

THE TEN COMMANDMENT PRAYER

- Pray this for the next week, then adapt it, personalize it, until it becomes yours. Pray it back periodically through the rest of your life. 😊

Dear Abba Father, You are my God. You rescued me from sin, slavery & hell through Jesus! So, help me have no other gods but You & You alone. Show me when I start to worship or value anything above You. I want to live idol free. Help me to hallow Your name, bringing honor to Your name in my worship and life, spreading Jesus' name in word and deed. Abba Father, help me to honor You by honoring the Sabbath. To rest weekly like You rested, giving rest to my family, society & even creation, so we can all focus on You one day a week. Through the week, help me to work diligently like You worked and end each day with joy, for Your glory and my and others' good.

Abba Father, make me a blessing to my parents, my family, the elderly and all in authority. I want to honor and protect life. Guard my heart from anger and unforgiveness. Help me to forgive, seek reconciliation, and love kindly and patiently. Help me to be faithful to You and my spouse in my thoughts, words and deeds. Give me sexual purity as well as a godly romantic love in our marriage. Help me never take what isn't mine- from You, the government, my family, in the work place, business dealings, and the poor. Show me when I do to make restitution. I want to be a giver, not a taker! Help me not to lie, but speak the truth in love, and protect other's reputations. Empower me to be content with what I have, grateful for Your plan and provision.

Thank You, Abba Father, for saving me through Jesus, writing these very 10 commandments on my heart, and empowering me to live them through the Holy Spirit! I want to love You with all my heart, soul, mind, and strength and to love my neighbor, every person that I'm around, as much as I love and care for myself. Show me when I sin. Help me to confess, make amends, and then love mercy, do justice and walk humbly before You. In Jesus' powerful name, Who died for me, and now lives in me, Amen!

- ❖ WHAT'S GOD SAYING TO YOU? – write it down, pray it back, share it with others!

“Oh Heavenly Father, You only speak the truth in love, help me do the same. Show me wherever I am less than truthful and less than loving in my speech. Help me to make amends and go talk to the person in love, versus about the person in hurt. Help me to build others up with my speech and share Jesus and Your Word. I especially sense You telling me...

DON'T LIE, BUT SPEAK TRUTH IN LOVE, EX 20:16, 2/20/22

GETTING OUR FEET WET- are we really born liars? A bowl of oatmeal, a monkey and the stats:

- 98% lie to keep from offending someone
- 92% lie to save face
- 91% say they lie regularly
- ___ believe there is nothing wrong in telling a lie
- 31% believe honesty is the best policy

DIVING INTO SCRIPTURE

- EX 20¹⁶ “YOU SHALL NOT GIVE FALSE TESTIMONY AGAINST YOUR NEIGHBOR.”
- Lev 19¹¹ “Do not steal. “Do not lie. “Do not deceive one another. ¹² “Do not swear falsely by my name and so profane the name of your God. I am the LORD. ¹⁶ “Do not go about spreading slander among your people.” ‘Do not do anything that endangers your neighbor’s life. I am the LORD. ¹⁷ “Do not hate a fellow Israelite in your heart. Rebuke your neighbor frankly so you will not share in their guilt. ¹⁸ “Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD.
- Eph 4¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
- Ps 19¹⁴ May the words of my mouth and the meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

1. HOW do we lie?

- C _____
- M _____
- L _____

- Flattery- what we say to their face but never behind their b_____
- Gossip- what we say behind their back but never to their f_____
- Mocking- what we say to their face and behind their back (ridicule, scoff, revile, trash talk)

2. WHY do we lie?

3. WHAT'S the penalty for lying?

4. HOW do we stop?

a. Remember the...

... Source-

...Object-

...Result-

b. R_____ and get purified- Isa 6:5-8, Pro 6:16-19, 12:16-22

c. Take the truth-love test

CONTENT	Is it false, unknown, or true? Inuendo? Necessary or Unnecessary?
MOTIVATION	"Against/ for" Self- protect, promote, or honest, helpful? Others- help, build-up, or hurt, judge, destroy?
LOCATION	To their face or behind their back? Do I want to be quoted? Gone to the person or plan to?

d. T.H.I.N.K. -is it....?

- T_____

- H_____
- I_____
- N_____
- K_____

e. Write a l_____ - but don't send it 😊

f. F_____ & don't let the sun go down on your anger- Eph 4:26, 31-32

5. Does God want us to be BRUTALLY honest?

6. Is it ever RIGHT to tell a lie?

7. Does the 9th commandment apply to how we TALK TO OURSELVES?

8. What should we do when someone lies ABOUT US?

9. Does the 9th commandment apply to how we TALK FOR GOD?

WRAPPING IT UP

THE 10 COMMANDMENTS	
I am the LORD (I AM) your God, who brought you out of Egypt, out of the land of slavery!	
1. No other gods	6. No murder
2. No idols	7. No adultery
3. No taking God's name in vain	8. No stealing
4. Honor the Sabbath	9. No lying
5. Honor your father and mother	10. No coveting