

**Exodus 20:1-17**

**God's framework for living**

After their long journey through the wilderness, the Israelites have reached Mount Sinai. The time has come for a fresh start with God, and Moses ascends Mount Sinai, where he receives the Ten Commandments from God. The first three speak of the relationship between God and people; the other seven of how relationships play out in the life of the community.



**Bible notes**



The people of God, which began with promises to Abraham, has grown into a nation descended from Isaac, Jacob and his 12 sons. The covenant between God and Abraham has, in part, been fulfilled: they are a multitude, although they have yet to be given the promised land. In the time of Abraham's great-grandson, Joseph, the tribe moved to live in Egypt, but, some generations on, the Egyptians' fear of these foreigners means that they have been made into slaves. Under Moses' leadership and God's direction, with various plagues and the parting of the Red Sea, the tribe has been brought out of Egypt into the wilderness where God has miraculously provided food and water. Now, at Mount Sinai, the people have been directed to purify themselves, to make themselves holy, so that they can meet with God. In that meeting God speaks: the words of today's reading, the 'Ten Commandments'.

The people of God are at the beginning of learning how to live as a free people, God's free people, no longer slaves, and living in step with God. God's covenant with them, as with Abraham, is that they are to walk before God and be blameless (Genesis 17:1). The Ten Commandments form part of the 'instruction' or 'teaching' that God provides to help them know how to live out this covenant relationship. God has set them free; they need to live a godly life, and this is what it looks like. And that is: God first, God only, God as the sole focus of worship, the centre around which their lives are shaped. Actions and choices have consequences, and to keep – or to break – this focus has consequences that roll on for generations. This is reflected in the way they are to treat each other: as God's people. God comes first.

**First impressions**

- What's the best piece of advice you've ever been given?
- What is essential to your spiritual well-being? What would you put in your 'Rule of life'?
- Thinking about the week ahead, what might living by God's framework look like?

**Wheel of Well-being**



*Write*

Look at the Ten Commandments together and re-write them in a way that makes sense for the ages of the people in the house: 'Remember the sabbath' might become: 'On one day of the week, focus on how much God loves you. Try to do something different on that day to help everyone think about and talk to God.'

**REFLECT**

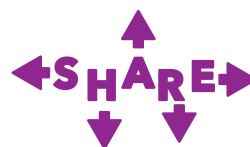
Search online for Lectio 365 for families and enjoy the daily Bible study and prayer activities. Discover more of God's framework for living well.

A A D F N Z L U C  
H B S E A R C H K  
G A J B N R P H O

Think about the idea that God gives us a framework to help us live well. Find all the frames in your house – pictures, mirrors, etc. Write 'Live life God's way' on sticky notes and attach them to the frames to help you remember this important message.

**A gathering prayer**

Amazing God, you are our God, and we are your people, your children. Help us to learn your ways, that we may love you more dearly, and learn to live more truly, enjoying and sharing your abundant life with the whole planet. Amen.



Talk with your household about the rules you have for living (e.g. make your own bed, do not waste water). Which are the easiest to follow and which can cause arguments? Do any of your rules need updating now you have read the Bible passage?