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*Saint Mark's Church  
Sunday School*

## **The Power of the commandment Code: 12/SP/3**

### **1. General Aims of the unit**

To explore the means of the spiritual life and how to practice

### **2. Special aims of the lesson**

1. To define the meaning of “ the commandments”
2. To explore what are the main commandments , and where we may find them( mainly the 10 commandments Ex. 20 , Matt. 5,6,7. All the commandments in the bible whether said by Jesus Christ Himself or His disciples are included in this category)
3. To show that the commandments are part of the word of God., and they are **so powerful and in them embedded the power for all who believe to practice them** .
4. To highlight the fact that because we are born new from the water and Spirit , confirmed by the Holy Spirit , fed by the Eucharist , then we are ordered to apply the commandments
5. To exhaust verses and examples ( biblical and contemporary) to the power of the commandments

### **3.Outcomes**

**By the end of this lesson the teens are able to:**

1. Discover the uniqueness of the commandments of the bible and start to apply them on a regular basis as we are given the qualification to do so ( these commandments are either inspired by the Holy Spirit during reading the word of God, or suggested by the father of confession , or as a class spiritual activity )
2. Interrelate the commandments and the “spiritual struggle”. And the spiritual gifts we receive from obeying the commandments
3. Recite some of the experiences of the power of the commandments either in the life of the people of God or personally
4. Give commitments to start to obey the commandments [ may be written commitments used and showed to the father of confession] .

### **4.Verses:**

1. Ex.20 the 10 commandments
2. Matt. 5,6,7 completion of the 10 commandments

3. Matt. 7:24- 28 , John 14:21 , 23 ; Eze. 20:11 John 6:54 ; Heb. 4:12 ; 2Tim 3: 16 –  
Commandments and their power.

**5. Hints (Examples) :**

1. Joseph and the commandment of **purity** ( these commandments were within his conscious and delivered also so traditions (Gen. 37- 41)
2. Joshua and the fall of Jericho and the commandment of “ **obeying the orders of the Lord** (Josh. 6 )”.
3. David in front of Goliath and the commandment of “**trust in the Lord and wait for Him** (1 Sam. 17)”
4. The disciples and their witness before the Sanhedrin and the commandment of “**preaching to the whole world** (Acts 4) “
5. Contemporary stores like the faith of Br. Yohana who was Moslem and converted when the Lord overcame his bad temper as he accepted to apply the commandment of “**do good to who hate you** (Matt. 5::43-44) “