

Session 03

Called to OBEY

CENTRAL TRUTH | The Lord's commands and instructions reveal His character.

Sometimes, obedience can be difficult—especially when we struggle to understand the heart behind specific rules and commands. But rules like “Look both ways before you cross the street,” “Don’t run with scissors,” or “Get to bed at a reasonable time” aren’t designed to kill our joy. Instead, these rules serve as guardrails that keep us safe, help us thrive, and show that the person who made the rule cares. In Exodus 20:1-7, we learn about the Ten Commandments, the core of the Lord’s instructions to His people. Together, we will see that the Lord’s commands and instructions reveal His character.

REFLECT

What questions do I have about God?

What questions do I have about myself?

What questions do I have about the world and those around me?

EXODUS 20:1-7

¹ Then God spoke all these words: ² I am the LORD your God, who brought you out of the land of Egypt, out of the place of slavery. ³ Do not have other gods besides me. ⁴ Do not make an idol for yourself, whether in the shape of anything in the heavens above or on the earth below or in the waters under the earth. ⁵ Do not bow in worship to them, and do not serve them; for I, the LORD your God,

am a jealous God, bringing the consequences of the fathers' iniquity on the children to the third and fourth generations of those who hate me, ⁶ but showing faithful love to a thousand generations of those who love me and keep my commands. ⁷ Do not misuse the name of the LORD your God, because the LORD will not leave anyone unpunished who misuses his name.

EXODUS 20:8-12

⁸ Remember the Sabbath day, to keep it holy: ⁹ You are to labor six days and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. You must not do any work — you, your son or daughter, your male or female servant, your livestock, or the resident alien who is within your city gates. ¹¹ For the LORD

made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day. Therefore the LORD blessed the Sabbath day and declared it holy. ¹² Honor your father and your mother so that you may have a long life in the land that the LORD your God is giving you.

EXODUS 20:13-17

¹³ Do not murder. ¹⁴ Do not commit adultery. ¹⁵ Do not steal. ¹⁶ Do not give false testimony against your neighbor. ¹⁷ Do not covet your neighbor's house. Do not covet your

neighbor's wife, his male or female servant, his ox or donkey, or anything that belongs to your neighbor.

Day 01

EXODUS 19:3-6



Refer to page 5 for a description of the 7 Arrows of Bible Reading.

📍 READ & RESPOND

The Israelites finally made it to Mount Sinai—the same mountain where God had called Moses through the burning bush. God gave Moses a message for the Israelites: He reminded them that He had graciously rescued them from slavery and brought them into a relationship with Himself. In light of God’s saving work, the Israelites would enjoy great blessings in relationship with Him. As believers, we have been rescued from slavery to sin by God through Jesus. The Lord calls us into a relationship with Himself—and we enjoy the rich blessings of the relationship in Christ alone.

↑ What does this passage tell us about God’s desire for a close relationship with His people?

↓ What does this passage tell us about our role in our relationship with God?

→ God calls the Israelites a “kingdom of priests.” How should this truth influence the way you represent God to your friends and family?

📍 MEMORIZE

Write **Exodus 20:1-2** in a creative font and illustrate it with markers, paint, or other art supplies. Seeing the verse in a colorful and artistic way helps it stick in our minds. Hang it where you can see it every day.

📍 PRAY

Father, thank You for Your faithfulness to me even when I am unfaithful. Teach me to delight in Your commands and to live a life that passionately pursues Your kingdom purposes.

Day 02

EXODUS 20:1-7

📍 READ & RESPOND

The Israelites were entering a new covenant with God, and in today's passage, He sets the ground rules. He begins with three guidelines about His people's relationship with Him. First, they are to worship no one but Him. Because God is their Great Rescuer, He deserves to be their only God. Second, they are not to make any idols. He is so big and powerful that no picture or statue can truly capture who He is. Third, they are to not misuse His name. Because God is number one in their lives, they should treat His name with honor and respect. These three commands are practical foundations for our own relationship with God, reminding us that He alone is worthy of our worship, He is beyond our full understanding, and His name should be held in the highest regard.

← Why was it important for the Israelites to hear these first three commandments?

→ What is something in your life that you might be tempted to put before God? How can you make sure He stays in first place?

↓ How have you worshiped things other than God or been careless with His name?

📍 MEMORIZE

Write each word of **Exodus 20:1-2** on separate pieces of paper. Mix up the words and put them back in the correct order. This activity helps you think about the correct structure of the verse.

📍 PRAY

Lord, thank You for being the one true God. Help me put You first in my life every day and remove anything that takes Your place.

Day **03****EXODUS 20:8-11****READ & RESPOND**

Some weeks just feel like one long race. School, homework, sports, and friends all demand your time and energy. It's easy to get burned out. In today's passage, we look at the fourth of the Ten Commandments: to keep the Sabbath holy. God gifted the Israelites one day of the week as a day of rest and as a day to trust in His provision. God Himself rested on the seventh day because creation was complete, not because He was tired. The Sabbath wasn't just about physical rest—it was about worship and refocusing on the Lord. While there is wisdom in setting aside a day for rest and worship today, Scripture teaches us that the Sabbath ultimately foreshadowed Jesus. In Him, believers find true peace and eternal rest.

← For the Israelites, who had been enslaved, why would this commandment have been especially meaningful?

↑ What does the command to rest reveal about God's care for His people?

→ How can you set aside a time each week to truly rest and reconnect with God?

MEMORIZE

Write **Exodus 20:1-2** on a small card. Walk around and say the verse out loud. The physical movement helps your brain process and remember the words. You can say it faster or slower as you walk.

PRAY

Lord, thank You for giving me rest and for knowing that I need it. Help me to trust You with my to-do list and to make time to rest and remember You.

Day 04

EXODUS 20:12-17

📍 READ & RESPOND

The Ten Commandments aren't just about our relationship with God; they're also about how we treat each other. The last six commandments give us some clear rules for living in community. They cover everything from honoring our parents to not stealing, lying, or being jealous of what others have. God commands us to value each other. He knows that if we want to live in peace and have a good life, we need to respect each other's lives, relationships, property, and reputations. These aren't just random rules—they are God's way of showing us how to love our neighbor as ourselves (see Matt. 22:39).

🔄 What six commands does this passage give about how the Israelites were called to treat one another?

↔️ What's one way you can be a better friend or family member this week?

↓ What does the fact that God had to give these rules tell us about the human heart?

📍 MEMORIZE

Write **Exodus 20:1-2** on a sticky note and put it on your bathroom mirror. Every time you get ready in the morning or evening, say the verse out loud while looking at your reflection. The visual and verbal repetition will help you lock the words into your memory.

📍 PRAY

Lord God, thank You for giving Your people a guide on how to treat one another. May we honor You by loving our neighbors, our parents, and our friends.

Day 05

MATTHEW 22:37-40

READ & RESPOND

When a religious expert tried to test Jesus by asking which commandment was the most important, Jesus didn't just pick one. He combined the two most important ones. First, we are to love God with all our heart, soul, and mind. That's a total, all-in kind of love. But He didn't stop there. He added that we must love our neighbor as ourselves. We must love God and we must love others. These two commands summarize all of the laws and teachings found in the Bible. Jesus was giving us the main point of everything: Love God first and love people second. If we can get those two things right, everything else will fall into place.

↑ What does this passage reveal about God's priorities?

↓ Why can loving God with "all your heart, soul, and mind" be challenging?

↔ How should Jesus' second command change the way you treat people who you don't always get along with?

MEMORIZE

Make up a simple tune or rap to go with **Exodus 20:1-2**. The rhythm and melody will help you remember the words. You can sing it to yourself or record it to listen to later.

PRAY

Lord, help me to love You with everything I have. Guide me to show love to others just as You have loved me.