

**Week 1: I am the Lord Your God**

**INTRODUCTION**

Happy New Year! Turning over the calendar to the next year is often a time of reflection and anticipation. What are some of the things this past year that were most impactful for you? What are you looking forward to the most this next year?

**DISCUSSION QUESTIONS**

1. Often in life we could use a map or game plan on how to move forward. Talk about a time where you wanted to do something but didn’t have a good plan.
2. Read Deuteronomy 5:6. God was able to declare himself as the Lord of the Israelites because he brought them out of Egypt. What has God done for you?
3. The first commandment says to have no other gods; how do you think that might apply to Christians today?
4. The second commandment says to not make or worship idols; do you think people worship idols today? How so?
5. The third commandment is to not take the Lord’s name in vain. How have you struggled with this?
6. The fourth commandment is to take a sabbath. Do you take a day every week off from work to focus on God? Why or why not?

**STEPPING FORWARD**

All of these commandments were designed to make the Israelites different from the people around them. Is your lifestyle different from the people around you? This week think about some things that you can do to make your life distinctive for God.

*Then he said to them, “The Sabbath was made for man, not man for the Sabbath.So the Son of Man is Lord even of the Sabbath.”*

**Mark 2:27-28**