

Commandments & Covenant Workbook

A covenant formation workbook connecting the Ten Commandments to worship, desire, rest, family, dignity, fidelity, property, witness, and neighbor love.

GOVERNED PRINTABLE EDITION

Exodus 20:1-17 | Deuteronomy 5:1-21 | Deuteronomy 6:4-9

8 PAGES | US LETTER | PRINT-SAFE | VECTOR TEXT

How to use this edition

What kind of worshiping and neighbor-loving people do these commands form?

A covenant formation workbook connecting the Ten Commandments to worship, desire, rest, family, dignity, fidelity, property, witness, and neighbor love.

Use one page at a time: read the complete cited passage, name the context, answer honestly, choose one practice, and return to review fruit rather than performance.

This resource supports formation and discussion. It is not a substitute for medical, legal, mental-health, safeguarding, or other qualified professional care.

The reading and practice map

1

READ

Open the complete passage.

2

CONTEXT

Name speaker, audience, setting, and movement.

3

TENSION

Tell the truth about the lived pressure.

4

PRACTICE

Choose a concrete, accountable response.

5

REVIEW

Return to evidence, fruit, repair, and next steps.

Guided practice

Exodus 20:1-17

Commands begin after deliverance

God identifies himself as the One who brought Israel out before covenant obligations are named.

- 01 Observation: What does Exodus 20:1-17 actually say before we summarize it?
- 02 Context: What covenant, literary, historical, or relational setting controls the reading?
- 03 Tension: Where could commands begin after deliverance be reduced to a slogan or used carelessly?
- 04 Practice: Which action in this passage can be made concrete, safe, and accountable?

Guided practice

Deuteronomy 5:1-21

A new generation receives the covenant

The commandments are rehearsed as Israel prepares to enter the land.

- 01 Observation: What does Deuteronomy 5:1-21 actually say before we summarize it?
- 02 Context: What covenant, literary, historical, or relational setting controls the reading?
- 03 Tension: Where could a new generation receives the covenant be reduced to a slogan or used carelessly?
- 04 Practice: Which action in this passage can be made concrete, safe, and accountable?

Honest reflection before application

01 What kind of worshiping and neighbor-loving people do these commands form?

02 Which part of commandments & covenant is easiest to discuss but hardest to practice?

03 What fear, desire, habit, or power relationship could distort this work?

04 Who could be helped or harmed by the way this truth is applied?

05 What would honest fruit look like thirty days from now?

A faithful next-step plan

Choose four practices. Give each one an owner, evidence, and review date.

PRACTICE 01

Audit competing loyalties

PRACTICE 05

Interrupt contempt

PRACTICE 02

Remove empty religious claims

PRACTICE 06

Close secret doors

PRACTICE 03

Protect Sabbath rest

PRACTICE 07

Restore what was taken

PRACTICE 04

Practice truthful honor

PRACTICE 08

Correct false impressions

Prayer, commitment, and next return

A prayer for faithful practice

Lord, give us wisdom to read truthfully, courage to practice commandments & covenant with love, humility to receive correction, and patience to review our fruit. Protect our neighbors from careless certainty. Help us carry one faithful step and return with honesty. Amen.

MY COMMITMENT

Correct false impressions

Return date: _____ Trusted reviewer: _____