

# The Ten Commandments: God's Love Written for Real Life - Adults handout

What if the Ten Commandments are not God trying to trap you, but God showing you the safest way to love?

## Downloadable Age Handout

- Lily and Schammy Ministry Adult Handout: The Ten Commandments can become a practical home, small-group, or church study path for worship, family, truth, work, purity, rest, and mission.
- Big idea: A commandment is understood best when it leads to love, repentance, faith in Jesus, and Spirit-led action.
- Read: Exodus 20:1-17, Deuteronomy 5:6-21, Jeremiah 31:33, John 14:15, and Revelation 14:12.
- Family worship plan: Read one commandment, ask what love it protects, pray one sentence, and choose one family action.
- Home rhythm: Build a weekly rhythm around Scripture, Sabbath rest, reconciliation, honest speech, and service.
- Reflection: Which commandment does our home, small group, or ministry need to live more clearly this month?
- Invitation step: Invite one person to watch the playlist and study Exodus 20 with you.
- Community step: Use the Adventist church directory link in the sources to help someone find a Bible-based community near them.
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## Sources

Exodus 20:1-17 - The Ten Commandments:

<https://www.biblegateway.com/passage/?search=Exodus%2020%3A1-17&version=NKJV>

Deuteronomy 5:6-21 - The Ten Commandments repeated:

<https://www.biblegateway.com/passage/?search=Deuteronomy%205%3A6-21&version=NKJV>

Official Seventh-day Adventist belief: The Law of God:

<https://adventist.org/beliefs/official/the-law-of-god>

Official Seventh-day Adventist belief: The Sabbath:

<https://www.adventist.org/beliefs/living/the-sabbath/>

Official Seventh-day Adventist beliefs: <https://www.adventist.org/beliefs/>

Ellen G. White Writings: <https://egwwritings.org/>

Ellen G. White Estate: <https://whiteestate.org/>

Find an Adventist church: <https://www.adventistdirectory.org/>

Lily & Schammy Ten Commandments Playlist:

[https://www.youtube.com/watch?v=q\\_q6iGS8qul&list=PL4KiNI2w0fzIb7vDSL9wGI11-pGr5Kpa&pp=sAgC](https://www.youtube.com/watch?v=q_q6iGS8qul&list=PL4KiNI2w0fzIb7vDSL9wGI11-pGr5Kpa&pp=sAgC)

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