

LESSON 1

THE TEN COMMANDMENTS (PART 1): THE FIRST FIVE COMMANDMENTS

Worksheets

- Bible Discovery Worksheet: The First Five Commandments
- Life Application Worksheet #1, Pages 1 and 2: What Did I Do with My Time?
- Life Application Worksheet #2, Pages 1, 2 and 3: What Would YOU Do?
- Homework

THE FIRST FIVE COMMANDMENTS

Fill in the blanks.

Teaching	Meaning
<p style="text-align: center;">Commandment #1</p> <p>Ex 20:3 "You shall have no other _____ before Me."</p>	<p>The Lord God is the first and last; besides Him there is no other God. This means that in our heart and in our life, God should be _____, above everything else that we may love or wish to have.</p>
<p style="text-align: center;">Commandment #2</p> <p>Ex 20:4-6 "You shall not make yourself a carved _____ [...] you shall not bow down to them nor _____ them."</p>	<p>An image is any _____ made by humans, such as a picture or a sculpture. God strictly forbids us to worship images or _____.</p>
<p style="text-align: center;">Commandment #3</p> <p>Ex 20:7 "You shall not take the name of the LORD your _____ in _____, for the Lord will not hold him guiltless who takes His _____ in vain."</p>	<p>The third commandment tells us to always speak _____ of God. This means not using God's name in an untrue, boastful, demeaning, or _____ way, and also not using His name in _____.</p>
<p style="text-align: center;">Commandment #4</p> <p>Is 58:13-14 "If you turn away your foot from the _____, from doing your _____ on My holy day, and call the Sabbath a delight, the holy day of the Lord honorable, and shall honor Him, not _____ your own ways, nor finding your own pleasure, nor _____ your own words, then you shall delight yourself in the Lord."</p>	<p>God has given us commandment number _____, which is to honor the Sabbath Day, to keep it _____. God will bless us on this day, both physically and spiritually, when we keep His commandment. We should make an effort not to do our own ways or _____, nor speak our own _____.</p>
<p style="text-align: center;">Commandment #5</p> <p>Ex 20:12 "Honor your father and your mother, that your _____ may be _____ upon the land which the LORD your God is giving you."</p>	<p>To honor our parents is to _____ and _____ them. When we obey this commandment, our days on earth may be _____, as a promise from God.</p>

What Did I Do with My Time?

Think about a typical weekday and Sunday. What do you spend your time doing on these days? Look at each activity already listed and write down how much time you usually spend on each activity. Add additional activities you do that are not already listed.

Weekday Activities	Time Spent
1. Sleep	_____ Hours _____ Minutes
2. Homework	_____ Hours _____ Minutes
3. Chores	_____ Hours _____ Minutes
4. Dinner	_____ Hours _____ Minutes
5. Entertainment (TV, video games, etc.)	_____ Hours _____ Minutes
6. Bible reading	_____ Hours _____ Minutes
7. Praying	_____ Hours _____ Minutes
8.	_____ Hours _____ Minutes
9.	_____ Hours _____ Minutes
10.	_____ Hours _____ Minutes
11.	_____ Hours _____ Minutes
12.	_____ Hours _____ Minutes

Sunday Activities	Time Spent
1. Sleep	_____ Hours _____ Minutes
2. Homework	_____ Hours _____ Minutes
3. Chores	_____ Hours _____ Minutes
4. Dinner	_____ Hours _____ Minutes
5. Entertainment (TV, video games, etc.)	_____ Hours _____ Minutes
6. Bible reading	_____ Hours _____ Minutes
7. Praying	_____ Hours _____ Minutes
8.	_____ Hours _____ Minutes
9.	_____ Hours _____ Minutes
10.	_____ Hours _____ Minutes
11.	_____ Hours _____ Minutes
12.	_____ Hours _____ Minutes

Now that you've completed the worksheet, think about the following questions.

1. How much time each day do you spend on activities related to God or on building up your faith?

2. What do you think you spend most of your time on?

3. A. Do you love God:

a. More than the different forms of entertainment at home?

b. More than your friends at school and church?

B. If so, how do you show your love toward God? If not, what improvements can you make?

Read the following testimonies and think about the choices this brother made.

Testimony #1: There was a brother who enjoyed playing the clarinet. He attended lessons at school and, later on, was chosen to be part of a band with other students in the area that he lived. This gave him a dilemma. The band rehearsals took place on Saturday mornings from 10:30 am until lunchtime. If he attended the rehearsals, he would be late to church service. He thought long and hard about what he should do. He really wanted to be at church, worshipping God and having fellowship with other brothers and sisters. So, in the end, he quit the band because he thought it was more important to worship God.



Testimony #2: The brother we just mentioned faced another problem. As the end of the school term approached, there were exams to take. He wanted to do well on these tests so he stopped attending church services on Saturdays and studied for the tests instead. He found out that his test results were not as good as he had hoped for. Brothers and sisters invited him to return to church and attend RE classes. Later on, he did. He resumed attending the Sabbath day services and the RE classes. Shortly after, he received the Holy Spirit and ended up getting better grades.

What Would YOU Do?

It is important to know what the Ten Commandments are. It is equally important to know how to apply God's teachings behind the commandments to our everyday lives. For each of the different scenarios described in the Life Application worksheet: 1) identify which of the Ten Commandment pertains to it, and 2) discuss what you would do in that situation. Think about God's teachings as you decide what God would want you to do in the situation.

Scenario #1

Ethan has friends who always say, "OH, my GOD!" at school. At first, he feels very uncomfortable hearing this phrase, but then he notices that everyone says it so casually and it seems like a hip thing to say. After a while, Ethan finds himself saying it, too. One day, his older sister notices him saying "OH, my GOD!" at home and she voices her disapproval. Ethan's sister explains to Ethan that Christians should not say these kinds of phrases. Ethan doesn't agree though. "It's just a phrase!" he says. "There's no harm being done. Besides, everyone at school says it!"

1. Which commandment is Ethan breaking? Explain your answer.

2. Think about what Ethan should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?



Scenario #2

Lately, 11-year-old Zach has been feeling unhappy because he is not getting along with his friends at school. He hasn't told anyone about his troubles, but he has been acting out his frustrations at home. When he gets home from school, he throws his jacket on the floor. Later, when his parents ask him to pick it up, he raises his voice and talks back. The same goes for the piles of dirty clothes in his room. He doesn't feel like listening to his parents, and he acts as if he is the boss at home. Zach is really preoccupied with his own problems, and he believes that his parents should be more understanding and not make so many demands on him! "Don't they see that I'm already upset and that telling me what to do will just make me angrier?" Zach fumes. "Besides, I'm old enough now to do things my own way!"

1. Which commandment is Zach breaking? Explain your answer.

2. Think about what Zach should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?



Scenario #3

Ben loves video games. He loves to talk about them with his friends. If he could, he would spend all of his free time playing them. He just can't seem to get enough of the games! Car games, combat games, sports games, or strategy games, it doesn't matter—Ben loves whatever is new and popular. Last month, an amazing new game console came out and a lot of his friends are getting it. If only his parents would allow him to buy it plus some of the new games that go with it! Ben can't understand why his parents are so callously against his request! He gets straight A's at school and does his chores without complaining. Shouldn't they reward him for his efforts? Lately, Ben finds himself thinking about the new games all the time. Then it hits him—why not pray for his parents to change their minds and allow him to buy the new games? This one desire is becoming the sole purpose of his prayers.

1. Which commandment is Ben in danger of breaking? Explain your answer.

2. Think about what Ben should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?

**Scenario #4**

Julie has a dilemma. Her friend Abby has just invited all of her good friends to her house tomorrow. Abby has a huge, sparkling pool in her backyard. There will be pizza, swimming, and other exciting activities. It would be so much fun if Julie could be with her friends! Julie knows that Sabbath is tomorrow. But she wonders, "I go to church every Saturday. Maybe I could just skip church service this one time. God would understand, right?"

1. Which commandment is Julie in danger of breaking? Explain your answer.

2. Think about what Julie should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?



Scenario #5

For the past few months, all of the 6th graders have been obsessed with this teenage singer. Lily is no exception. Lily follows all the news about the singer and admires everything about her. Whenever she sees the singer's picture in a magazine or on the Internet, she clips it and saves it because she wants to look just like her. Lily also tries to imitate her singing and her dance moves. "It would be so great if I could look and act like this singer!" Lily often thinks to herself.

1. Which commandment is Lily breaking? Explain your answer.
2. Think about what Lily should do.
3. If you were in this situation, what else would you do that is in line with God's teaching?



