

**August 09 / Sunday**

**Gymnastics: A Perfect 10**

Read [Exodus 20:1-17](#) / [Romans 7:7, 14-15](#)



**10 / Mon – A famous list** | Read [Exodus 20:1-21](#)

Many people have heard of the 10 Commandments, even if they can't recite them. These laws were given to the nation of Israel after their liberation from Egyptian slavery as part of the covenant God made with His people. He was giving them a revolutionary new way to live. Which of these do you find the easiest to obey? What are the most difficult for you and why?

**11 / Tue – A closer look at #1-2** | Read [Exodus 20:3-6](#)

The first four commandments deal with a person's relationship with God. Commandment #1 is the most important and a prerequisite for all those that follow. Why do you think that is? What 'gods' might people be tempted to put ahead of the Lord God? Commandment #2 seems irrelevant in our culture but are there famous people, possessions, relationships, positions or other things a person might idolize? What could some of those be, for you, you allowed it?

**12 / Wed – A closer look at #3-4** | Read [Exodus 20:7-11](#)

Commandment #3 has to do with dishonoring God's name. In what ways have you seen that done? What impact does that have on you or others when it happens and why? Commandment #4 might be considered an outdated and unnecessary tradition in many people's opinion. Life is busy and there is so much to be done. Why did God declare the Sabbath as a holy day (v. 11)? What was its original purpose? In what ways can you honor the spirit of this commandment in your life?

**13 / Thu – A closer look at #5-8** | Read [Exodus 20:12-15](#)

The next six commandments deal with a person's relationship with others. Commandment #5 describes the way you treat your parents, even if they *didn't* do the best job. Commandments #6-8 are pretty straightforward and most normal people would not consider committing any of them. But here are some things to consider: can you murder a person's spirit without harming their body? Is it possible to refrain from physical adultery but still be emotionally unfaithful? What about taking credit for someone else's hard work or stealing their reputation? Sobering thoughts.

**14 / Fri – A closer look at #9-10** | Read [Exodus 20:16-17](#)

Commandment #9 is significant because God cannot lie and deception is what the devil is most known for. He fights tooth and nail against truth so why would you join his camp, even temporarily for some reward? Commandment #10 reminds you that everything you have has been given to you. Greed and lust are the natural results of an ungrateful attitude. How do these last two commands protect you and those you love?

**15 / Sat – Where your hope lies** | Read [Romans 7:7, 15, 24-25](#) and [8:1-5](#)

If keeping the commands perfectly was a prerequisite for seeing God's face, no one would. These laws show human beings the impossibility of becoming holy enough to come into God's presence. But the power of sin has been broken by Jesus' victory on the cross and his defeat of death, and there is no condemnation. When you fail, the Holy Spirit stands ready to give you the power to live God's way (Romans 8). Where might you need His help right now?