

The commands: we cannot do it alone

Exodus 20:1-21

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does God remind the people he has done for them before giving the commands, and what does he command?

2. What does it show me about people — and about myself?

Which of these commands is hardest for you to keep?

3. What will I obey this week? (a concrete step, with a day)

Which command will you begin to obey this week, asking God for help?

4. Who will I tell?

Who could you talk with honestly about how none of us can keep these commands alone?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

*God, your commands are good, and I have not kept them.
Thank you that you rescued your people before you gave them
— have mercy on me and change my heart.*



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