

The TEN COMMANDMENTS*for Women*

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The TEN COMMANDMENTS*for Women*

We all hold the Ten Commandments in high regard, yet few of us are really familiar with them. Our Creator says in His Word,

“You shall walk in all the way which the LORD your God has commanded you, that you may live, and that it may be well with you, and that you may prolong your days in the land which you shall possess” (Deuteronomy 5:33)

In other words, if we will obey God’s commands, we will live a long and successful life. It’s time to take a fresh look at the “*ten steps for successful living*” that God wrote for mankind.

Do the Ten Commandments apply to the lives of Christians? If so, how do they specifically apply to a woman’s life in today’s culture?

In this 10-week study:

- You will discover how the Ten Commandments can specifically apply to a woman’s daily life.
- You will be challenged to develop personal convictions based upon each commandment, as you turn “*commandments*” into “*commitments*.”
- You will learn how to teach your children and grandchildren these time-tested truths that will impact their lives, and yours, forever.
- And you will learn a “*handy*” tool that will help you to remember the Ten Commandments for the rest of your life.

“Open my eyes that I may behold wonderful things from Thy law”
(Psalm 119:18)

“Give me understanding that I May keep your law
and observe it with my whole heart”
(Psalm 119:34)

COMMANDMENT #1

“No Other gods”

*“Then God spoke all these words, saying, ‘I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have **no other gods** before Me” (Exodus 20:1-3).*

A study of the Ten Commandments can be one of the most liberating things that a Christian can do. The more that we see our utter inability to meet the demands of God’s perfect Law, the more that we totally rely on the grace of Jesus Christ for our personal salvation and spiritual growth.

Yet, contemporary Christians often set the Law aside as being irrelevant for believers. After all, believers are no longer under the Law, but under grace (*Galatians 3:11*). Since we are not saved by our works (*Ephesians 2:8, 9*), do the Ten Commandments of the Old Testament have any bearing at all on our Christian lives?

1. **Luke 16:17** According to Christ, how long would the Law exist?
2. **Matthew 5:17-20** What did Jesus have to say about the Law?

Since the Law cannot save us, what is its purpose?

3. **Romans 5:20**
What increases with the Law?

Does this surprise you?

4. **Romans 7:4-12**

Based on this passage, list as many specific things as you can about what the Law “does” in a person’s life.

According to verses 8 and 11, what is the “*culprit*” that leads to our spiritual death?

Based on these verses, what would you say is the purpose of the Law?

5. Galatians 3:21-24

According to verse 21, is righteousness based on law?

According to verse 24, what is the purpose of the Law?

Scripture tells us that “*Christ is the end of the law for righteousness to everyone who believes*” (*Romans 10:4*). The Ten Commandments amplify and underscore our need for a Savior.

In previous generations, it was common for the commandments to be taught before learning John 3:16. People were led to recognize their own moral failure before they could fully appreciate the saving grace of Jesus Christ.

But once we are saved, do we really need to pay attention to the Ten Commandments? Since we know that God’s commandments are holy (*Romans 7:12*), and that God wants us to be holy as He is holy (*I Peter 1:15, 16*), the desire of every believer should be to please the Lord by keeping His Word (*Psalms 119:9-11*).

The Ten Commandments are “*profitable for teaching, for reproof, for correction and for training in righteousness*” (*II Timothy 2:16*). They teach us that God is holy, they reveal our sinful hearts, they prompt us to cry out for salvation by faith, and they point us to the righteousness of Christ.

Yes, the Ten Commandments still apply to our lives today in the twenty-first century.

Let's begin by honestly assessing our familiarity with the Ten Commandments. Off the top of your head, list as many of the commandments as you can, in order, in the space below.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Now, check your answers with those located in the Table of Contents. How many did you get right?

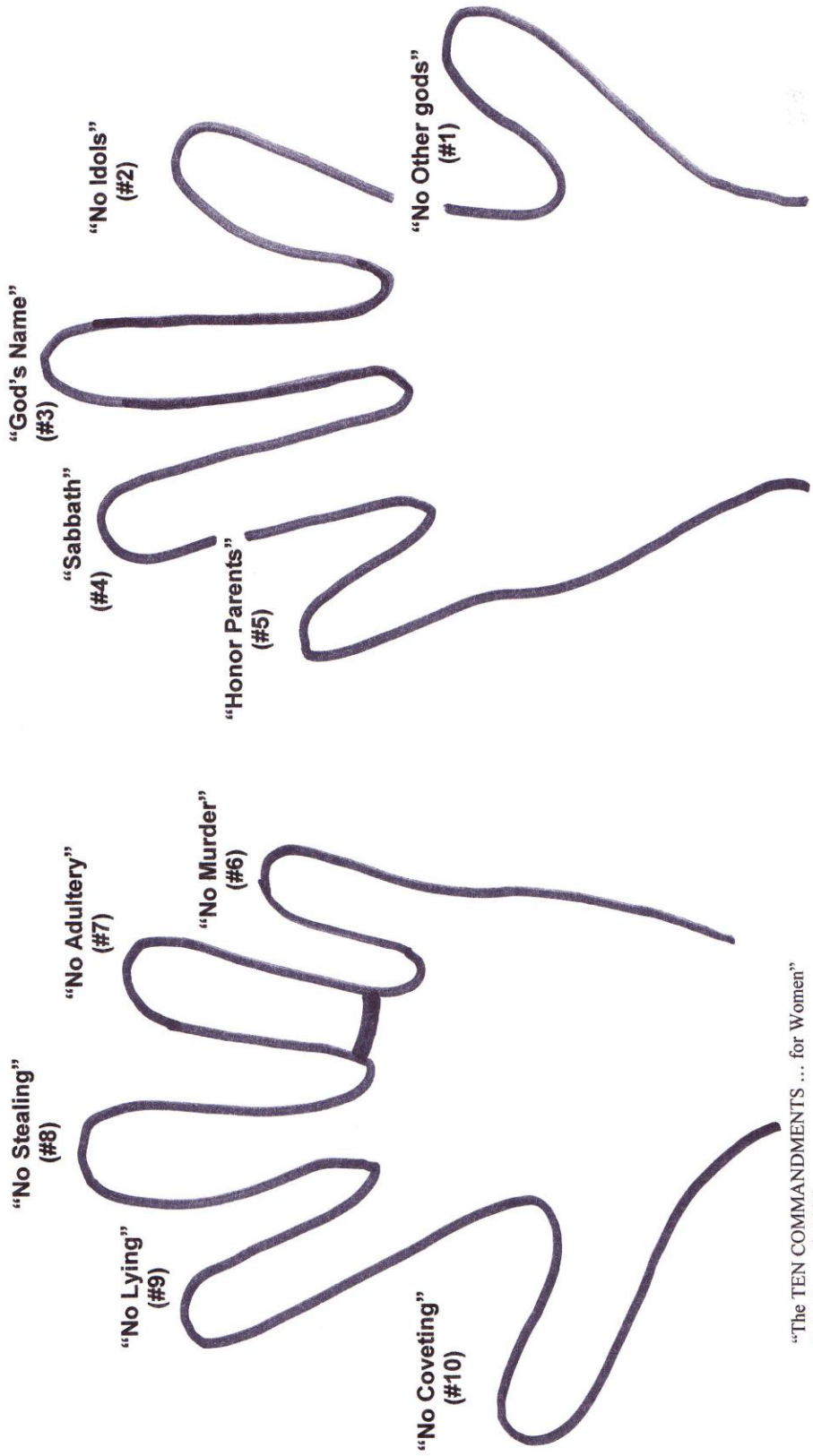
Most of us need a refresher course in "*God's school for successful living.*" One of the goals of this course is to help us to recall the Ten Commandments in order, as well as apply them to our daily lives. So let's get started!

On the following page you will find a "*handy*" tool that will be used each week to help you learn, and retain, the Ten Commandments. With empty palms facing upwards, indicating our desire to receive what the Lord has to give us, each of our ten fingers represents one sequential commandment.

In the back of this Bible study, on page 127, you will find a "*finger tips*" page providing hints that might help you to remember what each finger represents.

Our thanks to **Teen Missions International** for designing this "handy" teaching tool.

The "Handy" TEN COMMANDMENTSfor Women



"The TEN COMMANDMENTS ... for Women"
Judy Gerry @ 2006

When the Lord called to Moses and gave him the Ten Commandments, it did not spring from a vacuum. Moses and the Israelites had experienced previous encounters with God. Just three months earlier, they had seen God's power as He supernaturally parted the Red Sea and destroyed Pharaoh's army (*Exodus 19:1, 2*).

Before issuing the Ten Commandments, God reminds the people of the miraculous things that they had recently witnessed. On the basis of His proven character, His demonstrated power, and His ability to successfully deliver them from slavery, God lays forth His commands to Israel (*Exodus 20:2*).

6. Exodus 12:12

When God struck down the first born in Egypt, against whom was He executing judgment?

The Lord God did not just "say" that He was greater than other gods; He had proved it. And with that proof as a backdrop, He gave the first commandment.

7. Exodus 20:3

Write out Commandment #1.

Do you think that this commandment is hard, or easy, to keep?
Explain your answer.

The Lord God Almighty is the only true God. He alone is worthy of worship. What do the following verses reveal about how God compares to other gods?

8. Psalm 86:8

9. Psalm 97:9

10. Psalm 95:3

11. Isaiah 45:21-23

12. Isaiah 43:10-13

The above texts refer to other “gods” being worshipped. What kinds of gods do you think that people in our culture might worship today?

Unlike the pagans of other civilizations, surely we Christians do not worship other gods! Certainly we love the Lord!

13. Matthew 22:36, 37

What does Jesus say is the great and foremost commandment?

Do you think that this commandment is hard, or easy, to keep? Why?

Martin Luther said,

“Whatever your heart clings to and relies on, that is your god. Anything that you love more than God, anything you fear more than God, anything you serve more than God, anything you value more than God is your god.”
(Adrian Rogers, Ten Secrets for a Successful Family; p. 45)

We may compare ourselves with others and feel that we are doing pretty well at loving the Lord completely. Yet, God tells us that our “*hearts are deceitful*” (Jeremiah 17:9). We can fool ourselves and not even see the reality of our own love-relationship with the Lord.

As we look at the Ten Commandments we need to ask the Lord:

“Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me” (Psalm 139:23, 24).

14. Revelation 2:4

The church in Ephesus had done many things well, but what had they neglected?

What about you?

- Are you as much in love with Jesus as you have ever been?
- Are you delighted with Jesus, filled with His joy and peace, and making Him the continual object of your love?

Where would you rate yourself on the scale below?

1 2 3 4 5 6 7 8 9 10

Cold toward the Lord
Disinterested

“On fire” for Jesus!
Passionately Zealous

15. Revelation 3:15, 16, 19

Based upon what Jesus told the Laodicean church, how would He assess your current relationship with Himself as indicated on the scale above?

What does the Lord ask us to do if we find ourselves “lukewarm” in our love-relationship toward Him?

The Lord is God Almighty is not only the powerful Ruler of all creation; He is also downright in love with us! He has relentlessly pursued us, and tenderly wooed us to be His bride (*Ephesians 5:31, 32*).

Picture yourself on your wedding day. You are standing at the altar. Your spouse is communicating his wedding vows to you in his own words. What would be your reaction if your groom said something like this?

“I love you with all of my heart. You mean the world to me and I want to spend the rest of my life enjoying your company. I want to grow old with you. I want to have children and grandchildren together.

However, you should know just one thing. I have made a previous agreement with an old girlfriend. We had a good relationship, although we decided not to get married. We have decided that we would like to continue our relationship in a very minor way. We have arranged to get together one weekend a year in a cabin in the mountains, just for old times’ sake. I am sure this will not be any trouble to you since it will only mean being together one weekend per year.” (Josh Hunt; www.joshhunt.com)

How would you respond to that kind of a love?

Sadly, our One and Only God and Savior, the Lover of our souls, stands at the altar and hears us say similar things in our daily lives. He begs us to love Him only. His plea is so personal that He came and wrote it with His own finger (*Exodus 31:18*). But we wouldn’t listen, so He came in Person to tell us face to face (*Matthew 22:37*). Today His Spirit asks, will you listen (*Revelation 3:22*)?

The way that we live indicates that we want to love Him with “*most of our heart*” rather than with “*all of our heart.*”

16. I Kings 18:21

What did Elijah accuse the people of doing?

How did the people respond to his exhortation?
Most Christians today do not make an overt decision against the Lord; rather, we simply remain silent when it comes to taking a stand. We “*hesitate between two opinions*” and sit on the fence, not willing to appear fanatical. As we straddle the fence of commitment, we try to dangle one foot in the world while keeping the other in the spiritual realm. Our lives are dangerously off-balance.

17. Matthew 6:24

(The term “*mammon*” means “*confidence, money, and material success*”.)

- ✓ Would you honestly say that you spend more time and energy in life pursuing God, or pursuing “*mammon*?”
- ✓ Based on the way that you live each day, would you say that you love God more? Mammon more? Or would you say that your affections lie somewhere between the two?

We may think that since we are saved by grace, and because God loves us unconditionally, it really doesn’t matter how “*hotly*” we pursue Him. But it matters deeply to God if we are “*stagnant in spirit*” (Zechariah 1:12).

18. Hosea 11:7, 8

How do our “*cold hearts*” affect the Lord?

We cannot have it both ways. If we have allowed anything into our lives that is vying for our affections, then we have made a choice to serve another god other than the Lord.

As contemporary women, what would it look like if we had no other gods before the Lord? What would our lives be like if we really loved Jesus with all of our heart, soul, strength and mind (Luke 10:27)? How can we keep the Lord “**F.I.R.S.T.**” in our lives?

F. Finances

20. Proverbs 3:9

21. I Corinthians 16:2

- ✓ Does my checkbook reveal that God is my number one priority in my life?
- ✓ Am I sometimes reluctant to give generously or sacrificially?

- ✓ Do I delight more in material riches than in spiritual riches?
- ✓ Have I ever made some adjustments in my ethics to avoid financial loss?
- ✓ Am I preparing for retirement ease, rather than preparing for Christ's return?
- ✓ Does thinking about our financial needs for the future cause me any anxiety?
- ✓ Am I content with what God provides through my husband's job?
- ✓ Have I complained or been discontent with my clothing, food, or home?

I. Interests

22. Proverbs 16:3

23. I Corinthians 10:31

24. Colossians 3:1, 2

- ✓ If my children were asked, what would they say is the most important thing to me?
- ✓ Do my conversations with others reveal that God is first in my life?
- ✓ Am I more interested in talking about shopping, home decorating, hobbies, or TV programs, than about the Lord?
- ✓ Am I filling my life with activities that will be meaningless in eternity?
- ✓ Am I spending more time reading magazines, books, and newspapers rather than reading God's Word?
- ✓ What occupies my thoughts?
- ✓ What is the first thing that I think of when I wake up in the morning?
- ✓ Do I devote more time, money, and effort to home projects, or a hobby, than to spiritually disciplining the lives of my children?

R. Relationships

25. I John 4:20, 21

- ✓ Is there any individual, who, when I think of him/her, I feel angry?
- ✓ Deep in my heart, is there any person who has wounded me or my family so much that I wouldn't mind if something bad happened to him/her?
- ✓ Do I often, and sincerely, pray for other believers?
- ✓ Do I truly feel pain when another believer is hurting; and do I rejoice when another believer has good news to share?
- ✓ Am I more interested in the news, current events, or lives of movie stars than in the salvation of my friends, neighbors, and relatives?
- ✓ Has some other relationship become more important in my life than my personal relationship with the Lord?

S. **Schedule**

26. **Ephesians 5:15, 16**

- ✓ When I look at how I spend my time, does my schedule reveal that God comes first in my life?
- ✓ Do I tend to fritter away hours just “*doing nothing?*”
- ✓ What did I exchange my life for this past week?
- ✓ Am I investing my time in things that have eternal value?
- ✓ What percentage of my time each day is spent seeking and serving God?
- ✓ Have I established a schedule, and set daily goals for my life?
- ✓ Do I tend to allow the whims of others, and random events of the day, to determine how I spend my time?
- ✓ Is my schedule so full that there is no time for spending time in God’s Word?

T. **Trials**

27. **James 1:2-4; 5:13**

- ✓ Does the way that I respond to trials indicate that my relationship with God is the most important thing in my life?
- ✓ When troubles come my way, is prayer my “*first response*” or it is my “*last resort?*”
- ✓ When I’m experiencing adversity, do I honestly expect God to use it for good in my life?
- ✓ Do I honestly thank the Lord for trials when they come; or do I resent them?
- ✓ Am I able to sleep without anxiety when life is stressful?
- ✓ Do I trust the Lord to use the difficulties in my children’s lives for good; or do I panic?
- ✓ Do I secretly fear some situation in my life more than I fear God?
- ✓ Would those who know me best say that I respond in a godly way when I’m under stress, or when problems arise?

The First Commandment leads us to one response; worship. “*Worship*” is the response of the soul awakened to the reality of God. The English word “*worship*” was originally spelled “*W-O-R-T-H-S-H-I-P.*” It carried the idea of recognizing the “*worth-it-ship*” and value of God.

And when we see God for Who He is, how do we respond?

“I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship” (Romans 12:1).

Our question is; will we live in such a way as to demonstrate that God is “*worth it?*”

KEY CONVICTION of Commandment #1: Single-Minded Devotion to God

In the space below, record any personal decisions regarding areas in your life that need to be adjusted in order to experience “*single-minded devotion to God.*”

Teach this commandment to your children and grandchildren *(Deuteronomy 6:1-9)*

0-6 years:

- Sing a song with them about God.
- Read them a Bible story about God’s power.
- Tell them about times when you have seen God at work in your life.
- Take them to the zoo and talk about God’s Creation.
- Help them thank God for food, friends, sunshine – everything.
- Begin a daily time of prayer with them.

7-12 years:

- Work together to memorize the “handy” Ten Commandments.
- Talk with them about their day and discuss where God is working in their lives.
- Read Exodus 19:1-20:18 aloud with them.
- Share with them some of the verses that impacted you from this Bible study.
- Take them to a Christian book store and let them get a CD or Video they’d like.
- Pray with them about things in their lives that require “a miracle.”

13+ years:

- Get them a book that gives reasons to believe – proofs of biblical truth.
- Upgrade their personal Bible to a study Bible for teens.
- Encourage them to have their own quiet time in the Word each day.

HOMEWORK #1

1. Complete the following chart to see how the Ten Commandments of the Old Testament Law are reiterated in the New Testament covenant of grace. For further optional study, fill in the chart with additional verses that may apply.

| Old Testament | New Testament |
|--|--|
| Commandment # 1 – Exodus 20:3 | I Corinthians 8:4-6 |
| Commandment # 2 – Exodus 20:4-6 | I Corinthians 10:7, 14 I John 5:21 |
| Commandment # 3 – Exodus 20:7 | James 5:12 |
| Commandment # 4 – Exodus 20:8 | (Can you locate any New Testament verses referring to this commandment?) |
| Commandment # 5 – Exodus 20:12 | Ephesians 6:1-3 |