

THE
TEN
COMMANDMENTS

Name:

Participant Guide Fall 2026 – Part 1



MACOMB
CHRISTIAN CHURCH

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LETTER FROM KURT

In a world that often views rules as outdated, rigid, or restrictive, it is easy to misinterpret the ultimate purpose of God's commands. Many people see the Old Testament law as a cold list of do's and don'ts that weigh us down. Instead, God gave the law to His people out of deep love, establishing a gracious guide for how to love Him and love others.

This fall, we are taking a fresh look at the 10 Commandments to discover the heart behind the law. Throughout this series, we will see that God always establishes relationship before He demands obedience...both are necessary. As we step through these twelve weeks, we will explore how the first four commandments direct our devotion toward God, while the remaining six reveal how to love others in practical, everyday ways.

We will also see how Jesus did not come to abolish these commands, but to fulfill and expand them as a law written on our hearts. In a culture where authority is frequently ignored or resisted, unpacking these timeless truths together in our Life Groups is needed now more than ever.

It is my prayer that this study will move you beyond mere head knowledge and into a life of active obedience. We respond out of love for our father, not a heartless obligation to keep a list of commands out of fear. May these discussions deepen your love for God, strengthen your relationships with others, and help you discover the true freedom found in Jesus Christ.

May God bless,

A handwritten signature in black ink, appearing to read 'Kurt Charlton', with a stylized, flowing script.

Kurt Charlton
Lead Minister

HOW TO USE THIS GUIDE

The purpose of this guide is to help you dive deeper into our sermon series.

Sermon Notes

Bring this workbook to church each Sunday. As you listen to the sermon, make a note when you hear something that surprises you, intrigues you, bothers you, challenges you, or encourages you. Use this as a starting point for your group discussion.

Connect Questions

These questions will help you and your group members become more comfortable with talking and sharing with each other. Not only will you learn more about one another, the questions will help to steer the discussion in the direction of the topic.

Core Questions

These questions are the "meat" of the discussion and will point back to the sermon each week. Feel free to read and answer the questions before your group meets. They will also help you dig deeper into the Scriptures during your group discussions.

Change Questions

Conviction leads people to significant actions. At the end of Jesus' most famous sermon, he says if you do not put his words into practice, then you are a fool (Matthew 7:24-27). Life transformation is the ultimate goal of a follower of Christ. This happens through personal reflection and a genuine response to what you have heard from God. Feel free to answer the questions out loud when your leader reads them, or you can quietly reflect and write a response in your workbook. This is the time to go deep and make it personal.

Care Questions

Please focus this time on your own personal praises and requests instead of listing all of the bad things that happened to someone you know. We challenge you to get "deep" with one another relationally, which means becoming a little bit vulnerable as you are honest with one another.

TEN COMMANDMENTS

1. You shall have no other gods before me.

Exodus 20:3

2. You shall not make any idols.

Exodus 20:4-6

3. You shall not misuse the name of the Lord your God.

Exodus 20:7

4. Remember the Sabbath day by keeping it holy.

Exodus 20:8-11

5. Honor your father and your mother.

Exodus 20:12

6. You shall not murder.

Exodus 20:13

7. You shall not commit adultery.

Exodus 20:14

8. You shall not steal.

Exodus 20:15

9. You shall not give false testimony against your neighbor.

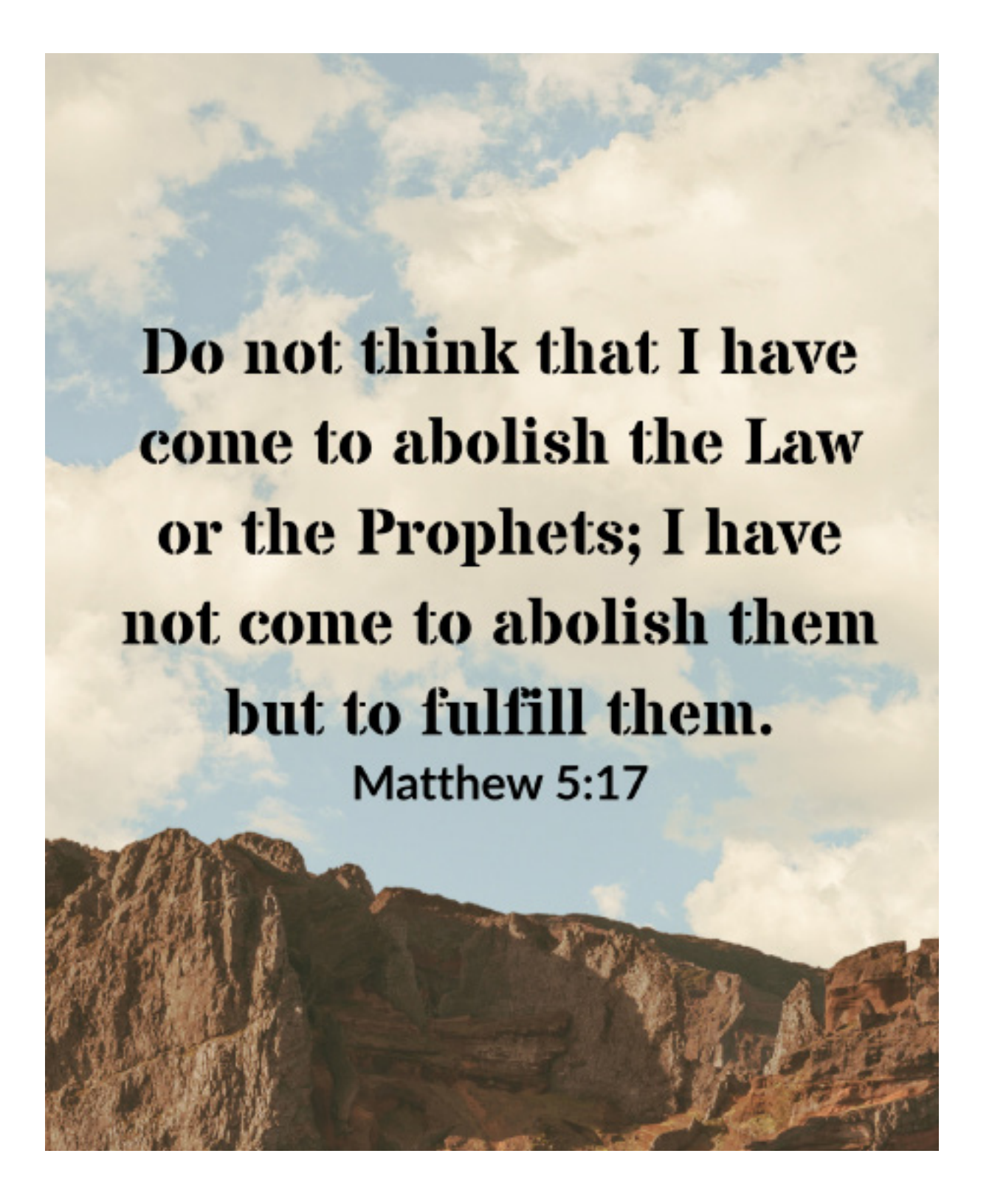
Exodus 20:16

10. You shall not covet.

Exodus 20:17

Suggested reading:

The 10 Commandments by Kevin DeYoung



**Do not think that I have
come to abolish the Law
or the Prophets; I have
not come to abolish them
but to fulfill them.**

Matthew 5:17



SEPTEMBER 13 - GIFT OF THE LAW

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SEPTEMBER 13 - GIFT OF THE LAW

Exodus 20:1-2; Matthew 5:17-20

Connect Questions

(Points forward to the topic. Helps people become more comfortable with talking and sharing.)

1. **EXERCISE:** In the space below, see if you can name all 9 episodes in the mainline Star Wars saga in order of release. Check your answers online.
2. **EXERCISE:** In the space below, see how many of the 10 Commandments you can list on your own. Then work together as a group and check your answers in Exodus 20.
3. **How well did your group do? Why do you think it is so difficult to remember each of the 10 Commandments?**

Core Questions

(Points back to the sermon. Heart of the discussion and digs deeper into Scripture.)

1. **How would daily life in our culture look different if everyone, not just Christians, lived out the 10 Commandments?**

2. **Some Christians downplay or ignore the Old Testament, claiming the New Covenant renders it irrelevant. How should a follower of Jesus view the Old Testament laws today?**
3. **Read Matthew 5:17-20. How do the words of Jesus provide the proper lens for understanding Old Testament law?**
4. **Read Romans 7:7. Why does Paul love the Old Testament law? What are some other reasons for loving and respecting the Old Testament?**
5. **Why do you think people find it difficult to follow rules and regulations today? What rules or laws do you struggle to follow?**
6. **Read Galatians 5:1. How can this verse be taken out of context or misused? What does true Christian freedom actually look like?**
7. **What are your thoughts on the following quote: "The biblical definition of freedom is not 'do whatever you want.' Freedom is enjoying the benefits of doing what we should." -Kevin DeYoung pg. 23.**

Change Questions

(Points to application and personal reflection. Encourage people to answer out loud or internally.)

1. Which of the 10 Commandments are easier for you to follow, and why?
2. Which 10 Commandments do you struggle with the most, and why?
3. God desires for believers to live out His commands rather than simply knowing them. How can you remember and begin applying the 10 Commandments in your daily routine this fall?

Care Questions

(Points to one another and God. Try to focus on personal praises/requests of people in the group.)

1. What is going on in your life?
2. What are you struggling with that we can pray for?
3. What are some ways God is blessing you?



SEPTEMBER 20 - GODS

SEPTEMBER 20 - GODS

Exodus 20:3; Matthew 4:10

Connect Questions

(Points forward to the topic. Helps people become more comfortable with talking and sharing.)

1. **What were some non-negotiable rules in your home when you were growing up?**
2. **How did you react to them and what made them seem good or bad to you?**
3. **What are some non-negotiable rules in your home now?**

Core Questions

(Points back to the sermon. Heart of the discussion and digs deeper into Scripture.)

1. **Why do you think this is the first commandment God gives to His people?**
2. **Read Exodus 20:1-3. Why did God declare who He is and what He has done before giving His people further commands?**
3. **Read verse 3 again. God is not asking for priority; He is demanding exclusivity. What is the difference? What does it look like for someone to get this mixed up?**

4. **Some translations say no other gods “before me” while others say, “besides me”. What is the difference between the two? How can “before me” be misunderstood?**

5. **Read John 14:6-7. How do the words of Jesus relate to the first commandment? In the space below, reword the first commandment and the statement of Jesus in your own words.**

6. **God says there should be “no other gods” besides Him. What are some “other gods” that may get in the way of truly worshiping God with our entire devotion?**

7. **What are your thoughts on this quote from the sermon: “It is possible to be sincere in your worship but be sincerely wrong.”**

Change Questions

(Points to application and personal reflection. Encourage people to answer out loud or internally.)

1. **If you are honest, who or what is currently the primary object of your affection, as shown by your time, finances, emotions, or conversations?**
2. **Do you truly know God relationally, or do you merely know facts about Him [see Titus 1:16]? How can you pursue both deeper knowledge and intimate relationship with Him this week?**
3. **How do you need to adjust your priorities so God becomes your exclusive focus this week?**

Care Questions

(Points to one another and God. Try to focus on personal praises/requests of people in the group.)

1. **What is going on in your life?**
2. **What are you struggling with that we can pray for?**
3. **What are some ways God is blessing you?**



SEPTEMBER 27 - IDOLS

SEPTEMBER 27 - IDOLS

Exodus 20:4-6; John 4:24

Connect Questions

(Points forward to the topic. Helps people become more comfortable with talking and sharing.)

1. **Have you ever had a lucky charm or talisman? What was it, and why did you start using it?**
2. **What are some objects that were considered sacred or never to be touched in your home growing up? What about in other places, such as church or in the home of a friend or relative?**
3. **What is an object from your past you would be upset about if it were to be lost or broken?**

Core Questions

(Points back to the sermon. Heart of the discussion and digs deeper into Scripture.)

1. **What do you think is the difference between the first and second commandments? What is the difference between a "god" and an "idol"?**
2. **If the first commandment is against worshiping the wrong god, the second commandment is against worshiping God in the wrong way. What are some ways that people can be guilty of this?**

- THE TEN September 27 - Idols 17

Change Questions

(Points to application and personal reflection. Encourage people to answer out loud or internally.)

1. **When have you been tempted to idolize an object, pursuit, or image instead of the one true God?**
2. **When you been guilty of making God jealous? Take a moment to ask for forgiveness and pray for God to reveal any hidden idols in your heart.**
3. **What are some practical steps you need to take this week to guard your heart against idolatry?**

Care Questions

(Points to one another and God. Try to focus on personal praises/requests of people in the group.)

1. **What is going on in your life?**
2. **What are you struggling with that we can pray for?**
3. **What are some ways God is blessing you?**



OCTOBER 4 - NAME

Lined area for writing.

OCTOBER 4 - NAME

Exodus 20:7; Matthew 6:9

Connect Questions

(Points forward to the topic. Helps people become more comfortable with talking and sharing.)

1. **Have someone search online for unique celebrity baby names and go through the list. Which names are the most ridiculous, and which ones might you consider?**
2. **What are some funny or odd nicknames you have called friends before, and how did they get those names?**
3. **What are some nicknames you have had throughout your life, and which ones did you not like?**

Core Questions

(Points back to the sermon. Heart of the discussion and digs deeper into Scripture.)

1. **As a group, brainstorm all the names for God you can think of. Which names do you use more commonly than others?**
2. **Of all the rules and regulations you would think are important to God, why is this one placed near the beginning of the list?**

- 3. The sermon mentioned four ways people misuse God's name. Briefly explain each of them: Flippant, Frivolous, Fraudulent, Fabricated.**

- 4. Read Jeremiah 34:12-16. How did the Israelites profane the name of God, and how does this passage deepen our understanding of the third commandment?**

- 5. Read Acts 19:11-20. Have someone summarize this account. How was the name of Jesus used in vain, and what was the result?**

- 6. Though most of us have never practiced demonic exorcisms, how can we be guilty of using God's or Jesus' name in vain today?**

- 7. Read Revelation 4:8-11. How do the heavenly creatures and elders revere the name of God, and what does this teach us about honoring Him?**

8. **FURTHER STUDY:** Read and discuss Acts 8:9-24 about misusing the name and authority of Jesus Christ.

Change Questions

(Points to application and personal reflection. Encourage people to answer out loud or internally.)

1. **What is the first step you need to take toward not using God's name in vain in your speech?**
2. **When have you been guilty of misrepresenting God's name or authority to others?**
3. **How can you fill your week with greater praise and respect for God and His name?**

Care Questions

(Points to one another and God. Try to focus on personal praises/requests of people in the group.)

1. **What is going on in your life?**
2. **What are you struggling with that we can pray for?**
3. **What are some ways God is blessing you?**

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OCTOBER 11 - SABBATH

OCTOBER 11 - SABBATH

Exodus 20:8-11; Matthew 12:1-14

Connect Questions

(Points forward to the topic. Helps people become more comfortable with talking and sharing.)

1. **Besides sleeping, when do you feel most at rest?**
2. **What are some activities you feel are relaxing while others may find them tiring?**
3. **Technology was developed to make life easier and more efficient. Do you think this has made people less busy than they were forty years ago, or has it increased our pace of life?**

Core Questions

(Points back to the sermon. Heart of the discussion and digs deeper into Scripture.)

1. **Why do you think this is the longest and most detailed commandment? How do people differ on how it should be observed today?**
2. **Even though most Americans work five days a week, do you think most Christians observe a full day of Sabbath rest? Why or why not?**

3. **How do you think most people would define a Sabbath rest? Read Exodus 20:8-11 and discuss what it means. Note the two words in verse 9 “labor” and “work.”**
4. **Read Mark 2:23-28. Does Jesus negate the importance of the Sabbath with his actions? How do his words explain his actions and give us insight for the Sabbath today?**
5. **Throughout the Old Testament, we see the practices of worship and rest going hand-in-hand with the observance of the Sabbath. Why do you think these go so well together?**
6. **Read Colossians 2:16-17. How does Paul give perspective on how we should treat others who honor the Sabbath in a different way from us?**
7. **Does a Sabbath have to be a literal 24-hour rest on Sundays for every single Christian? Is it figurative and optional?**
8. **Where do you land on the spectrum of how to observe the Sabbath?**
9. **FURTHER STUDY: Read Hebrews 4:1-13 and discuss the spiritual rest God offers through Jesus Christ.**

Change Questions

(Points to application and personal reflection. Encourage people to answer out loud or internally.)

1. **When was the last time you took an intentional 24-hour Sabbath rest from all work and labor? When can you plan this in the near future?**
2. **How can you and your family make the Sabbath more holy and honoring to God in the coming weeks?**
3. **How will you actively worship God through rest this week?**

Care Questions

(Points to one another and God. Try to focus on personal praises/requests of people in the group.)

1. **What is going on in your life?**
2. **What are you struggling with that we can pray for?**
3. **What are some ways God is blessing you?**



OCTOBER 18 - PARENTS

OCTOBER 18 - PARENTS

Exodus 20:12; John 19:26-27

Connect Questions

(Points forward to the topic. Helps people become more comfortable with talking and sharing.)

1. **What were some odd or frustrating rules your parents had while you were growing up?**
2. **Growing up, how did you honor your parents? When were you tempted to dishonor them?**
3. **Do you think children today are more or less respectful to their parents than previous generations? Why?**

Core Questions

(Points back to the sermon. Heart of the discussion and digs deeper into Scripture.)

1. **The first four commandments deal with our relationship with God, while the last six are directed toward others. Why do you think the fifth commandment is the first one in this section?**
2. **Read Exodus 20:12. God could have used words like "obey," "respect," or "value" regarding our parents. Why do you think He chose the word "honor"?**

3. **What do you think the promise means that accompanies this command? How could this be misunderstood or misused?**
4. **When have you been told “because I said so” by your parents or another authority? Why do you think God gave a promise and explanation for this commandment?**
5. **At a communal level, this commandment is meant to encourage exemplary faith passed down through generations. What faith example did you have growing up, and what example are you setting for the next generation?**
6. **Read Ephesians 6:1-4. How does this passage harmonize obedience to earthly parents with obedience to the Lord?**
7. **What does the phrase “in the Lord” mean in Ephesians 6:1?**
8. **Read Colossians 3:18-25. What is the result of children obeying their parents? How do the surrounding verses provide clarity for the reasons behind submitting to authorities?**

Change Questions

(Points to application and personal reflection. Encourage people to answer out loud or internally.)

1. **If you are a parent, what needs to change so you can be a Godly example your children can emulate?**
2. **How can you show and encourage mutual respect and love in your family this week?**
3. **How can you show more honor and respect to the authorities in your life?**

Care Questions

(Points to one another and God. Try to focus on personal praises/requests of people in the group.)

1. **What is going on in your life?**
2. **What are you struggling with that we can pray for?**
3. **What are some ways God is blessing you?**

ADDITIONAL NOTES

