

# Knowing The Commandments Of Love

**Luke 6:31**

And as ye would that men should do to you, do ye also to them likewise.

**1. Thou shalt have no other Gods before me.**

This means that you should not worship anything apart from God and Jesus Christ

**2. Thou shalt not make unto thee any graven image.**

Don't bow down to statues, crucifixes, buddahs or anything that "represents" Gods image

**3. Thou shalt not take the name of the Lord thy God in vain.**

Don't call yourself a Christian unless you want to be holy unto God,  
Don't use his title as a cuss or exclamation mark

**4. Remember the Sabbath day, to keep it holy.**

The Sabbath is Saturday the 7th day of the week, Christ followed it and it has not be altered

**5. Honour thy father and thy mother.**

**6. Thou shalt not kill.**

**7. Thou shalt not commit adultery.**

**8. Thou shalt not steal.**

**9. Thou shalt not bear false witness against thy neighbor.**

**10. Thou shalt not covet.**

Don't envy vain popularity, wealth nor want others things, these actions are covetous



**Deuteronomy 6:5**

**And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.**



**Matt 22:29**

**Thou shalt love thy neighbour as thyself.**

# COMPLETE REPENTANCE

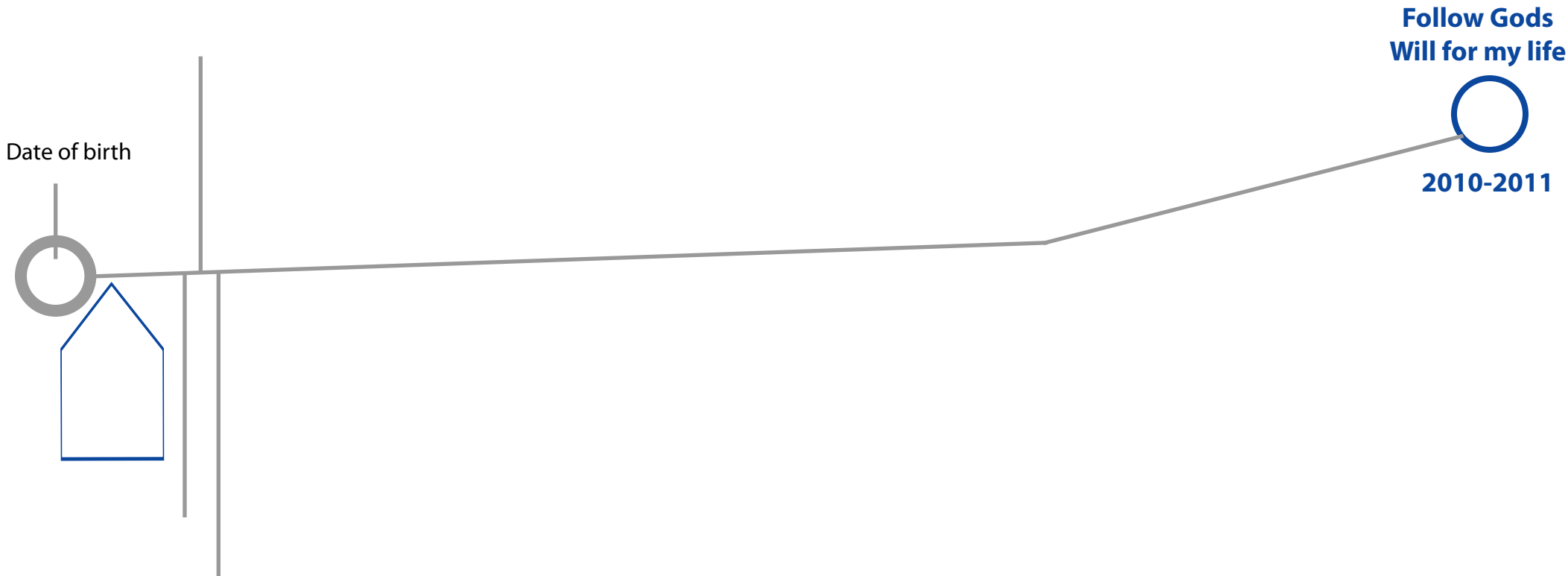
## An Introspective Timeline of Life shaping Events

Blessed Memories

(first loves, graduations, successes, happy events)

Painful Memories

(first sins, pains (addictions etc), regrets, loss, failures)



**Mat 6:14-15** For if ye forgive men their trespasses, your heavenly Father will also forgive you:  
15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

# Letting Go of Pain: Forgiveness

How do I know it's time to try to embrace forgiveness?

**1 Pet 2:21-23 (NEB)** Because Christ suffered on your behalf, and thereby left you an example; it is for you to follow in his steps. He committed no sin, he was convicted of no falsehood; when he was abused he did not retort with abuse, when he suffered he uttered no threats, but committed his cause to the One who judges justly.

When we hold on to pain, old grudges, bitterness and even hatred, many areas of our lives suffer. When we're unforgiving, it's we who pay the price over and over. We may bring our anger and bitterness into every relationship and new experience. Our lives may be so wrapped up in the wrong that we can't enjoy the present. Signs that it is time to consider forgiveness are:

## God Help me Let Go...

- \* Dwelling on the events surrounding the offense
  - \* Hearing from others that you have a chip on your shoulder
  - \* Being avoided by family & friends because they don't enjoy being around you
  - \* Having angry outbursts at the smallest perceived slights
  - \* Often feeling misunderstood
  - \* Drinking excessively, smoking or using drugs to try to cope with your pain
  - \* Having symptoms of depression or anxiety
  - \* Being consumed by a desire for revenge or punishment
  - \* Automatically thinking the worst about people or situations
  - \* Feeling like your life lacks meaning or purpose
  - \* Feeling at odds with your religious or spiritual beliefs
1. Think about your pain and try to understand what good was learned from it.
  2. Forgiveness is for you and allows you to practice Gods Perfect Powerful character.
  3. Forgiveness does not necessarily mean the condoning of actions. But true forgiveness allows new beginnings.
  4. At the moment you feel upset ask God for the strength to endure the struggle of letting go.
  5. Don't fear things from people, or life. Rely on Gods will, its safe and beyond sufficient when you Trust/Love Him.
  6. Instead of mentally replaying your hurt claim your authority and feel pity for the abuser.
  7. Remember that a life well lived is your right. Instead of focusing on wounds, learn to look for the love, beauty and kindness of life in Christ. Forgiveness is about personal freedom.