

The 10 Commandments:

Overview:

“And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.”

This course endeavors to engage the student to have a deeper appreciation of the wisdom and values expressed in the Ten Commandments.

Things to remember when talking with teens about the 10 Commandments:

1. Honor your child’s opinions, learning, and experiences.
2. Listen actively to them; make eye contact to show your interest.
3. Remember what learning faith was like for you when you were their age. Do not use a lack of interest as an excuse; try to engage them.
4. Make your responses and inquires real; teenagers are very good at sensing false interest.
5. Talk honestly about your own struggles in living to the high standards handed to us by God in the 10 Commandments. Do not feel as though you need to disclose everything, but try to be truthful whenever possible.



The 10 Commandments: Rules, Laws, and Commandments

Week 1:

Objectives for that week: By the end of this lesson, the teens should know and be able to:

- Define morality and why it exists.
- Explain where the 10 Commandments came from.

Questions to ask:

- What is reason?
- Where does morality come from?
- Why does morality exist?
- What was Moses' role in the 10 Commandments?
- Have you ever been in a situation like Moses – where you were being asked to do something and others around you were not being helpful?
- What is the difference between a covenant and a commandment?

Faith Activity:

- Have a contest to see who can name all 10 Commandments fastest. Then try it in the order they were given.
- Read Exodus 19 aloud as a family.
- Read Exodus 20:1-17 together and talk about your impressions.

10 Commandments: Commandments 1-3

Week 2:

Objectives for that week: By the end of this lesson, the teens should know and be able to:

- Have a solid understanding of the first three commandments, including why they are the first three, what makes distinguishes them from the others.
- Why naming 'one' God was so important.

Questions to ask:

- What is an idol?
- What is a false God?
- Who are some of the good idols in your life?
- What are some of the idols we all serve?
- What is the difference between venerating and worshipping?

Faith Activity:

- Pick one day to count how many times you are tempted to take the Lord's name in vain. Try to use alternatives instead.
- Research why Christians celebrate the Sabbath on Sunday rather than Saturday like the Jews.
- Read Exodus 20:11
- Find out what faith, hope, and charity are and how they are related to the first commandment.
- Read Romans 4:13-25 and discuss it as a family.

The 10 Commandments: The 4th & 5th Commandments

Week 3:

Objectives for that week: By the end of this lesson, the teens should know and be able to:

- Parents are the embodiment of God on earth and we are to respect them as we respect God.
- The 5th Commandment is clear – all life is sacred.

Questions to ask:

- When you look at others do you see a person that was taught to love, honor, and obey?
- Why is sometimes difficult to honor your parents?
- What are some simple ways to get better at honoring your parents?
- What are some ways our society does not respect life?
- Why do you think this is?
- Do we, as a society, seek peace and avoid violence? Why do you think that is?

Faith Activity:

- Come up with a list of three things for every person in your family that makes them unique.
- Make a list of things that make you separate from other parents.
- Separately, you make a list of what makes a good child. Have your child make a list of what makes a good parent. Compare and contrast the lists. Are they similar?

The 10 Commandments: Commandments 6-10

Week 4:

Objectives for that week: By the end of this lesson, the teens should know and be able to:

- There two commandments that warn against infidelity, showing the importance God places on the family
- ‘You Shall Not Steal’ call us to not only refrain from taking possessions from others, but also to take care of our worldly possessions.
- We are reminded, in the tenth commandment, not to focus on that which is material, but on that which is with God.

Questions to ask:

- Why is marriage so important? What makes a strong marriage?
- What are some of your desires?
- Are they in line with what God wants for us?
- How could we alter our desires to make them more in line with God’s plan for us?
- What are temperance, justice and solidarity?

Faith Activity:

- Read the Creation Story from Genesis 1:1-24. How does this story reaffirm how we are to be caretakers of the earth?
- What are some of the lies you’ve told? Think of a way to limit the amount of lies and how to grow better at telling the truth.