

## One Life

<sup>4</sup> Hear, O Israel: The LORD our God, the LORD is one. <sup>5</sup> Love the LORD your God with all your heart and with all your soul and with all your strength. <sup>6</sup> These commandments that I give you today are to be upon your hearts. <sup>7</sup> Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. <sup>8</sup> Tie them as symbols on your hands and bind them on your foreheads. <sup>9</sup> Write them on the doorframes of your houses and on your gates. Deuteronomy 6:4-9 (NIV)

<sup>6</sup> I am God, your God, who brought you out of the land of Egypt, out of a house of slaves. <sup>7</sup> No other gods, only me. <sup>8-10</sup> No carved gods of any size, shape, or form of anything whatever, whether of things that fly or walk or swim. Don't bow down to them and don't serve them because I am God, your God, and I am a most jealous God. I hold parents responsible for any sins they pass on to their children to the third, and yes, even to the fourth generation. But I'm lovingly loyal to the thousands who love me and keep my commandments. <sup>11</sup> No using the name of God, your God, in curses or silly banter; God won't put up with the irreverent use of his name. <sup>12-15</sup> No working on the Sabbath; keep it holy just as God, your God, commanded you. Work six days, doing everything you have to do, but the seventh day is a Sabbath, a Rest Day- no work; not you, your son, your daughter, your servant, your maid, your ox, your donkey (or any of your animals), and not even the foreigner visiting your town. That way your servants and maids will get the same rest as you. Don't ever forget that you were slaves in Egypt and God, your God, got you out of there in a powerful show of strength. That's why God, your God commands you to observe the day of Sabbath Rest. <sup>16</sup> Respect your father and mother- God, your God, commands it! You'll have a long life; the land that God is giving you will treat you well. <sup>17</sup> No murder. <sup>18</sup> No adultery. <sup>19</sup> No stealing. <sup>20</sup> No lies about your neighbor. <sup>21</sup> No coveting your neighbor's wife. And no lusting for his house, field, servant, maid, ox, or donkey either-nothing that belongs to your neighbor! <sup>22</sup> These are the words that God spoke to the whole congregation at the mountain. He spoke in a tremendous voice from the fire and cloud and dark and midst. And that was it. No more words. Then He wrote them on two slabs of stone and gave them to me. Deuteronomy 5: 6-22 (Message)

**These words will give you life.**

**The commands that matter most to God are the ones that create or restore life.**

**This life will change your heart.**

**We grow when our hearts change.**

**When we begin to grow, we can help others begin to grow.**

**We can only take people to places that we have gone ourselves.**