

The Ten Commandments: God's Love Written for Real Life - Teens 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 Teen Handout: The Ten Commandments help you test pressure, worship, identity, truth, relationships, rest, and hidden desire.
- Big idea: God's law is not a cage. It is a map for free people who belong to Jesus.
- Read: Exodus 20:1-17, Matthew 5:17-20, Matthew 22:37-40, and Ephesians 2:8-10.
- Pressure check: Which false god fights for first place in your life: approval, phone, image, money, pleasure, anger, or control?
- Truth filter: Before posting, dating, spending, reacting, or hiding something, ask: Does this match love for God and neighbor?
- Sabbath challenge: Take one protected block of time for worship, Scripture, rest, service, and no performance.
- Group prompt: Which commandment feels hardest for teens today, and what does Jesus offer for that struggle?
- Action step: Choose one commandment and make one private decision today that agrees with Jesus.
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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

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