

# EXPLORING THE COMMANDMENTS: PART ONE

**Bible Text:** Exodus 3:13-15; 32:1-20; Leviticus 25:1-12; Isaiah 43:1-7

**Lesson Focus:** Putting God first makes everything else fall into place.

**Big Question:** What's most important to me?

**Key Words:** PRIORITY, IDOLATRY, SABBATH

## BIBLE CONNECTION

- ] When God is the most important thing in our lives, everything else makes more sense.
- ] We're not supposed to misuse God's name (Exodus 20:7).
- ] There is great power in knowing someone's name.
- ] Taking God's name in vain is just like identity theft.
- ] Even though it sounds harmless, we shouldn't ever "swear to God" (Matthew 5:33-37).
- ] God knows that we need to take a break and to focus on what's really important (Mark 2:27).
- ] The Sabbath isn't an excuse to watch movies and play video games all day; it's also not designed to keep us from having fun.
- ] Embrace the fact that you get to worship God on the Sabbath.
- ] The word *sabbath* appears 151 times in the Bible.
- ] When we set aside our worldly concerns and idols, we live better and hear God's word in a new way!

## CARTOON CONNECTION

- ] Is there a difference between sabbath rest and other kinds of rest?
- ] What do you do on the Sabbath? What don't you do?
- ] How is keeping the Sabbath holy one way to make God a priority? What does that do for you?

## STUDENT BOOK CONNECTION

Here We Stand Student Book page 146: How to Stay Alert in Church

- ] How does staying alert honor the Sabbath?
- ] What keeps you from staying alert?
- ] What is the difference between the *requirement* of sabbath and the *gift* of sabbath? Is this the same as the *requirement* or *gift* of gathering as a community to worship?

Here We Stand Student Book page 248: The Top Three Uses of the Law

- ] How do the first three commandments work as the three uses of the law?

Here We Stand Student Book page 75: Five Most Common Images for God in the Bible ] Draw or describe your image of God. How does your image of God compare and contrast to the biblical images?

## LIFE CONNECTION

Try making this coming Sunday or a major part of it a true sabbath. (This might require some conversation with your parents and making sure you get your homework done on Saturday.) Focus your energy for the day on recharging your battery. Get sufficient sleep. Go to worship. Read a book—like the Bible, for example (check out Genesis 2:2). Pray often. Be at peace.

