

BreakThru

From Catechism to *Christ*

COMMANDMENTS: ME & GOD

LEARNING EVENT MAKE-UP

INTRODUCTION TO THE TEN COMMANDMENTS

Open your *Lutheran Handbook* to **p. 196-201** for a list of the Ten Commandments. Take a few minutes just to get an idea of what is in there and what they mean.

As you read through the Ten Commandments as a whole, there are two important things to notice:

1. There is a **progression** in the Ten Commandments that goes something like this: The first thing we give God is our **hearts** (First Commandment). Then, we give God our **lips** and our **words** (Second Commandment). Finally, we give God our **actions** (Third through Tenth Commandments). Read through the commandments again and see if you can notice that progression.
2. Another way to look at the commandments is in the context of **relationships**. The first three commandments focus specifically on our relationship with God, while commandments four through six focus on our relationships with other people. Read through the commandments again and see if you can notice those relationships.

The Ten Commandments were originally given by **God to Moses** as the law to guide the Israelites. These commandments can be found in two places in the Old Testament of the Bible. Take a few minutes and look them up in your Bible: **Exodus 20:2-17** and **Deuteronomy 5:6-21**.

This week, we are going to focus specifically on the first three commandments.

COMMANDMENTS 1-3: A CLOSER LOOK

When Martin Luther wrote *The Small Catechism*, it was written specifically as a tool for helping parents teach their children about the basics of faith. For each of the commandments, Martin Luther wrote an explanation to help us further understand the commandments. The first three commandments can be found on p. 197 in *The Lutheran Handbook*. Use the space below and those pages to unpack the first three commandments a little bit more together with your parent.

For each of the first three commandments, using the table on the next page

1. **Write out the Commandment and Martin Luther's Explanation (aka his answer to the question **What is this?**).**
2. **Underline key words and phrases in Martin Luther's Explanation.**
3. **Write, in your own words, what the commandment means for you and your family.**



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Commandment	Luther's Explanation	Our Family's Explanation

PARENT INTERVIEW

Interview your parent about their personal journey with the Ten Commandments. Write down notes from your conversation in the space below.

How did you understand the Ten Commandments when you were a child?

How did you see them as a teen?

How do you see and understand the Ten Commandments now?

QUESTIONS FOR DISCUSSION

Discuss the following questions with your parent. Jot down some notes from your discussion in the space below.

Where do you spend most of your extra time, money, energy?

When do good things (like sports, relationships, grades) become gods? How can you keep this from happening in your family?

Why do you think God gave the “no other gods” command first?

How do cursing and swearing relate to respect and disrespect?

What are some spiritual exercises that keep people strong?

Working out once a week is better than nothing, but doing a little every day is a much healthier way to live. Which of the spiritual exercises you just listed can you do every day? Why would you do them? Will you do them?