



Ten words for freedom

AT A GLANCE



Bible

Exodus 20:1–17



Topic

Commandments as a gift of freedom



Takeaway

Rules that protect life



10–15 minutes



Object: two cardboard tablets



Preparation: 10 min



indoors or by the fire



Make it personal: In two sentences, share something you have experienced yourself on the topic "Commandments as a gift of freedom". Real stories stick best.



How the devotion works

2 min

Opening

Put the tablets down. Ask: Which rules in our group do you find sensible, and which annoying?

3 min

Bible text

Read Exodus 20:1–17. Before God gives a single commandment, he says: "I am the LORD your God, who brought you out of Egypt, out of the land of slavery."

5 min

Thought

The order is crucial: first liberation, then the commandments. They are not a condition for being loved but an order so that freed people stay free. No murder, no theft, no lies – that protects the weaker ones. The day of rest protects against self-exploitation.

5 min

Conversation

Which commandment is especially relevant today – and why?



Ten words for freedom



Prayer to read aloud

God, you have set us free and you show us ways to stay free. Help me to see your commandments not as a burden but as protection. Amen.



To think further

- Where do you experience rules as freedom, and where as restriction?
- Jesus sums everything up in the double commandment of love (Mark 12:29–31). What does that mean for the Ten Commandments?



For leaders

- Leave room for doubts and critical questions – an honest conversation matters more than a quick answer.
- As a leader, feel free to share a personal experience.
- With heavy topics, keep an eye on who is struggling and be available afterwards.



Section: Well-known Bible stories. You will find matching group meetings and more devotions at scouts-cloud.com.