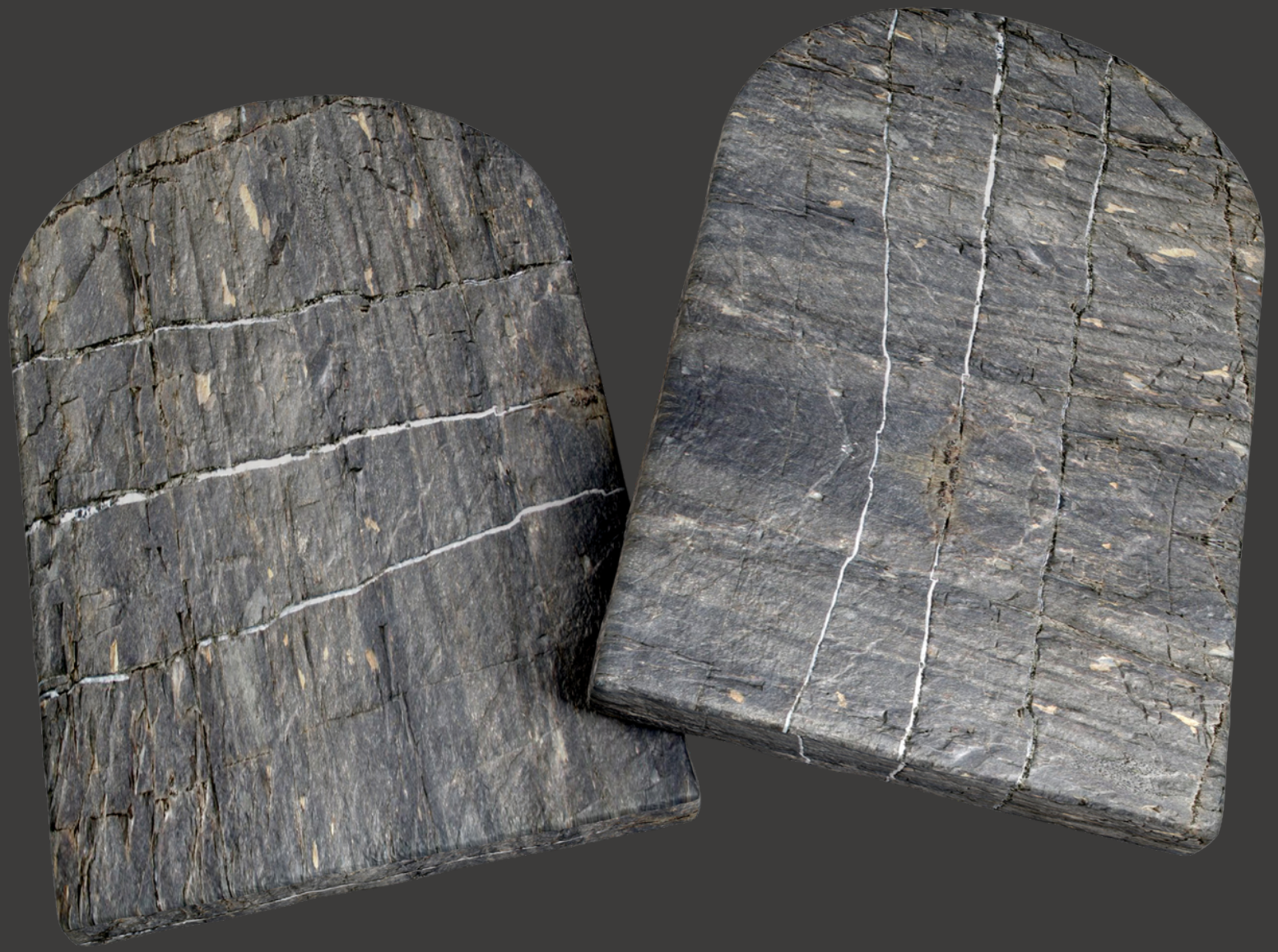




THE 10 COMMANDMENTS

For Students Grades 6-12
July, 2026



A MVMNT STDNTS Devotional

Day 1 – Purpose of the Law

Bible Reading: Exodus 20:1-21

Passage Breakdown

The people of Israel had left Egypt and now were traveling through the desert on the way to the Promised Land. On their way, God lead them to Mount Sinai, where He gave them the law to show them how to live according to His ways. The 10 commandments were given to show the people how to live in right relationship with God and with others. While Followers of Christ have been set free from the bounds of the law in Christ, all of the 10 commandments are given to us as commands in Christ. Living according to the 10 commandments is not just a moral way of living, it is God's way of living.

Review Question

1. How many commands did God give to the people to follow?
 - a. 12
 - b. 42
 - c. 67
 - d. 10

2. Which of the following is not included in the 10 commandments?
 - a. Do not murder
 - b. Do not steal
 - c. Do not commit tax fraud
 - d. Do not covet

Memory Verse - Exodus 20:1-2

Action Step: Look over the list of commandments that God gave to us on how to live in relationship with Him and others. Write down 3 of these commands that you need to work on in your life. Ask God for the strength to live according to His commands.

Daily Prayer: Dear God, I want to live for you and follow Your commands. Help me to live out your commandments today and everyday. Amen.

Day 2 – Laws of Worship

Bible Reading: Exodus 20:1-6

Passage Breakdown

The first 2 laws deal with how we engage in worship with God and how to react to other “gods” that want to take His place. God is not interested in divided loyalties or sharing you with these other “gods” that want to run your life. God is the only true God and the only one worthy and deserving of our praise. We bow down to idols when we allow anything to take the place of God in our lives; sports, friends, music, school, video games, etc. Nothing and no one should ever take the place of God in your life.

Review Question

1. Why did God tell the people to only worship Him?
 - a. He brought them out of Egypt
 - b. He is the One true God
 - c. He is a Holy Jealous God
 - d. All of the above

2. What were the Israelites not supposed to make idols of?
 - a. Anything in Heaven
 - b. Anything on Earth
 - c. Anything in the Water
 - d. All of the above

Memory Verse - Exodus 20:3-4

Action Step: Write down 3 things that you are tempted to let take the place of God in your life. Submit those things to God and keep Him in His proper place in your life.

Daily Prayer: Dear God, Help me to keep you first in my life. Help me to say no to letting other things take your place in my heart. Help me to only give my worship to you. Amen.

Day 3 - Law of God's Name

Bible Reading: Exodus 20:7

Passage Breakdown

You have probably heard this verse be used as a rebuke against saying stuff like "oh my God" or "on God". And while you shouldn't use the name of the Lord in vain or coarsely in your everyday talk, this verse goes much deeper than texting someone "OMG". To use the name of the Lord in vain means to use "god" as the justification for your own acts of personal gain or evil. It means using your religion to justify the mistreatment or eradication of someone else who believes differently than you. It means doing anything other than what God has commanded and called you to do, but slapping a "god told me to do this" on your actions so it all seems right and fair. It means telling people "god told me" and then following that up with whatever message you want to give them. It is a heinous and evil thing to do that goes far beyond just the words we say, but also the things that we do. It is dangerous and damaging to those around us and dealt with harshly by God as seen in Exodus 20:7.

Review Question

1. What does it mean to take the Lord's name in vain and why is it so important?

Memory Verse - Exodus 20:7

Action Step: Write down 3 ways that you are tempted to take the Lord's name in vain in your life. Consider what God really desires for your life and His people. Live according to His way instead of trying to make Him live according to yours.

Daily Prayer: Dear God, help me to follow your ways for my life and not my own. Help me to only do and say things that are your will for my life. Amen.

Day 4 - Law of Rest

Bible Reading: Exodus 20:8-11

Passage Breakdown

It might seem odd that God gives His people a specific law about resting, but it is only when we view our rest as an act of worship to God that we can truly understand why this law is important. Rest on the Sabbath is an opportunity to slow down from our everyday routines and intentionally focus on God through things like prayer and worship. It gives us the opportunity to praise Him for His goodness and love for us in ways we might not during the week while we are working. We should all take a Sabbath, a time of intentional reflection and worship.

Review Question

1. What example did God use to demonstrate the importance of the Sabbath?
2. Who is supposed to engage in the practice of a Sabbath according to this verse?

Memory Verse - Exodus 20:8

Action Step: Take time to practice a Sabbath this week. Intentionally step away from the noise and chaos of life and your phone and reflect on God and praise Him for all He has done.

Daily Prayer: Dear God, help me to take the time to pause and reflect on you this week. Help me to take intentional time to be with you away from everything else. Amen.

Day 5 - Law's of Relation

Bible Reading: Exodus 20:12-17

Passage Breakdown

The next 6 laws in the 10 commandments deal with how we interact with other people in community. These laws tell us how we should live according to God's way and how we should treat others. They include family relationships with parents, how to respond when we are wronged by not getting angry or even, how we should treat others things and others reputations. The 10 commandments were given to the people to turn their hearts to God. Unfortunately, the Israelites were more focused on the external actions and attitudes rather than the internal heart change that God desired for their lives.

Review Question

1. Which of these commands is not included in this list from today's reading?
 - a. Honor your Father and Mother
 - b. Do not Steal
 - c. Only shower on Tuesdays
 - d. Do not Murder

2. Why do you think God give these specific rules to the people?

Memory Verse - Exodus 20:12-17

Action Step: Write down which of these commands you struggle with the most and surrender that to God. Ask for His strength and power to overcome sin and live for Him!

Daily Prayer: Dear God, help me to live for you even when I am interacting with others. Help me to be an example and light for you in all that I do, pointing everyone to you with my words and actions. Amen.

Day 6 – Jesus' Teachings

Bible Reading: Matthew 5:21-48

Passage Breakdown

Jesus came to tell the people the truth about God's law; it wasn't just about outward behavior, but internal heart change. Jesus goes beyond just the actions we do and says that God is concerned with our hearts as well. Living out the 10 commandments might make you appear like a "good person" but it doesn't please God until our hearts are changed as well. We need to let the commands of God change our hearts and lives which in turn will change our behavior as well.

Review Question

1. Where did Jesus say that the sin really starts in our lives?
 - a. Our Actions
 - b. Our Stomach
 - c. Our Heart
 - d. Our Tongues

2. Why do you think Jesus put such an emphasis on the heart posture?

Memory Verse - Matthew 5:22

Action Step: Write down 3 ways that your heart needs to be changed in order to live in a manner that is pleasing and honoring to God.

Daily Prayer: Dear God, help me to live for you in my heart and my actions. Help my heart to match yours so that I can live for you in all that I do. Amen.

Day 7 - The Law Fulfilled in Christ

Bible Reading: Matthew 5:17-20

Passage Breakdown

Jesus didn't come to remove the laws of God, but instead came to be the fulfillment of the law. We are all unable to live up to the standard of God's law. We all break His laws and therefore are deserving of punishment. We needed someone to complete the law for us and give us His righteousness to be made right with God. That is what Jesus came to do; pay the price of our penalty for breaking God's law and to give us His righteousness so that we can be made right with God. You cannot live according to God's on your own, it is only through the presence of Jesus in your life that you can live in a way that pleases God!

Review Question

1. Why did Jesus say He came in this passage?
 - a. To Destroy the Law
 - b. To Change the Law
 - c. To Break the Law
 - d. To Fulfill the Law

2. How did Jesus fulfill the law and welcome us into a right relationship with God?

Memory Verse - Matthew 5:17

Action Step: Write a thank you prayer to Jesus for being the fulfillment of the law and paying the price of our breaking of God's law. Thank Him for giving us His righteousness so that we can be made right with God.

Daily Prayer: Dear God, thank you for sending Jesus to pay the price for my crimes and welcoming me into your family. Help me to tell someone about how they can be made right through Jesus this week. Amen.

Real devotionals made by real people for real growth.

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July, 2026**

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No AI was used in the creation of this devotional booklet.