

UNDERSTANDING & OBEYING THE  
**10** COMMANDMENTS

**SMALL GROUP**  
DISCUSSION SERIES

**MIKE MAZZALONGO**

**STUDENT WORKBOOK**

**bibleTalk<sup>TV</sup>**



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# Understanding and Obeying the 10 Commandments

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**Mike Mazzalongo**

This series reviews the purpose and meaning of the 10 Commandments as they were originally given to the Jews under Moses, along with their spiritual value and proper function in the modern Christian's life.



**[bibletalk.tv/the-ten-commandments](http://bibletalk.tv/the-ten-commandments)**

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# 1. THE COMMANDMENTS IN THE 21ST CENTURY

In this first session, Mike establishes both the importance and relevance of the 10 Commandments for the Christian in the modern world.

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As a Christian in the 21st century, what value do the 10 commandments have for me?

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- Exodus 20:1-17

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- Romans 3:19-20

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The commandments are God's instrument to

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Salvation


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Sanctification

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- I Corinthians 1:29-31 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**THE 10 COMMANDMENTS AND YOU**

1. Don't be \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Be \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- I John 1:7-9  
\_\_\_\_\_  
\_\_\_\_\_

3. Be \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DISCUSSION QUESTIONS**

1. Did you learn the 10 Commandments as a child / adult?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Did you ever take them "personally"?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



3. Has any one of the 10 Commandments seemed particularly important or meaningful to you over the others?

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4. Was there any sin you were especially relieved to be forgiven at baptism? Can you share?

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5. What do you feel is the biggest obstacle stopping Christians from growing in Christ?

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6. How do you react when God points out one of your sins?

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7. Would you be willing to memorize the 10 Commandments?

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## 2. GOD FIRST AND ONLY: THE 1ST COMMANDMENT

Mike discusses the reasons for the first commandment and how we both break and keep it today.

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- Exodus 20:1-3

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Power → Credibility → Authority → Sovereignty

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WHY THIS IS A COMMANDMENT?

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1. Worshipping other gods \_\_\_\_\_

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2. Worshipping other gods \_\_\_\_\_

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HOW DO PEOPLE TODAY BREAK THIS COMMANDMENT?

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1. Non-Christians \_\_\_\_\_

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- Philippians 2:9-10 \_\_\_\_\_

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2. Christians \_\_\_\_\_

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- Matthew 27:1-10 \_\_\_\_\_

- Acts 5:1-11 \_\_\_\_\_

- Colossians 4:14 \_\_\_\_\_

- II Timothy 4:9-10 \_\_\_\_\_

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HOW DO WE AVOID BREAKING THE 1ST COMMANDMENT?

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- John 12:44-50

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## DISCUSSION QUESTIONS

1. When addressing God in prayer or praise, what "name" (Lord, Father, God, etc.) do you use most frequently? Why?

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2. What is the greatest difference you see between the God of the Old Testament and of the New Testament?

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3. Do Muslims or Hindus, for example, derive any benefit from their worship of their concept of God? What would it be?

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4. When did you realize that Jesus was actually God? What or who did you think He was before?

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5. Have you ever "fallen away" from Christ, and if so, why and what brought you back?

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6. What area of your life tends to rebel against Christ's Lordship?  
How do you bring it into submission?

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### 3. IDOL AND LIKENESS: THE 2ND COMMANDMENT

Mike explains the various ways the second commandment forbidding idolatry is violated in modern times.

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- Exodus 20:4-6

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THE CONSEQUENCES - EXODUS 20:5-6

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How do people break this commandment?

Old Testament \_\_\_\_\_

New Testament \_\_\_\_\_

A. Resistance to God's will/Word

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- I Samuel 15:23

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B. Greed

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- Colossians 3:5

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HOW TO BETTER OBEY THIS COMMANDMENT

1. Keep your eyes and heart focused on Christ

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- Colossians 1:15

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2. Be content with what you have

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- Hebrews 13:5-6

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The antidote to greed is contentment and the way to contentment has three steps:

1. Recognize \_\_\_\_\_

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2. Practice \_\_\_\_\_

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3. Trust \_\_\_\_\_

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Let us keep our focus on the Lord and let us learn to be content with what we have.



## DISCUSSION QUESTIONS

1. What "idols" have been most prevalent in your life?

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2. Some think that having a "cross" in the church building is idolatrous. Do you agree? Why?

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3. What prevents you from having a steady and clear focus on Christ?

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4. Why is "contentment" so difficult to achieve and easy to lose?

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5. What is the hardest thing to trust God with in your life?

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# 4. THE HOLY NAME: THE 3RD COMMANDMENT

This lesson reviews the various ways the commandments have been listed and explains the reason for the reverence of God's name.

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- Exodus 31:18 \_\_\_\_\_

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Augustine \_\_\_\_\_

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Protestant theologians \_\_\_\_\_

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AUGUSTINE / ROMAN CATHOLIC DIVISION	CALVIN / PROTESTANT DIVISION
God only/Forbidding images - 1	God only - 1
God's Name - 2	Images - 2
Sabbath-3	Respecting God's Name - 3
Parents - 4	Sabbath - 4
Murder - 5	Parents - 5
Adultery - 6	Murder - 6
Theft - 7	Adultery - 7
Lies - 8	Theft - 8
Covet Goods - 9	Lies - 9
Covet Wife - 10	Covet goods & wife - 10

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- Exodus 20:7 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### NAMES IN JEWISH CULTURE

\_\_\_\_\_  
\_\_\_\_\_

Eve \_\_\_\_\_

Abraham \_\_\_\_\_

Jesus \_\_\_\_\_

### The Name of God

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### HOW DO WE BREAK THIS COMMANDMENT?

1. Using God's Name to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Using God's Name in \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### HOW DO WE KEEP THIS COMMANDMENT?

\_\_\_\_\_  
\_\_\_\_\_

- Ephesians 4:29; 5:4 \_\_\_\_\_  
\_\_\_\_\_

- Isaiah 6:1-7 \_\_\_\_\_  
\_\_\_\_\_



## 5. THE SABBATH REST: THE 4TH COMMANDMENT

Mike explains the difference between the Sabbath Day and the Lord's Day.

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- Genesis 2:2-3

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- Exodus 20:8

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Jewish worship

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PRINCIPLE BEHIND THE COMMANDMENT

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Our sinful nature tends to work and play rather than worship.

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THE SABBATH AND THE NEW TESTAMENT

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- Matthew 16:9

- Acts 2:1-ff

- Acts 2:42; 20:7

- Revelation 1:10

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## 7TH DAY ADVENTISTS ARGUMENTS

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1. The Pope changed the true worship day.

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2. The 10 Commandments are God's Word and not to be changed - including the 4th one about the Sabbath.

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3. We should observe both the Sabbath and the Lord's Day.

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4. If Sabbath is no longer, do we still have to go to church on Sunday?

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- Hebrews 10:24-25

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5. How do I keep the "spirit" of this commandment?

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"Take time to be holy, speak oft with thy Lord..."  
*Lyrics by William D. Longstaff*



## DISCUSSION QUESTIONS

1. What is the "perfect" Sunday like for you?

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2. Why do you think God requires us to worship Him regularly when the repetitious nature of our worship threatens to become boring?

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3. Did God simply replace Sunday for Saturday or were there any other differences between Old Testament and New Testament worship?

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4. What part of your "time" do you tend to hold back from God? Why?

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## 6. THE COMMAND WITH A PROMISE: THE 5TH COMMANDMENT

Mike discusses what the fifth commandment requires of both parents and their children.

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The first four commands having to do with God's relationship to man and man's need to honor God.

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The next six commands address man's relationship to other humans.

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- Exodus 20:12

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WHY SHOULD WE ALL OBEY THIS COMMAND?

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1. It is right \_\_\_\_\_

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2. Parents deserve \_\_\_\_\_

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IS IT WISE TO OBEY PARENTS?

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What the 5th Commandment demands from parents

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1. Discipline \_\_\_\_\_

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- Proverbs 13:24 \_\_\_\_\_

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2. Training \_\_\_\_\_

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- Proverbs 22:6 \_\_\_\_\_

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3. Spiritual Guidance \_\_\_\_\_

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- Ephesians 6:4 \_\_\_\_\_

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WHAT THE 5TH COMMANDMENT DEMANDS FROM CHILDREN

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1. Obedience \_\_\_\_\_

2. Honor \_\_\_\_\_

## WHAT THE 5TH COMMANDMENT DOES NOT ALLOW

1. Tyranny \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Ephesians 6:4a \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Abuse \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Corruption \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Ephesians 6:4b \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DISCUSSION QUESTIONS

1. Is there a way in which you feel that you have dishonored your parents?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



2. If you could, what would you do or say to them about that situation?

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3. Is being a parent harder today than when you were a kid? If yes, why and how?

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4. Why do you think that some children turn out bad, even with good parenting?

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5. What is the quality you liked best about your mother/father as a parent? As a Christian parent?

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# 7. THE SANCTITY OF LIFE: THE 6TH COMMANDMENT

Mike discusses the reasoning behind the sixth commandment not to kill and the various ways it applies to our lives.

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- Exodus 20:13

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The 6th commandment refers specifically to the taking of a "human" life.

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Humanism

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WHAT IS THE RULE?

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Unlawful physical aggression

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Suicide

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Abuse

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WHAT THE COMMAND DOES PERMIT

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A. Hunting and Fishing \_\_\_\_\_

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B. Capital punishment \_\_\_\_\_

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Rapist - Deuteronomy 22:25 \_\_\_\_\_

Kidnappers - Exodus 21:16 \_\_\_\_\_

Murderers - Genesis 9:6; Romans 13:4; Acts 25:1 \_\_\_\_\_

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C. Police Work \_\_\_\_\_

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- I Peter 2:13-14 \_\_\_\_\_

D. Self-Defense

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- Exodus 22:2 \_\_\_\_\_

HOW DO WE KEEP THIS COMMAND?

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- Matthew 5:38-45 \_\_\_\_\_

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## DISCUSSION QUESTIONS

1. How do you break the 6th commandment?

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2. Should the death penalty be applied in every murder case? Why or why not?

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3. What is the spiritual condition of Christians who commit suicide?

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4. Was our war with Iraq a "just" war? Why?

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## 8. THE PROBLEM OF ABORTION

Mike continues with the second lesson on the sixth commandment dealing with the issue of abortion in which he reviews arguments for and against this practice.

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WHEN DOES HUMAN LIFE BEGIN?

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What are major arguments for abortion?

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1. Rape and incest (emotional)

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2. Psychological reasons

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3. Every child should be a wanted child.

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4. Having or not having a baby should be the decision of the woman and her right to decide for her own body.

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5. Abortion saves malformed children and their parents from misery and an unhappy life.

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6. Abortion is needed to keep the population down.

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ABORTION: ARE THERE ANY EXCEPTIONS?

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When the mother's life (not lifestyle) is truly in danger.

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Pregnancy in a cancerous womb. Pregnancy outside the uterus, etc.

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## DISCUSSION QUESTIONS

1. Have you ever known someone who had an abortion? How did you feel about it?

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2. Why do you think seemingly "good" and "sincere" people openly support the pro-choice movement?

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3. Should we give instruction to young unmarried people about birth control methods in addition to the teachings about abstinence?

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4. If your (wife, sister, etc.) risked death during pregnancy would you intervene medically if it meant harming the baby? What moral or spiritual rationale would you provide for this?

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# 9. GOD'S PLAN FOR SEXUAL FULFILLMENT: THE 7TH COMMANDMENT

In this lesson, Mike reviews the basic rules about sexual intimacy as well as the various strategies one can use to keep this commandment.

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- Exodus 20:14

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Extremes

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## THE RULES ABOUT SEX

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1. Sex is for the enjoyment of a husband and wife within marriage only.

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2. Sex comes after marriage, not before.

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3. God blesses sex within marriage.

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## HOW DO WE KEEP THIS COMMANDMENT?

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### 1. For everyone

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### 2. If you are single

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### 3. If you are married

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The pay-off method. \_\_\_\_\_

Intimidation method. \_\_\_\_\_

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## WHAT TO FOCUS ON

### 1. Exclusivity

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### 2. Longevity

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## DISCUSSION QUESTIONS

1. Is it possible to maintain the early sexual excitement in a marriage throughout a lifetime? How?

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2. What is the relationship between faith and sexual fulfillment?

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3. What is your typical reaction when you are denied sexual fulfillment (for whatever reason: single, wife is ill, separation, etc.)?

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4. Can a person be happy in a marriage without sexual intimacy?

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# 10. TAKING WITHOUT PERMISSION: THE 8TH COMMANDMENT

Mike demonstrates the many ways this command can be violated, and how we can build a defense against dishonest tendencies.

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- Exodus 20:15 \_\_\_\_\_

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## HOW DO WE BREAK THIS COMMAND?

1. Taking property \_\_\_\_\_

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2. Gambling

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3. Failing to \_\_\_\_\_

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4. Denying someone \_\_\_\_\_

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5. Failing to give \_\_\_\_\_

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- I Corinthians 16:1-3

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## POSITIVE ELEMENTS

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A. Good stewardship

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B. Proper priorities

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1. Give the first portion of your blessings to God

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- Matthew 6:24; 31-33 \_\_\_\_\_

2. Your Family

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- I Timothy 5:8 \_\_\_\_\_

3. Your Commitments

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- Matthew 22:21 \_\_\_\_\_

- Romans 12:11 \_\_\_\_\_

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## DISCUSSION QUESTIONS

1. Describe a time when you took something that did not belong to you. How did you feel?

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2. In which way does this command tempt you the most? Why?

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3. Describe the person that you feel is a good steward. What is it about him/her that impresses you?

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4. What would it take to make you satisfied financially? Will it be possible?

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# 11. TRUTH EQUALS INTEGRITY: THE 9TH COMMANDMENT

Mike explores the everyday requirements demanded by this command beyond its primary application in a court of law.

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- Exodus 20:16 \_\_\_\_\_

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## TYPES OF LIES

Perjury \_\_\_\_\_

Concealment \_\_\_\_\_

False Accusation \_\_\_\_\_

Conspiracy \_\_\_\_\_

False Witness \_\_\_\_\_

Hypocrisy \_\_\_\_\_

False Teaching \_\_\_\_\_

Lying \_\_\_\_\_

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## THE PRINCIPLE BEHIND THE COMMAND

1. There is one truth about everything.

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2. Truth = Integrity

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## THE REWARDS FOR TELLING THE TRUTH.

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- Proverbs 12:19-26 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### HOW TO IMPROVE OUR ABILITY TO TELL THE TRUTH

1. Do not talk \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Get the \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Decide in advance that \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### DISCUSSION QUESTIONS

1. Is it ever "right" to tell a lie?  
\_\_\_\_\_  
\_\_\_\_\_

2. List three ways Christians tend to lie.  
\_\_\_\_\_  
\_\_\_\_\_

3. How would you confront someone who lied to you? Give three examples.  
\_\_\_\_\_  
\_\_\_\_\_

4. What leads you into making false statements? How are you seduced into lying?  
\_\_\_\_\_  
\_\_\_\_\_

## 12. THE DESIRE FOR WHAT IS FORBIDDEN: THE 10TH COMMANDMENT

In this final lesson dealing with the tenth commandment, Mike explains the thin line that separates good versus evil desires and how to avoid the sinful trap of covetousness.

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- Exodus 20:17 \_\_\_\_\_

Enthusiastic desire \_\_\_\_\_

The Evil in Covetousness \_\_\_\_\_

- Proverbs 21:25-26 \_\_\_\_\_

### THE DESTRUCTIVENESS OF COVETOUSNESS

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1. It destroys our relationship with \_\_\_\_\_

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2. It destroys our relationship with \_\_\_\_\_

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- Ephesians 5:5 \_\_\_\_\_

- Colossians 3:5 \_\_\_\_\_

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## HOW TO OBEY THIS COMMAND

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### 1. Trust God for everything

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- Matthew 6:31-32 \_\_\_\_\_

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### 2. Keep your priorities straight

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- Matthew 6:33 \_\_\_\_\_

- Ecclesiastes 3:12 \_\_\_\_\_

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### 3. Be content with what you have today

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- I Timothy 6:6 \_\_\_\_\_

- Hebrews 13:5-6 \_\_\_\_\_

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## SUMMARY

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## DISCUSSION QUESTIONS

1. As a child, what "thing" do you remember wanting the most? (Birthday/Christmas/etc.)

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2. As an adult, what "thing" or situation do you desire more than any other?

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3. Why do you think your desire has not yet been fulfilled?

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4. Who do you think is most responsible for getting what you want? Why?

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5. Can you picture yourself not desiring anything? What does this picture look like?

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