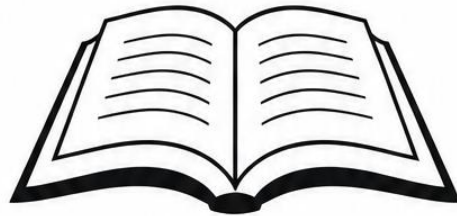


The Ten Words:



*True Freedom,
True Wisdom, True Life.*



Family Worship Guide

UNITY BAPTIST CHURCH



Introduction

Primary Reading: Exodus 19:1–6; Exodus 20:1–3

The Bible calls the Ten Commandments the “Ten Words.” They are not merely a list of rules telling us what we can and cannot do. God gave these words to a people He had already rescued from slavery. Before He gave them words, He reminded them, “I am the LORD your God, who brought you out of the land of Egypt.”

God was creating a people who would belong to Him, reflect His character, and display His goodness to the nations. Just as God spoke His Word in Genesis 1 and brought order, life, light, and blessing into a dark and empty world, God now speaks His Word to Israel to form them into a holy people. These words provide freedom wisdom, and life.

The Ten Words teach God's people what it looks like to love God and love one another. They show us what holiness looks like in everyday life.

But Israel repeatedly broke God's law. Their problem was not simply that they needed better rules. They needed new hearts. They needed God's law to be written inside them.

That is why the Ten Words ultimately point us to Jesus. Jesus perfectly loved God and perfectly loved His neighbor. He fulfilled the law, died for lawbreakers, rose again, and gives His Spirit to His people so that God's law might increasingly shape their hearts and lives.

So as we study the Ten Words together, we aren't simply asking:

“What rules does God want us to follow?”

We're asking:

“What does it look like to love God and live as His people?
What does it look like to live as truly free people?”

Week 1 — No Other Gods

The First Commandment

“You shall have no other gods before me.”

— Exodus 20:3

Big Idea for the Week

There is only one God who belongs on the throne of our hearts:
the Lord who rescued us and gives us life.

This week, we will progressively explore one central question:

Who or what is sitting on the throne of my heart?

Monday — Who Is Your God?

Reading: Exodus 20:1–3

The first commandment begins with God introducing Himself: “I am the LORD your God.” Before God tells His people what to do, He reminds them who He is and what He has done for them. He rescued Israel from slavery and made them His own people.

The first commandment tells us that there can be only one God at the center of our lives. Everyone lives for something. Everyone has something they trust, love, pursue, and depend upon. The question isn't whether you have a “god.” The question is who or what is your God?

Prayer Focus: Ask God to help you recognize who or what you are tempted to put before Him.

Sample Prayer: *“Father, You are the one true God. Help me to see the things I am tempted to love, trust, or pursue more than You. Help me put You first in everything I do. Amen.”*

Worship Song/Hymn: “Be Thou My Vision”

Tuesday — What Is an Idol?

Reading: Exodus 32:1–6

Only a short time after receiving God's commandments, Israel made a golden calf and worshiped it. They had seen God's power, experienced His rescue, and heard His voice, yet they quickly turned to something else.

An idol is anything that takes the place that belongs to God. An idol doesn't have to be a statue. Money, success, comfort, popularity, relationships, entertainment, possessions, or even ourselves can become more important to us than God.

We can ask ourselves: What do I run to when I'm afraid? What do I look to when I'm sad? What makes me feel important? What do I think I must have in order to be happy?

Our answers can reveal what we are tempted to put on the throne of our hearts.

Prayer Focus: Ask God to reveal hidden idols in your heart.

Sample Prayer:

“Lord, sometimes I look to things You created instead of looking to You. Show me the idols in my heart and help me love You more than anything You have made. Amen.”

Worship Song/Hymn: “All Glory Be to Christ”

Wednesday — What Do You Treasure?

Reading: Matthew 6:19–34

Jesus teaches that “where your treasure is, there your heart will be also.” What we treasure reveals what we love. Our hearts are often revealed by very ordinary things: how we spend our money, how we use our time, what we talk about, what we watch, and what we pursue.

This doesn't mean that enjoying God's gifts is wrong. God gives us good things to enjoy! The question is whether those gifts have become more important to us than the Giver.

Our calendars, bank accounts, conversations, and habits can tell us what we really value.

Prayer Focus:

Ask God to help your family treasure Him above His gifts.

Sample Prayer:

“Heavenly Father, thank You for all the good things You have given us. Help us enjoy Your gifts without loving them more than we love You. Help our family treasure Jesus above everything else. Amen.”

Worship Song/Hymn:

“Seek Ye First the Kingdom of God”

Thursday — Who Do You Turn To?

Reading: Psalm 121

Everyone looks somewhere for help. When we're afraid, we look for security. When we're sad, we look for comfort. When we're confused, we look for wisdom. When we're discouraged, we look for hope.

Psalm 121 asks, “From where does my help come?” The answer is clear: “My help comes from the LORD.”

God does use other people to help us. He gives us doctors, parents, pastors, friends, teachers, and many other gifts. But none of these people can take God's place. They are gifts from God, not replacements for God.

The first commandment teaches us to look ultimately to the Lord.

Prayer Focus: Ask God to teach your family to turn to Him first.

Sample Prayer:

“Father, when we are afraid, help us run to You. When we are sad, help us find comfort in You. When we don't know what to do, help us seek Your wisdom. Remind us that our help comes from You. Amen.”

Worship Song/Hymn: “He Will Hold Me Fast”

Friday — Jesus on the Throne

Reading: Colossians 1:15–20

The first commandment ultimately leads us to Jesus. Jesus isn't merely one more person competing for a place in our lives. Scripture tells us that all things were created through Him and for Him. He is Lord over creation, and He is worthy of our worship.

The question of the first commandment is therefore deeply personal: Who sits on the throne of your heart?

We can spend our lives trying to make ourselves happy, important, successful, comfortable, or admired. But we were created through Christ and for Christ. Life finds its proper order when Jesus is at the center.

Jesus is not simply asking for a place in our lives. He is Lord of our lives.

Prayer Focus: Surrender every area of your life to Jesus.

Sample Prayer:

“Jesus, You made me and You gave Yourself for me. I don't want anything else to take Your place in my heart. Be my Lord, my treasure, my hope, and my joy. Help me live every part of my life for You. Amen.”

Worship Song/Hymn: “I Surrender All”
