



# A Quick Start Guide to Daily Living

A six-week Lenten Study  
inspired by Pastor Alf's  
**Big Ten** Sermon Series



**Honor Your Parents**  
Week One: Commandment **5**



**Do Not Murder**  
Week Two: Commandment **6**



**Do Not Cheat**  
Week Three: Commandment **7**



**Do Not Steal**  
Week Four: Commandment **8**



**Do Not Lie**  
Week Five: Commandment **9**



**Do Not Covet**  
Week Six: Commandment **10**



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# FAQ

## Answers to your frequently asked questions.

### **How do I get started with *A Quick Start Guide to Daily Living*?**

It's pretty simple! Just:

- Download this study guide from [quick.mdpc.org](http://quick.mdpc.org) and go to the week's study you want.
- Pray for God's help, then read the biblical passages assigned.
- As you read, write down at least three things that stand out for you in the **Observe** section of the guide and also include any questions you may have about what you read.
- Then respond to the prompts in the guide's **Interpret** section to help you understand the passages.
- Finally, in the guide's **Apply** section, write down at least two life applications of what you've been studying.

Your responses provide you the material you need for discussion as you meet with your group.

### **What is a *A Quick Start Guide to Daily Living* Lenten small group study anyway?**

Usually it's a group of 6-12 people who commit to meet once a week for the six weeks of Lent and use the Lenten study guide, *A Quick Start Guide to Daily Living*, as its curriculum. MDPC has offered this special emphasis for several years now, as Lent is a marvelous time to focus on discipleship. The group may continue to meet after Lent if it chooses, but you're under no obligation to do so.

### **I'm not in one of the *A Quick Start Guide to Daily Living* groups right now. How do I get in one?**

Go to the MDPC webpage for this study, [quick.mdpc.org](http://quick.mdpc.org). There you'll find information and registration for new Lenten groups. Simply select a group, go through the brief registration process, and you're in! Of course, you're free to use this material for an individual study. But group study makes it come alive!

### **Are these new *A Quick Start Guide to Daily Living* groups virtual or in-person?**

Some existing groups will meet in person. But the new groups are almost all virtual (except for a few) and will meet on Zoom. After you register, the group facilitator will send you the Zoom invitation you need before your first meeting.

### **Why is Alf preaching on the Ten Commandments?**

Because he wants to. Lead pastors get to do that.

### **No, really! Why is Alf preaching on the Ten Commandments now?**

Seriously, Alf is convinced the Ten Commandments are vitally important. Through them, we find out who we are, who God is, who God is for us, and what God has done to free us and give us life. He's also concerned that few people know the Ten Commandments, despite Jesus's great emphasis upon them. A recent survey found only 14% of respondents could name all ten. By comparison, 33% knew all six kids from "The Brady Bunch," a TV show cancelled 46 years ago! Enough said. . . .

## Why are we focusing on Commandments 5-10 with A Quick Start Guide to Daily Living?

These commandments form a distinct group within the **Big Ten**. Commandments 1-4 focus on our relationship with God. Commandments 5-10, however, shift this focus to our relationships with one another. Here is how we live as Christians! Thus the title of our study, *A Quick Start Guide to Daily Living*. Some find a connection with what Jesus called the “Great Commandment” in Matthew 22:37-39 (ESV): “And He said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.’” Commandments 1-4 focus on loving God. Commandments 5-10 focus on loving our neighbors as ourselves.

## Where can I find the A Quick Start Guide to Daily Living study guide online?

There is a dedicated web page for this guide. Go to [quick.mdpc.org](http://quick.mdpc.org). There you’ll find not only the study guide you can download or print, but information about Lenten groups too.

## How is A Quick Start Guide to Daily Living study guide organized?

As mentioned earlier, the guide is comprised of six weeks of studies. Each week’s study follows three main sections: **Observe**, **Interpret**, and **Apply**. This inductive study method has helped many over the years with their Christian growth. Here’s a little more about each main section from *The Studying Disciple* study guide. You can also find this information on each lesson in the guide.

- **Observe: What Does It Say? You pray for God’s direction. Then you ask a lot of questions.** *You figure out “Who? What? When? Where? Why? How?” You note repeated words or terms because repetition may indicate importance. You look up definitions. You notice the literary style of the passage. You see the flow of events or thoughts and how they’re structured. You look for key transitional words like “if... then” and “therefore” that signal important relationships. You check for cause-and-effect, questions-and-answers, and other clues. You notice what seems either clear or unclear to you and study further.*
- **Interpret: What Does It Mean? You pray for God’s guidance. You start answering your questions.** *You put phrases, sentences, events, and ideas in sequence and relationship. You look at the style and the context (before and after the passage). You examine what the author’s original intent, goal, or desire may have been in writing. You “let Scripture interpret Scripture” through examining other passages connected with this passage. You think about how the passage fits in the overarching Scriptural story. You investigate the passage’s cultural and historical aspects. You paraphrase the passage in light of your study. You read how others have interpreted the passage via commentaries.*
- **Apply: How Does God Want Me to Respond? You pray for God’s empowerment. You have been examining Scripture; now Scripture examines you.** *You consider what you have learned through your study about God; the gospel; Christian doctrine and practice; relationships with others; and your inner life. Then you ask questions like: “Now that I know this, how do I respond? What is the undeniable result of the truth I discovered?” You ponder the implications of the passage for your daily life. You note that not all passages lead you to act, for some passages lead you to think or to feel, and reflect upon what God has in mind for you.*

## What follow-up studies are available?

*The Growing Disciple*, *The Witnessing Disciple*, and *The Studying Disciple* are ready to go in a series called *The Equipped Disciple*. All three are PDF downloadable six-week studies that include Bible study, devotional reading, Scripture memory, and prayer for one another. They are available at [growing.mdpc.org](http://growing.mdpc.org), [witnessing.mdpc.org](http://witnessing.mdpc.org), and [studying.mdpc.org](http://studying.mdpc.org), respectively. Studies in *The Equipped Disciple* pipeline include *The Giving Disciple*, *The Praying Disciple*, and *The Serving Disciple*. The goal is for all three to be available no later than December 2021, completing the series.



# Honor Your Parents

## Week One: Commandment 5

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you. –Exodus 20:12

“*Father* and *mother* refer not just to our parents but to everyone who is older or more talented than we are, and specifically to those whom God has ordained to be over us in positions of authority. . . . The terms *father* and *mother* remind those in authority that, like fathers and mothers, they are responsible for and should act in a loving and tender way. . . toward those under them.”

*Westminster Larger Catechism: EPC Modern English Version, Q. 125*

**READ:** Exodus 20:12; Mark 12:13-17; Ephesians 6:1-9

**OBSERVE: WHAT DOES IT SAY? You pray for God’s direction. Then you ask a lot of questions.** *You figure out “Who? What? When? Where? Why? How?” You note repeated words or terms because repetition may indicate importance. You look up definitions. You notice the literary style of the passage. You see the flow of events or thoughts and how they’re structured. You look for key transitional words like “if... then” and “therefore” that signal important relationships. You check for cause-and-effect, questions-and-answers, and other clues. You notice what seems either clear or unclear to you and study further.* (From [The Studying Disciple](#), 2020, p. 9)

**As the first meeting starts, please introduce yourselves. Share one good thing that’s happened to you over the past seven days.**

What stands out to you as you read the assigned passages? Please write down at least three things. Then when your group meets, open with prayer and share your responses with each other. (Everyone please share your #1, then go to #2 and #3.)

1.

2.

3.

Do these passages raise any questions as you read them? If so, please write them down. Then share them with the group and discuss possible answers.



**INTERPRET: WHAT DOES IT MEAN? You pray for God's guidance. You start answering your questions.** *You put phrases, sentences, events, and ideas in sequence and relationship. You look at the style and the context (before and after the passage). You examine what the author's original intent, goal, or desire may have been in writing. You "let Scripture interpret Scripture" through examining other passages connected with this passage. You think about how the passage fits in the overarching Scriptural story. You investigate the passage's cultural and historical aspects. You paraphrase the passage in light of your study. You read how others have interpreted the passage via commentaries.* (From [The Studying Disciple](#), 2020, p. 9)

Share these responses with your group:

How do the other passages shed light on the meaning of the commandment?

In these passages, what helps you to see Jesus and the gospel more clearly?

What do you think is the commandment's central idea or teaching? Why?

**APPLY: HOW DOES GOD WANT ME TO RESPOND? You pray for God's empowerment. You have been examining Scripture; now Scripture examines you.** *You consider what you have learned through your study about God; the gospel; Christian doctrine and practice; relationships with others; and your inner life. Then you ask questions like: "Now that I know this, how do I respond? What is the undeniable result of the truth I discovered?" You ponder the implications of the passage for your daily life. You note that not all passages lead you to act, for some passages lead you to think or to feel, and reflect upon what God has in mind for you.* (From [The Studying Disciple](#), 2020, p. 9)

Please write down at least two specific applications of these assigned passages for your life. Then when your group meets, please share your responses with each other. (Everyone share your #1, then go to #2.)

1.

2.

**Pray for one another as your meeting concludes.**



# Do Not Murder

## Week Two: Commandment 6

You shall not murder. –Exodus 20:13

“The sixth commandment requires us to do our best to make every lawful effort to preserve our life and the lives of others. . . . Our speech and behavior should be peaceful, mild, and courteous. We should be tolerant of others, be ready to be reconciled, patiently put up with and forgive injuries against us, and return good for evil.”

*Westminster Larger Catechism: EPC Modern English Version, Q. 135*

**READ:** Exodus 20:13; Matthew 5:21-26, 43-48; Romans 12:9-21

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Briefly summarize the commandment in your own words.

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# Do Not Cheat

## Week Three: Commandment 7

You shall not commit adultery. –Exodus 20:14

“The seventh commandment requires us to be sexually pure in body, mind, inclinations, words, and actions, and to maintain that purity in ourselves and others. We are to monitor what we look at as well as what we experience with our other senses, and we are to live temperately. . . .”

*Westminster Larger Catechism: EPC Modern English Version, Q. 138*

**READ:** Exodus 20:14; Matthew 5:27-30; 1 Corinthians 6:12-20

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# Do Not Steal

## Week Four: Commandment

# 8

You shall not steal. –Exodus 20:15

“The eighth commandment requires us to act truthfully, faithfully, and justly in our contractual and business relationships with our fellow human beings so that we give to all what they deserve. . . . we should give and lend freely, according to our ability and the needs of others; we must exercise prudence in the acquisition, maintenance, use, and disposition of the things we need. . . .”

*Westminster Larger Catechism: EPC Modern English Version, Q. 141*

**READ:** Exodus 20:15; Matthew 6:19-34; 1 Timothy 6:6-10

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# Do Not Lie

## Week Five: Commandment 9

You shall not bear false witness against your neighbor. –Exodus 20:16

“The ninth commandment requires that we maintain and promote truthfulness in our dealings with each other and the good reputation of others as well as ourselves. We must come forward and stand up for the truth. . . . We must have a charitable regard for others, loving, desiring, and rejoicing in their good reputation as well as regretting and putting the best light on their failings.”

*Westminster Larger Catechism: EPC Modern English Version, Q. 144*

**READ:** Exodus 20:16; Matthew 5:33-37; Ephesians 4:17-27

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# Do Not Covet

## Week Six: Commandment IO

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor. –Exodus 20:17

“The tenth commandment requires that we be so completely satisfied with our own status in life and have such a proper, loving attitude toward others that we are naturally inclined to wish the best for them and all their possessions.”

*Westminster Larger Catechism: EPC Modern English Version, Q. 147*

**READ:** Exodus 20:17; Luke 18:18-27; Acts 4:32-37

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Memorial Drive  
Presbyterian Church

Houston, Texas • [mdpc.org](http://mdpc.org)  
Equipping Ministries  
Dr. Clay Brown, Equipping Pastor  
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