

**Push The Rock**  
**Home School Curriculum 2010-2011**  
**Chapel Session Outline**

**Session 1: September – October**

- Week 1: Introduction to theme: The 10 Commandments
- Week 2: The Ultimate Coach
- Week 3: No Idols
- Week 4: Get Focused
- Week 5: The Precious Name of Jesus
- Week 6: Reputation

**Session 2: October – December**

- Week 1: Forgiveness
- Week 2: Talk Is Cheap, Bring It To The Field
- Week 3: Remember The Sabbath And Keep It Holy
- Week 4: Making God the #1 Priority
- Week 5: Live With Eternity In Mind
- Week 6: Because I Said So

**Session 3: January – February**

- Week 1: Love
- Week 2: Character
- Week 3: Do Not Murder
- Week 4: Breathing Fire
- Week 5: Do Not Commit Adultery
- Week 6: Accountability

**Session 4: March – April**

- Week 1: Pure Actions
- Week 2: Do Not Steal
- Week 3: Do Not Bear False Witness
- Week 4: Trust
- Week 5: Do Not Covet
- Week 6: Thinking Outside The Box

## ***Session 1***

### ***Week 1***

#### **Chapel: Introduction to theme: The 10 Commandments**

**Verses:** Exodus 20:1-17

Open: Can you recall all 10 Commandments? Let's review them:

1. Have no other gods
2. Do not make idols
3. Do not use the name of the Lord in vain
4. Remember the Sabbath and keep it holy
5. Honor your father and mother
6. Do not murder
7. Do not commit adultery
8. Do not steal
9. Do not bear false witness against your neighbor
10. Do not covet.

Middle: The 10 Commandments were given to Moses by God on Mount Sinai. They are a set of rules that are for us as Christians to use as a guide for our lives. Exodus 20:24b tells us, "Wherever I cause my name to be honored, I will come to you and bless you." God wants to bless us in the midst of our obedience. Our obedience to God reflects our heart and love towards him.

Closing: Our challenge to you throughout the next few months is strive to be an obedient follower of Christ. Temptations and challenges arise daily, and it is our choice to obey God by utilizing the resources He has given us.

#### **Reflection:**

- Will memorizing the 10 Commandments help guide me through my day?
- Am I excited to honor God through my actions?
- Am I afraid that following the 10 Commandments might be too hard for me?

## ***Session 1***

### ***Week 2***

#### **Chapel: The Ultimate Coach**

**Verses:** Colossians 2:8-10

Open: Coaches can be very demanding. They require full commitment to yourself and your team. When you are at practice they expect your complete attention and focus. Any lacking of these things hinders your focus and commitment. They ask this of you so that they can teach you the game. Coaches' goals are to make you a better athlete. They want to encourage you in your passion for the game and guide you in becoming the best you can be.

Middle: In the same way, it is God's desire to capture you wholly. The first commandment makes clear that our God is a jealous god. He loves you and longs to be your everything. God wants you to be totally committed to his team. He wants to coach you in life and help you to grow in your faith. He longs to see reach your full potential and use the skills and abilities he has bestowed upon you to ultimately glorify him.

Closing: Challenge yourself to give God 110% percent. Be fully His.

#### **Reflection:**

- What does it mean to reach your full potential in him?
- Would you be able to give God your everything?
- Are you ready to let God be your ultimate coach?

## ***Session 1***

### ***Week 3***

#### **Chapel: No Idols**

**Verses:** Romans 1:18-25

Opening: Paul warns us about worshiping false gods. Worshiping false gods can translate into anything that takes your focus off Christ. God is the ultimate creator of all things. He is the artists behind the masterpiece.

Middle: Many times we can become obsessed with a famous actor or actress, musician, or tv. Even the sports we play can take priority in our lives. Anything that pulls our time and energy away from Christ can become an idol. It is our challenge to balance our passions for earthly things with our passion for Christ.

Closing: Next time we find ourselves obsessed with someone or something or maybe just too busy; stop and prioritize. Allow God to be your number one. He wants to be your one and only idol.

#### **Reflection:**

- What do you idol?
- How can you prioritize to make God your number one?
- Is there anything that scares you about God being your ultimate idol?

## ***Session 1***

### ***Week 4***

#### **Chapel: Get Focused**

**Verses:** Hebrews 12:1-3

Opening: Have you ever played catch with a dog? They become totally obsessed with the ball you throw them, but if a rabbit catches its eye, their focus totally changes. They forget about the ball. By chasing the rabbit the dog becomes weary and tired and maybe even lost.

Middle: If we are going to make Christ our ultimate idol, we need to get focused. By fixing our eyes on the prize we can persevere through any circumstance. We do not want to be like a dog and “drop the ball”.

Closing: Let’s keep the focus on Christ and run the race set out before us. Verse 3 promises us that we can find strength in the Lord to continue on the path he has planned because of what he did for us on the cross.

#### **Reflection:**

- How can you “Get Focused”?
- What distracts you from God and his plans for you?
- How does knowing that you can draw strength from the Lord encourage you?

## **Session 1**

### **Week 5**

#### **Chapel: The Precious Name of Jesus**

**Verses:** Exodus 20:7 & Psalm 97:1

Opening: *(Excercise) Pass out pens and paper to students. Have them right write down words that they would want others to use when describing them.*

Middle: The third commandment in Exodus 20 commands us to, “not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.” The Lord’s name is to be reverend by his creation. He is the almighty power that reigns over all the earth. We are to rejoice and praise his name (Psalm 97:1). Our reverence for God should come out of a healthy fear we have for him (Proverbs 1:7). When we look at the words on our paper, they are most likely positive and uplifting words. How would we like that page to be covered with degrading words?

Closing: Through our words we can testify our love and commitment to Christ. Challenge yourself to make Hebrews 13:15 your prayer: “Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name.” May you continually honor his name with your words that you might be an example to others of how great our God is.

#### **Reflection:**

- Do my words honor God’s name?
- Do I have any bad habits that are not glorifying to Christ?
- How can I challenge myself to live out Hebrews 13:15?

## **Session 1**

### **Week 6**

#### **Chapel: Reputation**

**Verses:** Matthew 5:14-16

Opening: *(Exercise) Have a slides with different type of people such as an athlete, dancer, doctor, pastor, policeman, etc. Have the kids yell out words to describe them. Explain those word are attributed to their reputation.*

Middle: What do you think of when you hear the word reputation? Does it scare you? Are you confident in how you represent Christ? Reputation is defined as the estimation in which a person or thing is held, especially by the community or the public generally. Matthew 5:14-17 reminds us that how others view us as Christians is vital because our lives reflect Jesus Christ.

Closing: What we say can have a huge influence on our reputation. It should be our goal to create a sound reputation, not for popularity, but as a reflection of our Creator. We want our words to compliment our reputation so that others may be drawn to Jesus Christ.

#### **Reflection:**

- Do my words compliment my reputation as a follower of Jesus Christ?
- Is Christ pleased with how I represent him?
- How can I improve my reputation to better glorify Christ?

## ***Session 2***

### ***Week 1***

#### **Chapel: Forgiveness**

**Verses:** Mark 11:25, Luke 6:37 & Colossians 3:13

Opening: As we've learn in Exodus 20, God commands us to not use his name in vain. As humans we fall short of perfection many times, yet God continues to forgive us for our shortcomings and failures. Just like Christ forgives us, he also expects us to forgive others.

Middle: By forgiving others, we extend Christ's love. Also, through forgiveness we become unified. In verse 14, Colossians 3 goes on to say, "And over all these virtues put on love, which binds them all together in perfect unity. Challenge yourself to forgive others in order to show them Christ's love that we may be unified in the body of Christ.

Closing: Let's bow our head in prayer for a few minutes and talk to God. Ask him for forgiveness. Also, let's ask God to help us forgive others even though it might not be easy.

#### **Reflection:**

- Why is it hard sometimes for me to forgive others?
- When I forgive, is it out of love?
- Am I up for the challenge so that as Christians we can be unified in Christ?



## **Session 2**

### **Week 2**

#### **Chapel: Talk Is Cheap, Bring It To The Field**

**Verses:** 1 John 3:18 & James 2:17-18

Opening: *(Skit) Have five students come up front. Individually, go up to them and make a facial expression and have them guess what you are saying with your actions (angry, annoyed, happy, excited, etc.)*

Middle: How many times have we heard the saying: Actions speak louder than words. Often, words can be inspirational, however actions act as motivation. When playing sports it is easy to “talk a big game”, but your true skills and abilities show when you get out on the field and play. Once others can visually see what you can do, your words mean nothing. Others can make their own judgment on your abilities as an athlete.

Closing: In the same way, as Christians our words will mean nothing, unless our actions back them up. James 2:17 quotes, “In the same way, faith by itself, if it is not accompanied by action, is dead. This stresses the importance of our actions complimenting our words. Christ wants us to use our words to encourage others and preach the good news, but he also wants us to back up our words with our lifestyle and actions.

#### **Reflection:**

- How can my words and actions better complement each other?
- Am I afraid to act upon what I say?
- Am I willing to challenge myself to represent Christ through my words and actions?

## ***Session 2***

### ***Week 3***

#### **Chapel: Remember The Sabbath And Keep It Holy**

**Verse:** Exodus 20:8-11 & Hebrews 4:9-11

Opening: What is the Sabbath to you? In our society every day is crammed full of activities and appointments. We rarely take time to step away from our business to rest and reflect on God's goodness and what he has done for us. The Sabbath is meant to be a day that as followers of Jesus Christ, we can rest and worship our God and what he created.

Middle: God has blessed us with many opportunities to be active and on the go, but he has also blessed us with the Sabbath. He knows that work and business is tiring and draining, therefore, the Sabbath gives us time to rest. In the midst of business, it is our responsibility to practice the Sabbath out of obedience to God.

Closing: Let's quiet our heart now and take some time to reflect on God's goodness. Take a few minutes to praise him for all he is and does.

#### **Reflection:**

- Is God a priority in my schedule?
- Do I take time to rest in God?
- How can I observe the Sabbath?

## **Session 2**

### **Week 4**

#### **Chapel: Making God the #1 Priority**

**Verses:** Matthew 6:19-21 & 1Timothy 4:8

Opening: (Exercise) *Have a white board up front and ask volunteers to come up and draw a picture of what they think priorities look like. (like a list 1, 2, 3, 4... etc.) After a few volunteers go, draw a web with a circle in the middle representing Christ. Have all the activities and families and so on webbing from Christ.*

Middle: Time is an important thing, but what do we do with it? Sports, music, time with friends and family? Do we leave enough time for God? God loves us and wants to spend time with us. He tells us that wherever our treasure is there our heart is as well. If our treasure is in sports or music or anything else, that is where our heart is, but God wants our heart.

Closing: Although we need to make God our #1, doesn't mean we can't take part in other things. It is just that God wants to be part of whatever you do. If your passion is sports, then play to glorify God. If you enjoy music, then sing for Christ. Make God part of your everyday schedule. He promises to be with you wherever you go (Hebrew 13:5).

#### **Reflection:**

- How can I spend more time with Jesus?
- How can I make Christ part of my entire day?
- Where is my treasure?

## ***Session 2***

### ***Week 5***

#### **Chapel: Live With Eternity In Mind**

**Verses:** Philippians 4:8 & Matthew 6:24

Opening: “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve both God and money” (Philippians 4:8). Scripture reminds us that it is impossible to be fully devoted to two entities. As Christians we have to go through life with eternity in mind. Our perspective on decisions we make and issues at hand will change if our goal is to serve God’s kingdom and not the worlds.

Middle: How do we do this? Philippians 6:24 says: “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” By setting our mind on heavenly things, our actions will follow.

Closing: *Refer to Reflection*

#### **Reflection:**

- Which master will I chose?
- What are a few things that you can think on that can help you live for God’s Kingdom?
- How will living with eternity in mind change my outlook?

## **Session 2**

### **Week 6**

#### **Chapel: Because I Said So**

**Verses:** Exodus 20:12 & Ephesians 6:1-2

Opening: *(Exercise) Have 5 students come up from to volunteer. Give each a task to complete but do not give them a reason why. Simply respond, "because I said so." Have the tasks be somewhat obscure such as: give a kid a cup and ask them to get you some water; have a kid do 20 push-ups; etc. When their task is complete reward them with a prize (t-shirt...)*

Middle: In the 10 Commandments, God instructs us to honor our father and mother. This is not always an easy task; however, it is something God asks of us. If we obey this commandment, he promises to give us a long. Ephesians 6:1-2 tells us: "Children, obey your parents because you belong to the Lord, for this is the right thing to do. Honor your father and mother. This is the first commandment with a promise: If you honor your father and mother things will go well for you, and you will have a long life on the earth."

Closing: Obeying our parents may be a challenge at times, but understand that if we obey them, we are obeying Christ. Our obedience is a great way to show our love for both our parents and Christ.

#### **Reflection:**

- Why is it so hard to be obedient to my parents sometimes?
- Do my actions display love?
- How does knowing that if I am obedient, God will fulfill his promise to me?

## ***Session 3***

### ***Week 1***

#### **Chapel: Love**

**Verses:** 1 Corinthians 13:4-7 & Matthew 22:37-39

Opening: In addition to obedience, God calls us to love. What is love? “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres” (1 Corinthians 13:4-7).

Middle: Who should we love? “Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself’” (Matthew 22:37-39)

Closing: God gives us the resources to know how and who we should love. It is our responsibility to obey this commandment. Like we discussed before, obedience is just one way to show your love.

#### **Reflection:**

- Who do I have a hard time loving? Why?
- Who is easy for me to love? Why?
- How can I better love God and love others?

## ***Session 3***

### ***Week 2***

#### **Chapel: Character**

**Verses:** Colossians 3:17

Opening: Character is what we do when no one is looking. So often are we asked to do something and left to complete the task without supervision. Although, no one may be watching, God is. He is an omniscient and omnipotent God. He sees and knows everything we do. However, we should not act out of fear, but rather work to glorify him. Colossians 3 instructs us to do our work for the Lord. "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Middle: When we are left to complete a task we should work at it like we are working for the Lord. Others may never find out how we accomplished our work or if we take shortcuts, but God does. That is where character comes in. Let's challenge ourselves to practice character.

Closing: *Refer to Reflection*

#### **Reflection:**

- How would you define character?
- How does our performance measure up to the definition of character?

## ***Session 3***

### ***Week 3***

#### **Chapel: Do Not Murder**

**Verses:** Exodus 20:13 & Romans 13:8-10

Opening: The sixth commandment given to Moses was, do not murder. What do you think of when you are told not to murder? Can you murder someone without the physical killing of them?

Middle: Murder can be more than the physical killing of someone else. It can be “killing” people mentally or emotionally with harsh words, a cold heart, or mean actions. When we murder we do not love. Love is the counteraction to murder. “Love does no harm to its neighbor. Therefore love is the fulfillment of the law” (Romans 13:10). God calls us to love others. We are to put away harsh feelings and actions towards others.

Closing: Think of one or maybe several people in your life that you might hurting because of how you treat them. How can you change your actions? It starts with a change of heart, and that is only possible with the help of Christ. Let’s take a few minutes to pray and ask God to open our hearts and help us treat others with respect.

#### **Reflection:**

- In which ways do I mentally or emotionally murder others?
- How can I change to make my actions loving?
- Who can I strive to show more love to?



## **Session 3**

### **Week 4**

#### **Chapel: Breathing Fire**

**Verses:** 1 Peter 3:10-11 & James 3:5-6

Opening: Show clip from youtube on a wild fire. It is titled: Catching a Wildfire Arson. Stop when it gets to 1:45 minutes. (<http://www.youtube.com/watch?v=XBPFK-lvrPE>)

Middle: James teaches us that the tongue is like a spark that starts a fire. There is a lot of power in the tongue. It is such a small part of our body, but its job is significant. It can build up your life or damage your life. James 3:6 tells us: "The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell."

Closing: God wants good to come of our tongue. It is such a strong instrument, and imagine all we could do if we used it for good. He wants us to keep our tongue from evil that we may glorify him in all we say. Ephesians 2:10 reminds us that: "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." In the video we saw how fast the fire spread and how much damage it brought about. I challenge you to be a firefighter not a fire starter..

#### **Reflection:**

- How have I used my tongue to spark a fire?
- What can I change in order to speak truth and goodness?
- How can I use my tongue to do work that God has prepared in advance for me?

### ***Session 3***

#### ***Week 5***

#### **Chapel: Do Not Commit Adultery**

**Verses:** Exodus 20:14 & Romans 3:22-24

Opening: Read 2 Samuel 11:1-5

Middle: David, a committed servant of God, even struggled with this command. He lusted over Bathsheba and went on to commit adultery with her. From this action of sin came more sin. David ended up getting himself into a hole that was hard to get out of. However, because of God's goodness and mercy, David was forgiven (2 Samuel 11-12).

Closing: We may never commit adultery like David did, but we do commit sin. We all fall short of perfection. Romans 3:22-24: "This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference, for all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus."

#### **Reflection:**

- Am I able to recognize the sin for which I need to be forgiven?
- What do I struggle with that only with God's help and forgiveness I can overcome it?
- Do I take time to thank God for continually extending his grace even when I think I don't deserve it?

## ***Session 3***

### ***Week 6***

#### **Chapel: Accountability**

**Verses: 2 Samuel 12:1-10, 13 & Proverbs 27:17, Galatians 6:1-5**

Opening: What is accountability? Having someone to hold you accountable or having someone to be answerable to is important in our daily lives. As humans we make many mistakes and need someone to there to catch us and help us see our sin. After David committed adultery with Bathsheba, Nathan went to him and helped him accountable for his actions. However, after confronting David about his sin, Nathan told David that God had forgiven him.

Middle: Accountability is a great way to stay healthy in our faith. We should find someone we trust to check in with us and make sure we are living a life worthy of Christ. However, it is imperative that we remember to do it out of love and remind each other that in the midst of our sin, God still forgives. His love for us is greater than any sin we commit. Proverbs 27:17 reminds us that: "As iron sharpens iron, so one man sharpens another."

Closing: *Refer to Reflection*

#### **Reflection:**

- Think of a person who can be your accountability partner
- How can you sharpen each other as "iron sharpens iron"?

## **Session 4**

### **Week 1**

#### **Chapel: Pure Actions**

**Verses:** 1 Timothy 4:12, Ephesians 4:22-2 & Psalm 51:10

Opening: What comes to mind when you think of purity? One of the definitions for purity is the condition or quality of being pure; freedom from anything that debases, contaminates, or pollutes.

Middle: Ephesians 4:22-24 reminds us that in order for are intentions and actions to be pure we have to throw out our sinful nature which pollutes us. "You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

Closing: Living in purity does not just happen. We have to be willing and ask God to change our heart. In Psalm 51:10 David cries out: "Create in me a pure hear, O God, and renew a steadfast spirit within me." What a bold statement. How many of us can say we have asked this of God?

#### **Reflection:**

- Am I willing to cry out David's prayer to God for him to work in my life?
- What pollutants to I need to get rid of?
- How can I be intentional about living out purity in my life?

## **Session 4**

### **Week 2**

#### **Chapel: Do Not Steal**

**Verses:** Exodus 20:15, Romans 13:7-8, Ephesians 4:28

Opening: *(Exercise) Have a few dollar bills and or change on the ground when students come in. The object is to begin by asking if anyone picked it up. Then follow up with asking what their intentions were. If they are honest about their intentions, let them keep it as a reward.*

Middle: In addition to the previous commandments, God instructs us to not steal. In Romans we are told to: "Give everyone what you owe him: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor. Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law."

Closing: From this verse we can see that stealing doesn't necessarily just involve tangible items. We are told to not steal respect and honor from others. Honesty with others creates trust and out of trust grows love. Let's obey God's command and love others.

#### **Reflection:**

- What do I steal from others?
- How can I learn to create trust so that I can in turn love others?

## ***Session 4***

### ***Week 3***

#### **Chapel: Do Not Bear False Witness**

**Verses:** Exodus 20:16, Proverbs 14:5,25, Ephesians 4:25

Opening: The ninth commandment instructs us to not bear false witness against our neighbor.

Ephesians 4:25 says: "Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body." If we do not speak truthfully, how will anyone trust us? And if they can't trust us, how does reflect ultimate witness – the message of Jesus.

Middle: Therefore, we are to live in harmony with each other. We are all part of the body of Christ, so we are called to act as Jesus did. Galatians 2:1-2 teaches: "If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose." In order to fulfill this, we must have trust and honesty between ourselves and others.

Closing: Let's close in prayer and challenge ourselves to speak truth of other and live in harmony as the body of Christ.

#### **Reflections:**

- Do speak truth of others?
- What can I do to live in harmony with others?
- Can others trust me?

## ***Session 4***

### ***Week 4***

#### **Chapel: Trusting In The Lord**

**Verses:** Psalm 56:4, Proverbs 3:5-6

Opening: Have a student volunteer to come up. Have them stand with their back to you and ask them to all back into your arms and trust that you will catch them.

Middle: It is not always easy to trust people, but we can trust God. Trust creates a sense of comfort. When we trust God, we can be sure that he will never leave us (Hebrews 13:5). Psalm 56:4 reminds us that: "In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?"

Closing: What a great promise. No matter what we face here on this earth, will never take away the assurance that God is with us. We can trust him with our hearts, minds and soul knowing that he holds each of our life's plans in his hands.

#### **Reflection:**

- Am I willing to trust Christ no matter what circumstance I am going through?
- Memorize Proverbs 3:5-6 to remind yourself that we can trust God with our life

Trust in the LORD with all your heart  
and lean not on your own understanding;

<sup>6</sup> in all your ways acknowledge him,  
and he will make your paths straight.

## ***Session 4***

### ***Week 5***

#### **Chapel: Do Not Covet**

**Verse:** Exodus 20:17, Matthew 6:19

Opening: God instructs us that desiring what we do not have is sinful. When we set our heart on things we do not have it takes our attention off the Christ. Matthew 6: 19 explains, "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Middle: God wants us to need him, nothing else. We need to remember that earthly possessions fade and so we should fix our eyes on heavenly possessions.

Closing: Refer to Reflection

#### **Reflection:**

- What earthly possessions would be hard for me to give up?
- How can I learn to appreciate what I have instead of being jealous of what I don't have?
- Does knowing that heavenly possessions never fade comfort me at all?



## **Session 4**

### **Week 6**

#### **Chapel: Think Outside The Box**

**Verses:** John 8:31-32 & Galatians 5:1

Opening: Hand out sheets of paper with a box drawn on it. Tell the students in one part to write things that Christians are allowed to do, and in the other part to write what Christians are NOT allowed to do. The point is to see if they confine Christianity to a box. If they think that what we are allowed to do is limited.

Middle: Many times with rules we are told what NOT to do, but what if we changed our thinking? What if we stopped concentrating on what we should not do and explore what we CAN do? There is freedom in Christ. His rules are not meant for bondage. John 8 reminds us: "To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. <sup>32</sup>Then you will know the truth, and the truth will set you free."

Closing: Galatians 5:1 tells us: "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." How exciting is that? We no longer have to carry the burdens of this world because of our freedom in Christ.

#### **Reflection:**

- After learning about the 10 Commandments, do I feel more equipped to practice my freedom in Christ?
- How can my life become more glorifying to Christ?
- What are three things I can focus on to make my faith stronger?