Explore: The Ten Commandments

I Kings 21:1-20,29: Naboth's Vineyard

So Ahab spoke to Naboth, saying, "Give me your vineyard,
that I may have it for a vegetable garden, because it is near, next to my house…."



Take an in-depth look at the Ten Commandments. Compare the role they played in Ahab and Jezebel's lives with the role that they play in your own life. Choose one Commandment to meditate on this week.

Supplies Needed for Each Student

- copy of the Ten Commandments to sequence (see attached sheet)
- copy of the table relating the Ten Commandments to life (see attached sheet)

Teacher Preparation

- cut apart and scramble the Ten Commandments to sequence

Hint: print copies of the Ten Commandments on different colors of paper to help distinguish different "sets" of the Ten Commandments.

Warm up

Ahab's covetous request starts a series of events that ends with false accusations, lies and murder. Which of the Ten Commandments did Ahab and Jezebel violate? (Brainstorm with the group.)

Sequence the Ten Commandments

Hand out the cut-apart and scrambled sets of the Ten Commandments. Ask the students to sequence them in the order they are given in Exodus 20. (You may choose to do this as individuals or as a group. If students need a lot of help, have them use Exodus 20 as a guide.)

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Explore the Ten Commandments

The Ten Commandments are Divine laws outlining rules for life in this world, and life in heaven. They hold in them the promise that if we do them, "[our] days may be long upon the land which the Lord [our] God is giving [us]." The land that the Lord promises to give us when we follow them is heaven—our spiritual Canaan.

Choose and Discuss

Choose three or four Commandments from the table that explains them. Read one commandment (including the explanations) with the group and then use the following questions to start a discussion about each one:

1. How did this Commandment play a role in Ahab and Jezebel's life?
2. Give an example of how this Commandment has played a role in your life.
3. What suggestions might you have for a friend who is struggling to keep this Commandment?
4. The Lord says that if we keep His Commandments, we are building a life in heaven. This seems far away. Is it? How might keeping this Commandment help you experience heaven right now?

Wrap-Up

The Psalmist says, "Blessed is the man who walks not in the counsel of the ungodly. .. but his delight is in the law of the Lord, and in His law he meditates day and night." Choose one of the Commandments to meditate on in your life this week.

The Ten Commandments

Commandment	Identifying this Commandment in my life	What steps can I take to follow the Commandment better?
I am the Lord your God. You shall have no other gods before Me.	Everything we love and spend time doing has power in our life. It is like a God which we serve for the moment. Worship is of life—and life is how we spend our time.	Notice what you think about. Is there a person, substance, or activity that controls you—that you can't stop thinking about. Identify it, name it and change habits leading away from God.
You shall not take the name of the Lord in vain.	To call upon the name of God is to pray that God's qualities—love, compassion, forgiveness, wisdom, understanding—may come into us. To take them in vain is not to make use of them.	Think about a time when you did not make use of God's qualities. Pray for qualities that are lacking. Think about how you might replay a situation to better use God's qualities in your life.
Remember the Sabbath day.	Sabbath is a day of rest—or a restful state of mind. We can let go of our own concerns, recognizing the Lord in our life.	Read the Word—reconnect with the Lord. Keep your own thoughts quiet and listen to what the Lord says.
Honor your father and your mother.	Honoring our parents means respecting and valuing their fine qualities. In adult life it means loving and honoring the Lord (heavenly Father) and the church (the community of people following the Lord).	Conduct yourself in ways that honor your parents and spiritual advisors. Express your appreciation. Count your blessings.
You shall not murder.	Do not take earthly or spiritual life from another person, either in thought or action.	Speak only kind, true and useful words. Say nothing unkind or critical. Give life to others.
You shall not commit adultery.	Honor marriage with your words and actions. Keep in mind that friends of the opposite sex may eventually be someone else's married partner.	Catch yourself "in the act" of thinking impure thoughts and stop them. Do not repeat jokes dishonoring marriage.
You shall not steal.	Do not take what is not yours—objects, credit for work that is not yours, etc. Acknowledge that only the Lord gives life.	Recognize that all gifts come from the Lord. Give Him credit for your talents, thoughts, feelings and deeds.
You shall not bear false witness.	Tell the truth. Be honest, open and kind in dealing with others. Be true to your word, honor commitments, keep promises.	Watch out for misinterpreting the motives of others and attaching false meaning to what they do. Watch for the false witness of guilt that makes us feel that we cannot turn our lives to the Lord.
You shall not covet your neighbor's house.	Coveting possessions means being unable to let go of wanting something until we have it. Letting go of covetous desires opens our hearts to the treasures of heaven.	All material things belong to the Lord. Get rid of possessions you don't need. Look at motives. Ask yourself if you are doing something just to gain worldly wealth.
You shall not covet your neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his donkey, nor anything that is your neighbor's.	Do not selfishly dominate the feelings, thoughts or actions of others.	Give up the feeling of having to be "right"—acknowledge that you do not always have the answers. Ask yourself if you are doing something just to gain a good reputation.

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I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me. You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.
You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes His name in vain.
Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.
Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.
You shall not murder.
You shall not commit adultery.
You shall not steal.
You shall not bear false witness against your neighbor.
You shall not covet your neighbor’s house.
You shall not covet your neighbor’s wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor’s.