



Positive Negatives
Exodus 20:13–21
#16 in a series on Exodus
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Commandments six through ten.

#6: You shall not murder.
(13; see also 21:12-14; Genesis 4:3-15; 9:6; Matthew 5:21-22; 1 John 3:15)

#7: You shall not commit adultery.
(14; see also Genesis 2:24; Leviticus 20:10; Deuteronomy 22:22; Matthew 5:27-28; 15:19; 1 Corinthians 10:13; 2 Corinthians 10:5)

#8: You shall not steal.
(15; see also 22:1-15; Ecclesiastes 5:4-5; Malachi 3:8-10; Ephesians 4:28; James 2:15-17; 1 John 3:17-18)

#9: You shall not bear false witness.
(16; see also 23:1-3, 6-7; Leviticus 5:1; 19:11-12; Deuteronomy 19:16-20; Ephesians 4:15, 25; Colossians 3:8-10)

#10: You shall not covet. (16; see also Psalm 68:16; 1 Timothy 3:1; James 1:13-15)

The response to and positive value of the Ten Commandments.

1. Israel. (18-21; see also 32:1-10; Numbers 11:1-35; 13:1 – 14:45; 16:1-50, etc.)
2. Ourselves.

In My Life This Week

As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.

Monday. Read Exodus 20:1-21. The Sixth Commandment: “You shall not murder.” Why do you think God gave this command, based on truth in the Bible? While at first we may think we would never break this commandment, why and how is it that we easily can break it? This command starts with the outward act but also moves into our hearts and minds. You no doubt have experienced being shattered by thoughtless, cruel attitudes and words (cf. Psalm 42:9-10).

Tuesday. The Seventh Commandment: “You shall not commit adultery.” Why is this commandment important? How does it protect marriages and families? Jesus made it clear that this commandment includes lustful thoughts as well as actions (Matthew 5:27-18). Are you vigilantly guarding your thoughts? Are you “taking every thought captive to the obedience of Christ” (2 Corinthians 10:5)? Are you using God’s provision for enduring and defeating temptation (1 Corinthians 10:13)?

Wednesday. The Eight Commandment: “You shall not steal.” Stealing is taking something you don’t own and don’t have a right to take without permission. Beyond material things, we steal when we do not fulfill our promises to God and when we do not give our time and resources to Him in loving gratitude

Thursday. The Ninth Commandment: “You shall not bear false witness.” This starts in a legal setting of telling the truth when testifying, and also to bringing forward rather than withholding truth. But it also extends into all aspects of our experience. Being truthful is critical to individual and church spiritual growth and maturity. Are you a truthful person? Why is it hard to be truthful in certain situations?

Friday/Saturday. The Tenth Commandment: “You shall not covet.” This commandment deals with desiring something I should not desire (notice the link with this to the Fourth through Ninth Commandments). Fulfilling the commandment in a positive way means making sure we are thinking, planning and acting for the good of others, nor for what we can get from them. In Sunday we plan to push on with a fairly large section, the Law given in 20:22 – 24:18. Survey this section in preparation for our time together on Sunday.