

The 10 Best Ways to Live (the 10 Commandments)

Lent is 40 days of getting ready to enter the great mystery of Easter. It is the time for remembering the 40 days that Jesus spent in the desert before starting his mission. 40 is an important number in the Bible! It is also the number of years that The People of God spent in the desert after they were freed from the slavery of the Egyptian Pharaoh and were led by Moses in search of the 'Promised Land', a land God was promising to bring them to. You can read all about that in *The Bible*, in the Book of Exodus.

The People of God were at first very pleased to be freed from slavery, even if it meant that they were out in the desert, because it meant they were away from the cruel Pharaoh. However, after sometime they got fed up because as we read last week, the desert can be a very dangerous place: very hot by day, very cold by night, with no food and nothing to drink. Soon some of them wanted to go back to Egypt even if it meant they would become slaves again. They stopped believing in God and instead started to pray to things, including a golden calf that they had made!

Moses, their leader, who was a man of great faith in God, went up God's holy mountain to come close to God and ask Him what he should do about the way the people were behaving. Out of His great love and care for His people, God gave Moses **The 10 Commandments** or **The 10 Best Ways of Living** as a guide for the people for how to live best. Moses carried them down the mountain on 2 tablets of stone.



Here is a version of The 10 Best Ways for you:



God did not say that these commandments were The 10 Easy Ways to Live but rather The 10 Best Ways. This is why even to this day, many thousands of years later, we, who are now *The People of God*, try to live by these commandments.

You can sort the **10 Commandments** or **The 10 Best Ways to Live** into 2 groups:

Love God

Love others

And we were given them because **God loves us.**

When Jesus came on earth, he said we could put the 10 Commandments very simply into 1 sentence: **Love God and love your neighbour as you love yourself.**

This is called **THE GREATEST COMMANDMENT.**

