



Overview

The Ten Commandments

Family Study Guides • The Ten Commandments Series

Overview

The Ten Commandments

In the Ten Commandments series we examine each of God's Ten Commandments to see their practical applications in life both spiritually and physically.

These Family Study Guides are created to help parents review and better understand the basics of God's doctrines—then have family discussions on those topics.

Use the portions of the guides that are the most helpful and meaningful to your family.

Objectives:

- Help your family to list the Ten Commandments in order.
- Discussion on how God gave Moses the Ten Commandments.
- Help your family explain Jesus Christ's view of the Ten Commandments.
- Discuss with your family how keeping God's laws lead to positive results in life.

1. What are the Ten Commandments?

Read Exodus 20:3-17. Review each of the Ten Commandments and briefly discuss what each one means.

- a. How would you put each one in your own words?
- b. What two main “categories” could you create for these commandments?
- c. Where in the Bible (Old Testament and New Testament) can the Ten Commandments be found?
- d. What strategies do family members or friends have to help memorize the Ten Commandments? (See below on pages 5-6, the Two Hands sheets for ideas).

2. How were the Ten Commandments given?

- a. How were the Commandments first delivered? What was the reaction of the people?
 - The Commandments were spoken from Mount Sinai (Exodus 19:17-20).
 - The people were afraid when they heard (Exodus 20:18-19).
- b. Who wrote the 10 Commandments—Moses or God?
 - After God spoke the Commandments, He also provided them in written form.
 - “Then the Lord delivered to me two tablets of stone written with the finger of God” (Deuteronomy 9:10). See also Exodus 24:12.
- c. Why did a second set of tablets need to be made?
 - When Moses returned and saw the people worshipping an idol, he broke the two stone

tablets (Exodus 32:1-30).

- God told Moses to cut two more stone tablets (Exodus 34:1-4).

d. What were the similarities and differences in each delivery of the Commandments? Why do you think this was the case?

3. What can we learn about the Ten Commandments from Jesus Christ?

a. Christ often discussed the importance of the commandments and set an example of how to obey God (Matthew 19:17 and Matthew 22:35-40).

b. The excerpt of the UCG study booklet, *The Ten Commandments*, provides a list of verses that show Christ's view of the commandments as a necessity to life. <https://www.ucg.org/bible-study-tools/booklets/the-ten-commandments/does-the-new-covenant-abolish-the-commandments>

c. Christ illustrated that God's commandments are not just about our actions; they are also about our thoughts and motivation (Matthew 5:17-43).

4. What is the purpose of God's Commandments?

God gave us the Ten Commandments to help us understand how we should act towards Him and each other.

a. What are some benefits for obeying God's Commandments?

- Long life (Exodus 20:12, Deuteronomy 30:19-20).
- So that it will go well with you (Deuteronomy 5:29).
- Wisdom and understanding (Psalm 119:97-112).

a. What consequences take place when we do not obey God?

- Read Exodus 32:31-35. What was the result of Israel's worship of the golden calf?
- What other Biblical examples can you brainstorm that show consequences for disobedience?
- What examples can you think of in your own life—at home, school, extra activities, work, or church?
- Breaking some of these commandments is punishable by our country's laws (for example, murder, stealing—what others?).
- Some are not, such as misusing the name of the Lord. Nevertheless, God expects us to follow all of His commandments as long as we live.

Family Discussions

“The Golden Calf” Discussion

After reading Exodus 32 as a family, watch the “golden calf scene” from the 1956 Cecil B. DeMille version of *The Ten Commandments*:

- <https://www.youtube.com/watch?v=-YETnMqtlyI>
- Or longer segment: <https://www.youtube.com/watch?v=idxrtpmcCKg>

Discuss the following questions:

1. How do you think God must have felt about the Golden Calf incident?
2. Discuss the following two quotes from the movie where Moses says:
 - “There is no freedom without the law” (read 2 Peter 2:19; John 8:32).
 - “Those who will not live by the law shall die by the law!” (Read Deuteronomy 30:15-20; James 1:12-15).
 - While these statements are not direct bible quotes, discuss why they reflect biblical principles and how they apply to us.
3. Why do you think, “You shall have no other Gods before me” is the first commandment?



Keeping the Law

Is there a difference between the Ten Commandments and other laws in the Bible (such as food laws, Holy Days, tithing, retribution, etc.)?

“Apply It” Discussion:

Your friend at school says to you, “Why do you keep trying so hard to keep those old commandments? That’s the Law of Moses that was nailed to the cross, so the law won’t save you, Jesus does. Just accept Jesus and be thankful for grace.” How could you respond?

Additional Resources for Your Family Studies

UCG Study Booklet “The Ten Commandments”

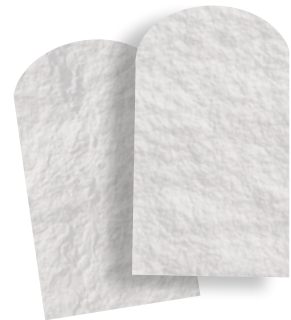
<https://www.ucg.org/bible-study-tools/booklets/the-ten-commandments>

Beyond Today Bible Study Series “The Ten Commandments”

<https://www.ucg.org/beyond-today/beyond-today-bible-study/ten-commandments>

UCG Study Guides

<https://www.ucg.org/bible-study-tools/teen-bible-study-guides/teen-bible-study-volume-3-the-ten-commandments>



Classroom Activities

Make Your Own Tablets: (this might be a good on-going project)

Use cardboard or another “hard” paper material to cut out stone tablets – one set for each child. Then you will need to print out the 10 commandments ahead of time, one set for each child. Have the children cut the commandments into strips of paper (one commandment on each strip). Then have the children place the commandments in the correct order onto their tablets. Be sure to check that the order is correct before they glue them onto the tablets. (Note: You might make a poster with the commandments and post in your class area each time. The children can check for themselves to make sure the commandments are in the correct order).

Ten Commandments Two Hands Activity

See the idea below. This is a way to memorize the commandments.

The Ten Commandments

Fold a piece of paper in half. Put the heel of your hand along the fold and trace around your hand on one half of the paper. With the paper folded, cut out the outline of your hand. Then open the folded paper and you will have two hands hinged in the middle. Now write a short form of the Ten Commandments on each of the corresponding numbered fingers. Writing the short form of each of God’s Laws in your “hand-book” will help you remember them. Each time you see your own hands, you will think of God’s Laws.

