

Sunday, 5th May 2024

The 10 Commandments – Love Ourselves

1. They say you sleep like a baby until you have one. Do you sleep well? If not, what keeps you awake at night?
2. When you go away, how many nights does it take to get 'use' the bed?
3. Read Genesis 2: 1-3

Thus the heavens and the earth were completed in all their vast array.

²By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

4. If rest was important for God, should it be equally important for us – or are we more important than God?
5. What do you do to help you rest ... to unwind ... to relax? Is it the same as other people in the group?
6. What obstacles stop you resting? Can anyone in the group suggest ways to overcome these obstacles?
7. Read Psalm 46 – what does this Psalm tell us about God?

8. What does this Psalm tell us to do in relations to God? What, if any, are the barriers stopping us doing this?

9. Read Exodus 20:8-11

“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labour and do all your work, ¹⁰but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy.

10. The Israelites ‘ringfenced’ the Sabbath with 39 difference laws (see below). What was Jesus’ response to some of these rules – see Matthew 12: 1-14 / Mark 2: 22 – 3:6. Whilst Jesus challenged these ‘laws’, should we set boundaries (laws) in our lives to protect our ‘Sabbath’ (if so, make a list below)? What would they be and is it OK for someone to have different boundaries (laws) to us?

The 39 Categories of Shabbat Prohibitions:

Building	Kneading	Slaughtering
Burning	Knotting	Smoothing
Carrying	Marking	Spinning
Chainstitching	Planting	Tanning
Combing	Plowing	Tearing
Cooking	Reaping	Threshing
Demolishing	Selecting	Trapping
Dyeing	Sewing	Unraveling
Erasing	Shaping	Untying
Extinguishing	Shearing	Warping
Finishing	Sifting	Weaving
Grinding	Skinning	Washing
Harvesting		Winnowing

My Sabbath Boundaries:



11. Read Matthew 6:11 (part of the Lord's Prayer) and then Exodus 20:11 (Commandment 10).

17 "You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbour."

Give us today our daily bread.

12. How easily do we accept our 'daily bread' without wanting more – our neighbour's bread ... car ... tech ... kitchen (you fill in the gaps?)
13. How would it effect the 'economy' if we were all content with our 'daily bread'? Is this a problem?
14. Thank God for what He has given you, but ask yourself the question: 'How can I share what I have with those who have little or no daily bread?'
15. In relationship to the 10th Commandment, should Christian's wear sunglasses or hide behind net curtains that enable us to covet our neighbours' belongings in secrecy?

16. Read the 10 Commandments and respond Yes or No to whether you literally 'obey' them – hopefully there won't be any surprises!

	Yes	No
1. Put God first		
2. Do not make fake Gods		
3. Respect God's name		
4. Respect God's Day of rest		
5. Respect your parents		
6. Do not kill		
7. Respect marriage promises		
8. Do not steal		
9. Do not lie		
10. Do not be jealous		

17. Scan Matthew 5: 21-48. Jesus is saying that rather than taking a literal view of the 10 Commandments, we should respond to them not only by our actions but in the way we think. If this is the case, how do you do now? (respond 1-5 – 5 being good / 1 failing).

	1	2	3	4	5
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We hope that you found our series on the 10 Commandments helpful. If you have any questions please speak to your Extra Slice Group leader, Colin or Nicola.