

# Heroes!

## Week 5: Sunday, March 5th – The Ten Commandments

### HEROES GUARD THEIR HEARTS

*Exodus 20:1-2* - 1 Then God gave the people all these instructions: 2 “I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery.

#### COMMANDMENT #1:

*Exodus 20:3* - You must not have any other god but me.

**Be Committed - God protects my heart by directing me to keep Him first**

#### COMMANDMENT #2:

*Exodus 20:4-6* - 4 You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. 5 You must not bow down to them or worship them, for I, the Lord your God, am a jealous God who will not tolerate your affection for any other gods. I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. 6 But I lavish unfailing love for a thousand generations on those who love me and obey my commands.

**Be Surrendered - God protects my heart by making sure there is nothing more important to me than Him**

#### COMMANDMENT #3:

*Exodus 20:7* - You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.

**Be Humble - God protects my heart by challenging me to overcome my pride**

#### COMMANDMENT #4:

*Exodus 20:8-11* - 8 Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. 11 For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

**Rest - God protects my heart by not allowing me to become too busy**

#### COMMANDMENT #5:

*Exodus 20:12* - 12 Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.

**Be Respectful - God protects my heart by pushing me to a life of honor and obedience**

**COMMANDMENT #6:**

*Exodus 20:13 - You must not murder.*

**Be Forgiving - God protects my heart by challenging me to control my anger and to resolve conflict**

**COMMANDMENT #7:**

*Exodus 20:14 - You must not commit adultery.*

**Be Faithful - God protects my heart by challenging me to be pure**

**COMMANDMENT #8:**

*Exodus 20:15 - You must not steal.*

**Be Content - God protects my heart by challenging me to be honest**

**COMMANDMENT #9:**

*Exodus 20:16 - You must not testify falsely against your neighbor.*

**Be Truthful - God protects my heart by challenging me to speak the truth to not be easily offended**

**COMMANDMENT #10:**

*Exodus 20:17 - You must not covet your neighbor's house. You must not covet your neighbor's wife, male or female servant, ox or donkey, or anything else that belongs to your neighbor."*

**Be Thankful - God protects my heart by challenging me to have an attitude of gratitude**

**Am I guarding my heart?**