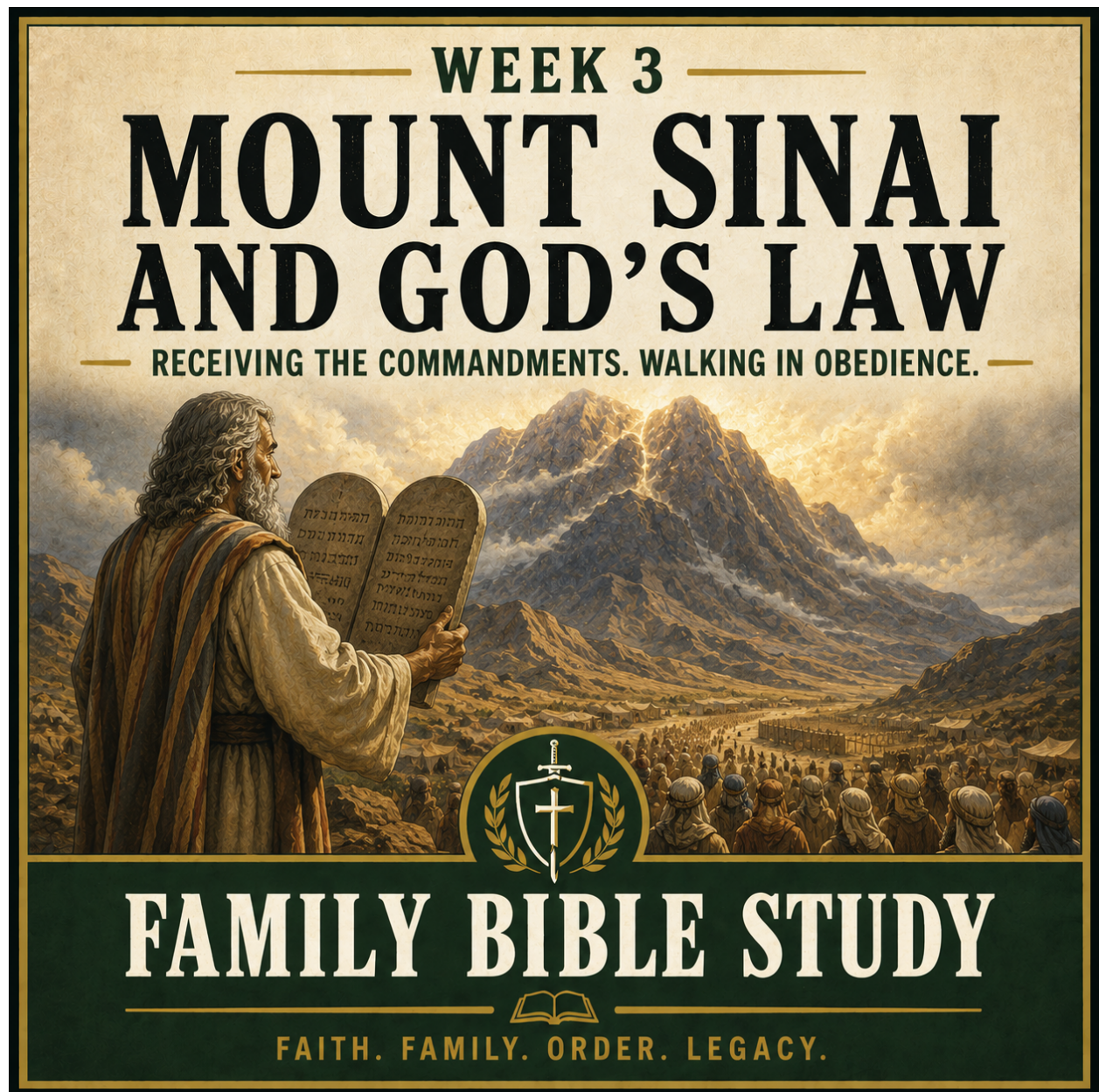




Week 3: The Ten Commandments

A Sabbath Family Bible Study

Introduction

The Ten Commandments are the eternal moral standard of God for all mankind. Given by the voice of God 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 the steadfast anchor for building holy homes and godly generations.

Scripture Reading

(Exodus 20:1–17, Psalm 19:7–11)

Before Giving the Ten Commandments:

1 And God spake all these words, saying,

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

Commentary

Before giving the Ten Commandments, God reminds Israel who He is and what He has done for them. He is the LORD who delivered them from slavery in Egypt. The commandments begin with grace and redemption. God first saved His people, then taught them how to live. We are reminded that obedience is not a way to earn God's favor, but the proper response to His faithfulness, love, and deliverance.

The First and Second Commandments:

3 Thou shalt have no other gods before me.

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.

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;

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

Commentary

The first commandment establishes that God is worthy of worship. Israel was surrounded by nations that served many gods, but the Lord declared that there is no rival to His authority. The prohibition against idols goes well beyond carved images, it forbids placing anything in God's rightful place. God requires wholehearted devotion. We are reminded that worship is what we trust, love, and prioritize most. God is jealous for His people, not because He is insecure, but because He knows that true blessing and life are found only in faithful devotion to Him.

Commandments Three and Four:

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.

8 Remember the sabbath day, to keep it holy.

9 Six days shalt thou labour, and do all thy work:

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

These commandments teach reverence for God's name and respect for His holy Sabbath. God's name is not to be used carelessly, falsely, or irreverently, for it represents His character, authority, and reputation. The Sabbath command reminds God's people to set aside time for worship, rest, and remembrance of His provision. For six days Israel was to labor diligently and the seventh day belonged to the Lord. We are reminded that both reverence and rest are gifts from God, helping us honor Him in our words, our work, and our worship.

The Final Six Commandments:

11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

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

13 Thou shalt not kill.

14 Thou shalt not commit adultery.

15 Thou shalt not steal.

16 Thou shalt not bear false witness against thy neighbour.

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

These commandments show how love for God is expressed through our treatment of others. God calls His people to honor parents, protect life, remain faithful in marriage, respect the property of others, speak truthfully, and guard their hearts against covetousness. The command to remember that God created the heavens and the earth in six days and rested on the seventh provides the foundation for the Sabbath. Together, these commandments establish order, trust, and righteousness within families and communities. We are reminded that obedience to God affects every area of life, from worship and rest to relationships, speech, and the desires of the heart.

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?
-

Psalm Reading - Psalm 19:7–11

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.

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.



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, we pray. Amen.