

## Lesson 1

# To attain Eternal Life

### Objective:

To understand the importance of adhering to God's commandments as a pathway to attaining eternal life and to reflect on practical ways to live out these commandments in daily life.

### Introduction (Starter):

Share an engaging story of a young person who, amidst the distractions of modern life, embarks on a journey of self-discovery and spiritual growth. Through encounters with mentors, moments of reflection, and acts of kindness, they come to realize the significance of living in accordance with God's commandments as a means to find true fulfilment and eternal life.

### Presentation of the topic:

1. *Encounters with Jesus:* Highlight key encounters from the Gospels where individuals approached Jesus seeking guidance on attaining eternal life, emphasizing Jesus' response to the rich young man and the lawyer.
2. *The Commandments Given by God:* Summarize the giving of the Ten Commandments to Moses at Mount Sinai and their foundational role in guiding human conduct.
3. *Significance of Commandments:* Explore the central themes of love and obedience underlying the commandments, emphasizing their dual focus on love for God and love for neighbour.
4. *The Meaning of the Commandments:* Delve into the deeper meanings behind each commandment, highlighting their positive implications for promoting human dignity and social harmony.
5. *The Fulfilment of Commandments:* Examine Jesus' teachings on fulfilling the commandments with love and compassion, contrasting the Old Testament legalism with the New Testament ethic of love.

### Practical Application:

- *Practical Usage in Daily Life:* Discuss practical ways to incorporate the Commandments into daily life, fostering habits of kindness, honesty, and integrity.
- *Habit Formation:* Encourage the formation of habits aligned with the Commandments, such as regular prayer, Sabbath observance, and acts of charity.
- *Attitude Formation:* Emphasize cultivating attitudes of humility, forgiveness, and empathy towards others, reflecting the love exemplified by Jesus.
- *Virtue of the Lesson:* Highlight the virtue of obedience to God's Commandments as a pathway to spiritual growth and ultimate fulfilment.

### Bible Verse:

Reflect on John 15:10: "If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love."

### **Activity:**

Organize the students and Provide clues or riddles to guide them to each commandment. Once they are able to match the symbol to the commandment, then gather together to discuss the significance of each commandment they discovered.

##### Commandments and Clues:

1. **First Commandment:** "You shall have no other gods before Me."  
*Symbol:* A drawing of a forbidden idol.  
*Clue:* "Where books are kept on shelves so high, an forbidden image is hidden nearby."
2. **Second Commandment:** "You shall not take the name of the Lord your God in vain."  
*Symbol:* A mock-up of a speech bubble with respectful words.  
*Clue:* "Words are powerful, words are clear, find this clue where we can hear."
3. **Third Commandment:** "Remember the Sabbath day, to keep it holy."  
*Symbol:* A calendar showing Sunday.  
*Clue:* "A day of rest and peaceful light, find this clue where the time is right."
4. **Fourth Commandment:** "Honor your father and your mother."  
*Symbol:* A family picture.  
*Clue:* "Home is where the heart is, they say, find this clue where families stay."
5. **Fifth Commandment:** "You shall not murder."  
*Symbol:* A heart.  
*Clue:* "Life is precious, life is sweet, find this clue where friends meet."
6. **Sixth Commandment:** "You shall not commit adultery."  
*Symbol:* A wedding ring.  
*Clue:* "Promises made, promises true, find this clue where vows are due."
7. **Seventh Commandment:** "You shall not steal."  
*Symbol:* A small lock or key.  
*Clue:* "Honesty is always best, find this clue where treasures rest."
8. **Eighth Commandment:** "You shall not bear false witness."  
*Symbol:* A pair of lips or a truth sign.  
*Clue:* "Truth is strong, lies are weak, find this clue where we speak."
9. **Ninth Commandment:** "You shall not covet your neighbour's wife."  
*Symbol:* A picture of a man or woman representing desire.  
*Clue:* "Be content with what is your own"

**10. Tenth Commandment:** “You shall not covet your neighbours goods.”

*Symbol:* A toy or object representing desire.

*Clue:* “Be satisfied with what you own.”

**Conclusion:**

Reiterate the importance of embracing the Commandments as a means to deepen our relationship with God and cultivate a life of love and righteousness. Lead a closing prayer, inviting participants to commit to living out the Commandments in their daily lives as a pathway to attaining eternal life.