

THE

TEN WORDS

AN INVITATION TO LIFE



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This journal was written by the McDowell team and shaped by the wisdom of the historic Christian faith, alongside contemporary formation voices including the Bible Project, 24-7 Prayer, and the Mackie/Collins podcast.

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HOW TO USE THIS JOURNAL

THIS JOURNAL IS SIMPLY A TOOL TO HELP YOU WALK THROUGH THE 10 WORDS/COMMANDMENTS.

We often view the 10 Commandments as the most important 'rules' found in the Bible. But as we slow down and dig deeper, we'll find that these words are "God's wisdom for true life and flourishing." (the Bible Project)

Each week we'll focus on one of the 10 Words/Commandments.

You'll find a brief introduction to the week's theme, along with a page for sermon notes and personal insights. Use the NOTE PAGE to capture what God is teaching you on Sundays and throughout the week.

Monday-Friday you'll find a simple PRAYER RHYTHM followed by SCRIPTURE or material from the Bible Project. The videos provide simple introductions, and the podcasts offer deeper dives into the Biblical background with connections that run throughout Scripture.

Each week also includes a reflection page with prompts designed to help you process and consider how the 10 Words/Commandments intersect with your life. **As you read, pray, and reflect, ask the Holy Spirit to shape your heart, renew your mind, and transform the way you live.**

We are extremely grateful to the Bible Project and 24-7 Prayer for the resources they share with churches around the globe. Their teaching and prayer guides have significantly shaped this journal. You can find them at www.bibleproject.com and www.24-7prayer.com.



THE TEN WORDS

Exodus 20:2–17

the bible project's translation

² “I am **Yahweh your Elohim**, who brought you out of the land (**’erets**) of Egypt, out of the house of slavery (**’avadim**).

³ There will not be for you any other **elohim** before me.

⁴ You will not make (**’asah**) for yourself an idol, or any likeness of what is in the skies (**shamayim**) above, or on the land (**’erets**) beneath, or in the waters (**mayim**) under the land (**’erets**).

⁵ You will not worship them, and you will not serve (**’avad**) them, for I, **Yahweh your Elohim**, am a passionate **El(ohim)**, visiting the iniquity of the fathers on the children to the threes and the fours for those who hate me,

⁶ but showing (**’asah**) loyal love to thousands for those who love me and keep my commands.

⁷ You will not carry the name of **Yahweh your Elohim** in vain, for **Yahweh** will not declare innocent the one who carries his name in vain.

⁸ Remember the day (**yom**) of Shabbat to treat it as holy (**qadash**).

⁹ Six days (**yom**) you will labor (**’avad**), and you will do (**’asah**) all your work,

¹⁰ but the seventh day (**yom**) is a Shabbat of **Yahweh your Elohim**; on it you will not do (**’asah**) any work—you, your son, your daughter, your male slave (**’eved**), your female slave, your cattle, or your immigrant who is in your gates.

¹¹ For in six days (**yom**) **Yahweh** made (**’asah**) the skies (**shamayim**), the land (**’erets**), the sea (**yam**), and all that is in them, and he rested on the seventh day (**yom**); therefore **Yahweh** blessed the day (**yom**) of Shabbat and made it holy (**qadash**).

¹² Honor your father and your mother, so that your days (**yom**) may be prolonged in the land (**’adamah**) which **Yahweh your Elohim** gives you.

¹³ Do not kill.

¹⁴ Do not commit adultery.

¹⁵ Do not steal.

¹⁶ Do not bear false witness against your neighbor (rea’).

¹⁷ Do not desire your neighbor's (**rea’**) house; do not desire your neighbor's (**rea’**) wife, or his male slave (**’eved**), or his female slave, or his ox, or his donkey, or anything that belongs to your neighbor (**rea’**).

דָּבָר

**DAVAR/
DEVARIM**

*word; matter; a
spoken reality
that shapes a
relationship*

הַכְרִיב

BERAKHAH

*blessing; God's
gift of life,
abundance,
and purpose*

**GOD BLESSED
THEM AND
SAID TO
THEM, "BE
FRUITFUL
AND
MULTIPLY,
FILL THE
EARTH AND
SUBDUE IT."**

GENESIS 1:28

NOTICE

The Ten Commandments are familiar—even for those outside of church. Yet, Scripture first calls them the Ten Words. They were spoken within a relationship, given to a people whom God had already rescued and loved. Before God said, "Do not," He began with blessing.

TAKEAWAY

The first instructions given to humanity are an invitation to participate in God's life, creativity, and goodness. Throughout this series, we will explore how these words reveal a pathway of wisdom — a way of living that leads to a full life.

THE INVITATION

To discover that God's commands are more than rules to obey, but words that lead us into the best kind of life with Him and into healthy community with those around us.

REFLECTION

God's first command in Scripture is a blessing (Genesis 1:28). What was it, and what might that have to do with the 10 Commandments?

Without looking, how many of the 10 Words/Commandments can you name?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) introducing the 10 Commandments (Why God's Commands Are Like Blessings).

TUESDAY

OT: Deuteronomy 30:15-20

NT: Matthew 22:34-40

PS: Psalm 1

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 10 Commandments. The intro podcast is called: What Makes the 10 Commandments Special? It is ~45 minutes, so you may need to block out some additional time over the next couple days. There are two other podcasts, 1) God's First Commands in the Bible and 2) Commands for Life Given to Noah and Abraham, that you might want to listen to as well.

THURSDAY

OT: Joshua 24:14-24

NT: John 15:9-17

PS: Psalm 19:7-14

FRIDAY

OT: Hosea 4:1-3

NT: Romans 13:8-10

PS: Psalm 119:1-16

Father, lead, guide, and direct me. Help me to live this day to the full, trusting Your ways above my own.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) as I interact with people throughout this day. Amen.

Scan here to access the week's verses, Bible Project videos, podcasts, + more or visit **tenwords.online**



Take time to journal + reflect as you work through the passages, watch the Bible Project videos, and listen to podcasts.

JOURNAL + REFLECT



This page also serves as **a starting point for groups** who are walking through the Ten Words in community.

How do you view the 10 Commandments? And what are the expectations and questions you're bringing with you as we start the series?

Why do you think these 10 words/commandments are the ones God gave to humanity so long ago? What do you think these reveal about Him?

As you think about the 10, is there one that you are most excited to dig into? Why?

What daily habits do you want to commit to during this journey so that you can stay engaged and in step with the Holy Spirit?

Who can/will you process this with?

NOTICE

The first word is not a demand, but a reminder. God rescues and saves. The invitation is His to offer, and ours to answer.

I AM YAHWEH —
YOUR ELOHIM, WHO
BROUGHT YOU OUT
OF THE LAND OF
EGYPT, OUT OF THE
HOUSE OF SLAVERY.
THERE WILL NOT
BE FOR YOU ANY
OTHER ELOHIM
BEFORE ME.

יְהוָה

YAHWEH

*I am who
I am (Exodus
3:14)*

In Hebrew,
"I am" and
"Yahweh"
share the same root
word (הָיָה)
and are
closely
related.

מִיָּנֵפּ לִּי

'AL-PANAI

*'before my
face'; in front
of, alongside,
instead of me*

EXODUS 20:2-3

ELOHIM

*divine beings;
anything that
functions as
ultimate in
your life*

THE INVITATION

The first word is not a demand, but a reminder. God rescues and saves. What will we do with the invitation He offers?

TEACHING NOTES

questions • insights • scribbles

sunday, september 20

REFLECTION

What modern day gods
do we often prioritize in
our lives?

What would it look like
to give God our full
allegiance and prioritize
Him in our daily lives?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Watch the Bible Project's short video (~5min) on the 1st Commandment.

TUESDAY

OT: Isaiah 45:5-6

NT: 1 Corinthians 8:6

PS: Psalm 95:3

WEDNESDAY

Start listening to Tim Mackie and Jon Collins discuss the 1st Commandment. It is ~40 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Deuteronomy 6:4-5

NT: Matthew 22:37

PS: Psalm 97:9

FRIDAY

OT: Isaiah 44:6

NT: John 17:3

PS: Psalm 86:10

Father, whom have I in heaven but you? Help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) as I interact with people throughout this day. Amen.

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JOURNAL + REFLECT



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What is this word/commandment revealing about God and the life He invites us into?

Where do you find yourself missing the mark or resisting this word/commandment?

What practice or rhythm might help you stay oriented toward God this week?

Is the Spirit nudging you to think, speak, or act differently based on this command?

Who can/will you process this with?

לִפְסֵל

PESEL

*carved image;
something
shaped by
human hands*

An idol is something we create and then trust to give us what only God can provide.

TAKEAWAY

God has already placed His image within creation in humanity. Every person, though broken by sin, bears the image of God. Rather than creating images of God, Scripture calls us to live true to our created selves.

**YOU
WILL NOT
MAKE FOR
YOURSELF AN
IDOL, OR
ANY LIKENESS
OF WHAT IS
IN THE SKIES
ABOVE OR
ON THE LAND
BENEATH
OR IN THE
WATERS
UNDER THE
LAND.**

EXODUS 20:4

NOTICE

The command is not merely about statues. It is about refusing to reduce God to something we can control, contain, or fully understand. God cannot be captured by an image because He is greater than anything we can make.

הַנוֹמָת

TEMÛNÂH

*form; shape;
visible representation*

Israel saw God's fire and heard His voice at Sinai, but they saw no form. Any image of God diminishes the reality it claims to represent.

THE INVITATION

To stop making images of God and become His image in the world.
“Don’t make an image. Be the image.” (Tim Mackie)

TEACHING NOTES

questions • insights • scribbles

sunday, september 27

REFLECTION

How does shrinking God
change the way we
see Him?

What would it look like to
be God's image this week
— with family, friends, co-
workers, etc.?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 2nd Commandment.

TUESDAY

OT: Exodus 34:14

NT: 1 John 5:21

PS: Psalm 115:4-5

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 2nd Commandment. It is ~65 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Leviticus 26:1

NT: Colossians 3:5

PS: Psalm 135:15-16

FRIDAY

OT: Jeremiah 10:3-5

NT: Romans 1:22-23

PS: Psalm 24:3-4

Father, as an image bearer of You, help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) as I interact with people throughout this day. Amen.

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JOURNAL + REFLECT



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What is this word/commandment revealing about God and the life He invites us into?

Where do you find yourself missing the mark or resisting this word/commandment?

What practice or rhythm might help you stay oriented toward God this week?

Is the Spirit nudging you to think, speak, or act differently based on this command?

Who can/will you process this with?

אֵשֶׁן

SHAV'

*empty; futile;
failing to fulfill
its purpose*

NOTICE

This word isn't primarily about language, though that can be a part of it. It's about integrity and faithfulness in carrying, or bearing, the name of God.

**YOU WILL
NOT CARRY
THE NAME OF
YAHWEH YOUR
ELOHIM IN
VAIN, FOR
YAHWEH WILL
NOT DECLARE
INNOCENT
THE ONE WHO
CARRIES HIS
NAME IN VAIN.**

EXODUS 20:7

אֵשֶׁן

NASA

*to lift up; carry;
bear not just
language or
speech, but a
whole life*

To carry God's name is to represent Him in the world.

TAKEAWAY

Do we fully represent Him in how we live, how we treat others, how we hold power, and how we speak? Living as though God's name means nothing is to carry it in vain — to misrepresent the God we are called to reflect.

THE INVITATION

To carry God's name faithfully — to let your life, your words, your attitude tell the truth about who He really is.

TEACHING NOTES

questions • insights • scribbles

sunday, october 4

REFLECTION

Where do you see God's name being used — or carried — in ways that give people a distorted picture of who He is?

If someone learned about who God is only from your life, what do you think they'd think of God?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 3rd Commandment.

TUESDAY

OT: Leviticus 22:32

NT: Matthew 6:9

PS: Psalm 29:2

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 3rd Commandment. It is ~50 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Ezekiel 36:23

NT: Philippians 2:9-10

PS: Psalm 148:13

FRIDAY

OT: Zechariah 13:9

NT: Colossians 3:17

PS: Psalm 34:3

Father, in all my conversations, in all my interactions, in all my meetings, I speak the name of Jesus into this world. Help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me as I interact with people throughout this day. Amen.

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Is the Spirit nudging you to think, speak, or act differently based on this command?

Who can/will you process this with?

NOTICE

God didn't rest because He was tired or needed sleep. He stopped because the work was complete.

REMEMBER THE DAY OF SHABBAT, TO TREAT IT AS HOLY.

שַׁבָּת

SHABBAT

*to stop, to
cease*

Stopping is an act of trust. Sabbath invites us to step out of a production mindset and remember that God — not our constant labor — sustains the world.

EXODUS 20:8

TAKEAWAY

Shabbat is an invitation to imitate our Creator — to declare, once every week, that your labor is not ultimate and your value is not found in what you produce. You are not a machine. You are an image of God, and like Him, we stop and rest.

THE INVITATION

To trust that the world doesn't depend on you—and to taste, right now, the rest that God has promised for all of creation.

REFLECTION

What story are we telling/living when we refuse to take a day off? What story are we telling/living when we choose to rest?

Where do you feel pressure to live like a slave to production, achievement, success, etc.? How might Sabbath lead you into freedom from that pressure?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 4th Commandment.

TUESDAY

OT: Genesis 2:2-3

NT: Mark 2:27-28

PS: Psalm 118:24

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 4th Commandment. It is ~50 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Isaiah 58:13-14

NT: Hebrews 4:9-10

PS: Psalm 23:2-3

FRIDAY

OT: Leviticus 23:3

NT: Matthew 11:28-29

PS: Psalm 131:2

Father, help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me as I interact with people throughout this day. Slow me down enough today, so I don't miss You. Amen.

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Where do you find yourself missing the mark or resisting this word/commandment?

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Is the Spirit nudging you to think, speak, or act differently based on this command?

Who can/will you process this with?

NOTICE

This is the only word/command that comes with a promise. It stands as the hinge between how we relate to God and how we relate to others.

**HONOR YOUR
FATHER AND
YOUR MOTHER
SO THAT YOUR
DAYS MAY BE
PROLONGED
IN THE LAND
WHICH YAHWEH
YOUR ELOHIM
GIVES YOU.**

EXODUS 20:12

דָּבַד

KABBED

*(verb) to treat
as heavy;*

to attribute
weight,
significance,
worth to
someone

דָּבָד

KAVOD

*(noun) glory;
honor;
weightiness*

TAKEAWAY

Your father and your mother are the ones who gave you life. That is a gift. To honor them is to recognize their weight and significance. Jesus expands this vision beyond biological family to include those in our community of faith.

THE INVITATION

To receive life as a gift — and to honor those who helped give and sustain it.

TEACHING NOTES

questions • insights • scribbles

sunday, october 18

REFLECTION

What does it look like to treat the well-being of parents, and older generations, as a weighty matter?

How might we honor and care for spiritual parents, widows, and the elderly in the family of God?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 5th Commandment.

TUESDAY

OT: Proverbs 1:8-9

NT: Ephesians 6:2-3

PS: Psalm 103:13

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 5th Commandment. It is ~60 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Leviticus 19:3

NT: Luke 2:51

PS: Psalm 78:4

FRIDAY

OT: Deuteronomy 5:16

NT: Colossians 3:20

PS: Psalm 68:5-6

Father, help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me as I interact with people throughout this day. Work in my life today as I learn to show honor to anyone older than I. Amen.

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What practice or rhythm might help you stay oriented toward God this week?

Is the Spirit nudging you to think, speak, or act differently based on this command?

Who can/will you process this with?

NOTICE

This command is about more than avoiding murder, though that is important. Beneath the surface, there is a conviction that every human life matters.

תְּסֵלֶם

TSELEM

*image;
representation
(see the 2nd
Commandment)*

YOU SHALL NOT KILL.

רָצַח

RÂTSACH

*the unlawful
taking of a
human life,
by intent or
negligence*

EXODUS 20:13

TAKEAWAY

We've already explored that people have been created in God's image. Jesus pushes it further: the root of murder is contempt – anger that wishes a person did not exist. To harm another is to attack an image-bearer of God. The invitation of God doesn't stop with avoiding violence, but is also about nurturing and honoring and protecting life. According to Jesus, this begins in the heart.

THE INVITATION

To value, protect, and cultivate life in every person as one who bears the image of God.

TEACHING NOTES

questions • insights • scribbles

sunday, october 25

REFLECTION

If every person bears God's image, how should we view those who are different than us? Or those we dislike, fear, or disagree with?

What might it look like to protect and cultivate life?

DAILY PRAYERS + SCRIPTURE

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As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 6th Commandment.

TUESDAY

OT: Jeremiah 22:3

NT: Matthew 5:21-22

PS: Psalm 139:14

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 6th Commandment. It is ~60 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Deuteronomy 30:19-20

NT: 1 John 3:15

PS: Psalm 72:13-14

FRIDAY

OT: Proverbs 24:11-12

NT: Romans 12:19

PS: Psalm 82:3-4

Father, help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) as I seek to build people up and protect life today. Amen.

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What practice or rhythm might help you stay oriented toward God this week?

Is the Spirit nudging you to think, speak, or act differently based on this command?

Who can/will you process this with?

תִּירָב

BERIT

*covenant; a
sacred bond
between two
parties*

YOU SHALL NOT COMMIT ADULTERY.

NOTICE

Marriage is more than a social contract or arrangement between a man and a woman. And this invitation/word is about more than just sex. Marriage is a sacred covenant where a man and a woman learn to love through faithfulness.

EXODUS 20:14

נִאָפֵי

NÂ'APH

*to violate
another's
marriage
covenant;
to ruin a
covenant
partnership*

TAKEAWAY

The marriage covenant should be honored and protected by all — married and single alike — because it points us to one of the clearest pictures of God's faithful love for His people.

THE INVITATION

To honor and protect covenant faithfulness within marriages — and to learn how to live the kind of love that remains over time.

REFLECTION

Why do you think Scripture uses marriage as a key picture of God's relationship with us?

Where do you see the difference between love as a feeling and love as faithfulness?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 7th Commandment.

TUESDAY

OT: Proverbs 6:32

NT: Matthew 5:27-28

PS: Psalm 51:10

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 7th Commandment. It is ~65 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Malachi 2:15-16

NT: 1 Corinthians 6:18-19

PS: Psalm 119:9

FRIDAY

OT: Proverbs 5:18-19

NT: Hebrews 13:4

PS: Psalm 101:2-3

Father, today I choose to lift up and honor the covenant of marriage, my own and that of those around me. Guard my heart, my mind, and my eyes. Help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me today. Amen.

Scan here to access the week's verses, Bible Project videos, podcasts, + more or visit **tenwords.online**



Take time to journal + reflect as you work through the passages, watch the Bible Project videos, and listen to podcasts.

JOURNAL + REFLECT



This page also serves as **a starting point for groups** who are walking through the Ten Words in community.

What is this word/commandment revealing about God and the life He invites us into?

Where do you find yourself missing the mark or resisting this word/commandment?

What practice or rhythm might help you stay oriented toward God this week?

Is the Spirit nudging you to think, speak, or act differently based on this command?

Who can/will you process this with?

NOTICE

This word is about more than possessions and property. Scripture teaches that everything we have is ultimately a gift from God.

YOU SHALL NOT STEAL.

הַנְּתָנָה

MATTANAH

*gift; something
received rather
than earned*

בָּנָה

GÂNAB

*to take what
belongs to
another*

EXODUS 20:15

TAKEAWAY

Stealing begins within, when we believe we deserve what belongs to someone else, or when we stop trusting that God has provided what we need. The invitation is not merely to avoid taking from our neighbor, but to become the kind of people who protect, honor, and even help steward what God has entrusted to them.

THE INVITATION

To trust God's provision, practice contentment, and help others steward what has been entrusted to them.

TEACHING NOTES

questions • insights • scribbles

sunday, november 8

REFLECTION

What internal motivations might lead us to take what isn't ours?

What would change if we viewed other people's possessions as gifts from God, given directly to them? What does it look like to practice contentment?

DAILY PRAYERS + SCRIPTURE

As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 8th Commandment.

TUESDAY

OT: Leviticus 19:11

NT: Ephesians 4:28

PS: Psalm 24:1

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 8th Commandment. It is ~55 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Proverbs 20:17

NT: Luke 19:8

PS: Psalm 112:5

FRIDAY

OT: Micah 6:10-11

NT: Romans 13:9

PS: Psalm 15:1-2

Father, today I choose to be content in what I have. Everything I have is ultimately a gift from You. Help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me as I interact with others today. Amen.

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Who can/will you process this with?

רָקֶשׁ

SHEQER

*falsehood;
a misrepresentation
of reality;
presenting
something as
true when it is
not*

NOTICE

This word is about more than avoiding lies or simple honesty. It's not even mainly about private speech — it points to the public square, the place where a community decides who is guilty and who goes free, and where the truth is bent most easily against those least able to defend themselves. When truth collapses there, violence follows, and it lands on the vulnerable.

**YOU SHALL
NOT BEAR
FALSE
WITNESS
AGAINST
YOUR
NEIGHBOR.**

EXODUS 20:16

TAKEAWAY

Underneath the warning is a claim about God: He is the one who will not call the guilty innocent, who revealed Himself as the defender of slaves and immigrants, and whose name this community carries. To tell the truth — especially when it costs you, especially for someone with no power to protect themselves — is to bear witness to who God is.

THE INVITATION

To uphold, protect, and promote truth — especially when that truth costs us something, or when others are vulnerable.

TEACHING NOTES

questions • insights • scribbles

sunday, november 15

REFLECTION

How does “Do not bear false witness” differ from “Do not lie”?

How can false witness about others begin to destroy lives and eat away at community?

DAILY PRAYERS + SCRIPTURE

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podcasts, +
more or visit
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online



As I enter prayer now, I pause to be still, to breathe slowly, to recenter my scattered attention on the one, true God who invites me to participate in His life and freedom. Come, Holy Spirit, come.

MONDAY

Today, watch the Bible Project's short video (~5min) on the 9th Commandment.

TUESDAY

OT: Proverbs 19:5

NT: Colossians 3:9-10

PS: Psalm 34:13

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 9th Commandment. It is ~50 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Zechariah 8:16-17

NT: Ephesians 4:25

PS: Psalm 120:2-3

FRIDAY

OT: Proverbs 6:16-19

NT: James 3:5-6

PS: Psalm 141:3

Father, may the words of my mouth make You famous and bring You honor. Help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

Spirit, grow your fruit in me as I interact with people throughout this day. Amen.

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Who can/will you process this with?

NOTICE

This final word turns inward. It addresses what others cannot see: our desire. Desire itself is not bad. In fact, Scripture teaches that fulfilled desire can become a tree of life. But not every desire leads to life.

YOU SHALL NOT DESIRE YOUR NEIGHBOR'S HOUSE. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE, OR HIS SERVANT, OR HIS OX, OR HIS DONKEY, OR ANYTHING THAT BELONGS TO YOUR NEIGHBOR.

דִּמְיוֹ

CHÂMAD

*to desire; to
see something
and feel the
impulse to
possess it*

הוֹאָוָה

TA'AVAH

*craving; the
pull of appetite
felt in the body
before the
mind makes a
decision*

TAKEAWAY

We can mistake what is desirable for what is truly good, and in doing so become restless, dissatisfied, and harmful to our neighbors. The invitation is not to suppress desire, but to examine it, train it, and allow it to lead us toward the One who alone can satisfy the deepest longings of the human heart.

EXODUS 20:17

THE INVITATION

To become the kind of person whose desires are shaped by gratitude, contentment, and communion with God.

REFLECTION

How can we tell the difference between a good desire and a desire that leads us down a dark path?

What are practical ways you could express gratitude to God, redirecting your desire for what belongs to someone else?

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MONDAY

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TUESDAY

OT: Micah 2:2

NT: Luke 12:15

PS: Psalm 119:36

WEDNESDAY

Today, start listening to Tim Mackie and Jon Collins discuss the 10th Commandment. It is ~60 minutes, so you may need to block out some additional time over the next couple days.

THURSDAY

OT: Proverbs 28:25

NT: 1 Timothy 6:6-7

PS: Psalm 37:4

FRIDAY

OT: Ecclesiastes 5:10

NT: Hebrews 13:5

PS: Psalm 23:1

Father, I just want You. One thing I ask of the Lord — the thing I seek most — is to live in the house of the Lord all the days of my life. Help me to live this day to the full, giving You my full allegiance.

Jesus, help me give myself away to others, proclaiming Your life and love in all that I do.

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GO DEEPER

Your time with God doesn't have to stop here. Explore more Bible Project videos, group study resources, and bonus materials at mcdowell.church/tenwordsresources



**THE TEN WORDS ARE
AN INVITATION TO LIFE.**

They invite us to love God, love our neighbor, and become the kind of people who reflect His love and goodness in the world.

As you follow Jesus, may the Holy Spirit shape your heart, renew your mind, and lead you into this life truly worth living!

