

# The Ten Commandments: God's Love Written for Real Life - Young 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 Young Adult Handout: The Ten Commandments connect faith to calling, relationships, money, body, digital life, rest, speech, and contentment.
- Big idea: Grace saves you, and God's law shows what love looks like when Jesus becomes Lord of real decisions.
- Read: Exodus 20:1-17, Deuteronomy 5:6-21, Romans 12:1-2, and John 15:4-5.
- Decision map: Choose one real decision. Ask how worship, Sabbath, truth, purity, property, family, and contentment should shape it.
- Habit audit: Name one habit that trains love for God and one habit that trains slavery.
- Relationship prompt: What would change if the commandments shaped how you date, forgive, spend, speak, work, rest, and use screens?
- Sabbath practice: Set aside one evening-to-evening rhythm or one preparatory step that points to delight in God, not legalism.
- Next step: Watch one playlist video and write one question for a Bible study conversation.
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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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