

# SERMON NOTES

## THE 10 COMMANDMENTS | **GUIDELINES & GUARDRAILS**

### **Life is Sacred**

Exodus 20:13

*"You shall not murder." (Exodus 20:13)*

*"You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell. Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift." (Matthew 5:21-24)*

#### **Recommended Book:**

Andy Stanley, *Irresistible: Reclaiming the New That Jesus Unleashed for the World* (Grand Rapids, Michigan: Zondervan, 2018)

# THE 10 COMMANDMENTS

## GUIDELINES & GUARDRAILS

### WEEK SEVEN: EXODUS 20

#### Description for Series

Rules. Rules. Rules. All of us have been frustrated by rules that seemed arbitrary or unfair. In our study of the Ten Commandments, we will learn that they are so much more than rules. Instead we will learn that they were given by God to protect His people and help them flourish. Be willing to approach this study with an open mind and heart and allow the Spirit of God to help you see these statements with a fresh perspective.

Throughout this study, we will discuss right and wrong ways to look at the Ten Commandments. Rather, than simply viewing these commandments as rules not to break, we will see that, for us as Christians, these commandments can be guidelines and guardrails. This series will challenge us to consider how the Ten Commandments can help us prosper in our lives and should not be viewed strictly as negative prohibitions. Ultimately, the Ten Commandments have a formational purpose that help us flourish and live more like Christ.

The devotional guide will continue the same rhythm that we used for the last devotional guides where we practiced the 3 x 20 pattern. Spend at least 20 minutes, 3 times a week, in God's word. Each of the three days you will be asked to implement the **Read. Reflect. Respond.** pattern to help get more deeply into God's word.

#### Prayer Focus

Prayer continues to be an important rhythm in our individual and corporate lives. We want to continue that practice during the Ten Commandments sermon series. As a church family, let's continue to pray scripture for ourselves, our families, and the local and global Hershey Free Church family.

#### Praying Scripture

The prayer focus for this week is Romans 12:14-16. Pray this verse keeping in mind that murder, according to the teachings of Jesus, is more than taking the life of another person; it includes contempt and devaluing another person's life. *"Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited."*

#### **Below is an example of how to pray the passage for yourself and the body of Christ at Hershey Free.**

"Thank you, Father, that you have created every person in your image. Give me the grace to bless those in my life, even those individuals who are hard to love. Help me bless those who stand against me and criticize me. I need your grace to enter in the joys and sorrows of others. May I do everything I can, with your power, to live in harmony with those who are different than I am. Help me have your humility and mindset when I am tempted to be proud and conceited. In the name of Jesus. Amen."

# DAY ONE

**Read** Exodus 20:13.

- What is the simplest interpretation of this commandment?
- What is your reaction to reading this commandment? Are you tempted to ignore it because you believe it doesn't apply to you?
- Why is it important to consider the attitudes that lead to devaluing the sanctity of life?

**Reflect** on this commandment in your own life. While you may not have committed murder, be honest and think about people that you have mistreated and devalued. Ask the Lord to help you change your attitude to people you treat with contempt.

**Respond** by writing this commandment in your own words.

# DAY TWO

**Read** Matthew 5:21-26.

- Why does Jesus begin this passage with the words, "*You have heard that it was said?*" How does that phrase communicate that something new is going to be taught?
- How does Jesus expand the meaning of the commandment regarding murder?
- Why do you think Jesus includes the idea of reconciliation when explaining the sixth commandment?

**Reflect** on what it means to obey the teachings of Jesus as he unpacks the sixth commandment in his teaching. What relationships in your life need reconciliation?

**Respond** by taking this passage seriously. Go to any individuals in your life where there is a broken relationship and offer forgiveness.



# DAY THREE

**Read** Romans 12:14-21.

- How does this passage expand the meaning of the sixth commandment?
- What are the exhortations mentioned in this passage?
- What does it mean that vengeance belongs to the Lord?
- How are we to handle negative (evil) things that happen to us?

**Reflect** on the exhortations mentioned in the passage and identify the one(s) that challenge you the most.

**Respond** by choosing to be a peacemaker this week. Look for ways you can intentionally and peacefully engage people who think differently than you. Remember that you can only do what depends on you; you can't control the other person's response.

## SMALL GROUP & FAMILY DISCUSSION QUESTIONS

1. Why is it easy to think that this commandment doesn't apply to you?
2. How does Matthew 5:21-26 expand the meaning of the original commandment? Why do you think Jesus wanted to expand the meaning to those listening?
3. Why does Jesus connect the 6th commandment to the concept of reconciliation?
4. The deeper meaning of this commandment refers to giving life, not taking it. What are ways that we can give life to someone?
5. Think how you could be a life-giver to someone this week. Take time to pray for them by name.