

# BIBLE MYSTERY AND BIBLE MEANING OLD TESTAMENT

## Lesson 6 The Ten Commandments

Over many millennia, man was inspired to know that within each of us are spiritual resources that can be applied to meet challenges of everyday living. Metaphysically, the image of God on a mountaintop handing down the 10 Commandments inscribed on two tablets of stone was to say that the Law comes from our divine nature and moves into our human understanding.

There are two separate 10 Commandments. In Exodus 31: 18 God gave Moses two tables of testimony, tables of stone, written with the finger of God. It is these stones that were broken when Moses threw them down in anger when he saw the children of Israel worshipping the golden calf. In Exodus 34: 28 God made another covenant with the children of Israel. It was the same 10 Commandments as before; however, this time it was Moses who engraved or wrote upon the two tables the words of the covenant, the Ten Commandments.

Metaphysically the two stones represent man's whole being. The inner spirit and the outer world are one. The first five commandments on the left stone represent man's relationship with God in Mind, the inner world of thought and feeling (consciousness, cause). The second five commandments on the right stone are conditions, manifestations (effects). Get the inner feeling aligned with Truth and the outer circumstances, by Law, express harmoniously.

The Old Testament has many references to the Ark of the Covenant which contained the 10 Commandments. The ark was carried from place to place, even into battle, and always treated with great reverence. Metaphysically the ark is a container and refers to man's mind. These laws teach man what he is doing as he accepts feelings, impressions, attitudes, and moods from others and his environment and engraves them onto his subconscious. This activity, by Law, is building his consciousness which will express in his outer circumstances.

Studying the 10 Commandments is actually studying ourselves. Until man takes dominion over his consciousness, he is constantly searching in his outer life to find peace. All the while, the longed for peace is already in his inner life, although dormant. Perceiving from appearances (duality), outer conditions challenge man's peace of mind. Man begins to realize that the 10 Commandments provide a formula for God's hand to reveal the harmony already present. God's action moves through man's mind. This God activity reveals harmony that is always present; however, man sees it as facts that change, as illness that becomes wholeness, as death that becomes life.

God is all; God is good; God is all there is. Truth must be learned and applied. Through prayer, with God's help, man begins to accept Truth and moves from depending on outer effects to

trust and faith in the unlimited good of Cause.

Scripture can be read on ever deepening levels. The 10 Commandments can be read from the surface level as a series of rules to guide man's conduct. For those of us on the spiritual path we can begin to see them as a guide for thinking and feeling that can be applied to everyday life. The first five are how-to instructions for man to maintain divine order in thinking and feeling (consciousness). The second five Commandments reveal this inner activity as outer effects that follow automatically. Examples of effects can be conditions, experiences, and relationships. This understanding explains why in Divine Science we do not pray to change a condition; we pray to raise our perception of it; to align our perception with Truth. This change takes place in our mind before there is any change in the outer. It is God that reveals His harmonious expression (solution). There is no duality and no separation between God and man.

As we look more closely at the 10 Commandments, begin to see them as instructions for your daily pattern of thinking and feeling.

**1st Commandment: I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me.**

1. The 1st Commandment can be read as an historical lesson that God gave to Moses about the slavery of the children of Israel in Egypt as recorded in the Old Testament. A deeper understanding reveals that God is speaking to each of us today to tell us how life works. Each of us carries within ourselves the freedom and know-how to allow our unique God-created good to express.
2. Divine Science teaches us that God is all, both invisible and visible. When we live in this awareness of universal, eternal good we find God's peace. God's peace within attracts peaceful circumstances, conditions, and relationships. The Law of Expression and the Law of Attraction are one.
3. Living in this awareness is freedom from slavery in Egypt. The inspired writer used familiar terms to express freedom from facts (effects) of the material world (Egypt). These facts are not denied; they are secondary causes. Simply put, they are not First Cause. I Am is First Cause, one God, all good, operating throughout the universe through dependable law: first within, then without.
4. Follow First Cause and multiple gods represented by earthly authorities lose their influence. I Am is one. There is one creative power, all good, no duality. Abiding by the terms of the 1st Commandment encompasses all the remaining 9 Commandments which serve to reinforce our total dependence on the presence and activity of One God.

**2nd Commandment: Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and shewing mercy unto thousands of them that love me, and keep my commandments.**

1. God, through Moses, gives dramatic descriptions to emphasize that man must accept the idea of One God, one activity, all good expressing throughout the universe.

Appearances cannot be trusted. "And God saw everything that he had made, and, behold, it was very good..." Genesis 1: 31 Accept that you are a spiritual being and you step into a universe with no time, no space, and no outlines of your human good: no graven images to worship. With no human limitations, God's love and joy move through mind to reveal harmonious conditions, now.

2. The use of the word jealous is to emphasize that a mind holding two opposing concepts is ineffective. One concept affirms Truth. Another concept believes the appearance in the material world. Duality. There is one creative power. When you reason no further than secondary facts and symptoms to assess your life, you are starving yourself of God's love. On the other hand, when you nurture God's nature and claim it, interact with it, you look for ways to love, you take time to be at peace with quiet times spent in God's company. And God responds. Guidance answers.

3. We are born with a clean slate (mind) and those around us write on it from infancy onward. If the child does not get to know his true inner divinity, negativity from the race mind will project itself into the 3rd and 4th generations. The number 3 is a standard Biblical symbol for completion; number 4 refers to a completed form.

The generations last until the individual learns and accepts his inner divinity, the creative power, and loves to spend time getting to know and depend on it. This is freedom to grow into the perfect being God created and called good.

**3rd Commandment: Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.**

1. Taking the name of the Lord in vain is to give power to appearances, to believe one can be separated from God, all good. When man entertains and nurtures with his attention situations that are unlike God, they are magnified and attract like situations. Lord is not a synonym for God. Lord means law. Immerse our thinking and feeling in the Truth as detailed in the inherencies we studied in our first Divine Science class: wisdom, love, knowledge, understanding, power, life, and joy. Let these be the qualities that the Lord magnifies and expresses outwardly. I AM is the name of God. Use it for the realization of oneness.

2. A mind which allows a false belief from the race consciousness to rest in awareness and be entertained there loses its center of oneness and finds worry and confusion. The law

takes effect and brings us more of exactly what we do not want. A God-centered mind builds an understanding that divine life is the only life there is. We have divine help building Truth in our daily pattern of thinking and feeling. In contemplation, meditation, and prayer we feel God's presence. It begins to seem natural. Interest in situations unlike God diminishes and dissolves out of our lives.

3. A negative appearance comes to our attention to be met with confident assurance of One, unchanging God, all Good. This knowing of Truth invokes the power that Jesus Christ came to earth to embody. Thinking that the negative situation can be a reality is taking the name of God in vain. Holding to this belief attracts like manifestations. Thus the law is set in motion, and does not hold him guiltless for taking his name in vain.

**4th Commandment: Remember the Sabbath Day, to keep it holy. Six days shalt thou labour, and do all thy work, but the seventh day is the Sabbath of the Lord thy God, in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates, for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.**

1. By now we know that the literal meaning of the commandments is only the beginning. In fact, these statements go beyond rules that one can obey and achieve salvation. Rather, the commandments are principles that define how life evolves. The 1st Commandment says it all: God is all, always, in every circumstance, one Presence, one Power. There is no duality.

The sacred and the secular are one. Continuing, we know we can never be separated from our Source and Creator. God is love. God forgives and does not punish. All of this and more is contained in the 1st Commandment.

2. A day of rest gives us an opportunity to immerse ourselves in the Truth of reality. For six days we are bombarded with the human viewpoint of limitation, good and bad, right and wrong. It is helpful to leave the race mind consciousness (Emmet Fox calls it the devil) and cultivate unconditional love and peace. Sabbath means seven, and just as God created in six days and rested on the seventh, man's wellbeing is optimized when he does the same. The Sabbath can be any day of the week. It is a day to detach from earthly, human responsibilities and appearances, and to nurture our reality.

3. Resting the body on the Sabbath is fine; however, our authority comes from what we do in mind. Prayer is man's path to resting and refreshing the mind. One excellent preparation for prayer is Emmet Fox's Golden Key: stop thinking about the problem, whatever it is, and think about God instead. This goes right back to the 1st Commandment: God is all. Why bother nurturing error? Through prayer a new pattern emerges, a new perspective, a new attitude, and by law, a new condition.

**5th Commandment Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.**

1. This commandment takes us on a journey from the literal understanding of honoring our biological parents to the discovery, understanding, and practice that we are now, spiritual beings with a spiritual Mother and Father. Living from this understanding gives man freedom from his past and movement into the dominion over the physical, material world as promised in Genesis 1: 28. "And God blessed them ...and have dominion over every living thing that moveth upon the earth."
2. The journey begins at birth when the baby absorbs feelings and sounds with no filters or ways to select positive, constructive ones and to drop the negative ones. As the child grows, honoring his earthly father and mother keeps him teachable and receptive to positive influences of peace and love. With the influences of family, teachers, church, friends, books, he finds his path and begins to be aware of inner resources.
3. Nurturing Truth and recognizing the error of duality, the maturing adult begins to value the activity of what he holds in mind. He learns that he is not a leaf blown about by the winds around him. Through time spent in contemplation of Truth and prayer, he grows into the understanding that the world has no power over him. He is no longer subject to man's laws. As a spiritual being living in the mind of the Holy Spirit, he is under God's laws: grace.
4. Align your thinking and feeling (consciousness) with the Truth of God's goodness, complete love, power, and wisdom. Divine Science calls this the movement of consciousness from within, out, the Law of Expression and the Law of Attraction. This is your mother and father. Metaphysically, mother is feeling (spirit) and thinking is father. This combination (always in the mind of God) creates forms and conditions. Do not ask how. "But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible." Matthew 19: 26. Knowing and practicing the Truth of your understanding is the transformation Paul wrote about in Romans 12: 2 "And be not conformed to this world: but be ye transformed by the renewing of your mind..."

**6th Commandment: Thou shalt not kill.**

1. Emmet Fox, a Divine Science minister ordained by Nona Brooks, substitutes canst not kill for shalt not kill. Murder or death does not stop life as life is eternal. Think of Lazarus and of the crucifixion itself. Divine Science teaches that it is not what comes to you from the outside that hurts you. It is our accumulated thinking and feeling (consciousness) that draws circumstances to us. It is essential to combine thought with feeling, as feeling is the activity of Spirit that does the work.
2. At some point we come to the realization that we can live subject to man's laws of good and bad, right and wrong, duality, or we can take the radical step to live under God's laws.

The parable of the Prodigal Son describes the forgiving love of the Father as well as the elder brother who renounced his inheritance to keep his viewpoint of desiring punishment for his brother.

We begin to notice that we, too, can be unforgiving. We can stay too busy with outer activities and leave too little time for contemplation and prayer which results in a form of killing the spiritual side of man.

3. This attitude can be reversed in a moment when we decide to turn within and open ourselves to God's loving Presence, always with us. We can ask for help for a new perception, a new outlook and begin immediately to practice loving all of God's creation right where we are.

When we take steps to identify with our spiritual nature, God expresses our unique good through us. We feel alive with renewed zeal. What was dead (dormant) flourishes through the loving activity of God.

### **7th Commandment: Thou shalt not commit adultery.**

1. As with the other commandments, there is a surface meaning and a deeper, spiritual meaning to this commandment. When we look at the underlying meaning, it leads us to understand the key to life which is that God is the activity of all (the 1st Commandment).

2. The metaphysical meaning of adultery is giving power to any circumstance or authority other than God. It can be X-rays, bank accounts, education or lack of it - any excuse to think God is not present. Figuratively, if you begin to pay attention to negative appearances, your marriage partner (desired idea) is weakened. These new ideas can grow into "other wives" and destroy the mind's harmony and peace. All the while there is a power within us always at work with no limitation. It goes before us making the crooked way straight.

3. Spend time enjoying the Presence of loving Truth. Let this be your marriage partner. Do not get emotionally involved with the world's news. Get and keep your conscious alignment with the highest good you know, and God's love and power will bring you peace. It is your birthright.

It is always with you. Nurture it and it becomes strong and multiplies love and peace of mind that enables you to meet whatever outer conditions come to you. After all, it is the Christ within that does the work of dissolving the error in your consciousness and revealing the harmony already present.

### **8th Commandment: Thou Shalt Not Steal**

1. On the surface level this commandment is a law that prohibits taking something that belongs to another.



2. On the spiritual level, the level of our closeness and awareness of God, our Christ consciousness, the 8th Commandment relates to either our spiritual reaction or our race mind reaction to what comes into our awareness. When we entertain the idea that we want what

someone else has, we are nurturing limitation. As Divine Scientists, we know that the Law of Expression will give us what we give our attention and energy to. Nurture limitation and life's experiences are limited. Nurture God's loving presence and we experience love and joy. Like begets like.

3. As God has given us all good, by focusing on limitation, we are actually stealing from ourselves. In life, we meet what comes to us from either the reasoning or facts of the outer world (duality, race mind consciousness) or from Christ Mind understanding. The race mind consciousness judges from appearance: bad/ good, sick/ well, poor/ rich. Our goal in this life is to move to reason from Truth: the Oneness and Omnipresence of a loving power, now, equally available to all. "And God saw everything that he had made, and, behold, it was very good." Genesis 1: 31

4. Giving up our concept of duality is to reason so differently that Jesus compared it to being born again.

5. On earth the outer world is under the spell of the senses. Prayer, meditation, receptivity to spiritual truth awakens our dormant Christ consciousness and what is unlike God dissolves out of our lives. God is First Cause, the only self-generating, self-sustaining power. Facts, appearances are secondary cause.

6. There is no reason to steal. Everything you want exists now, for you. The Bible describes this understanding in the concept of the completeness of the Garden of Eden. The habit of reasoning from duality is an attitude of mind that can be changed. Every process of the mind (thought and feeling) can be aligned with Christ Consciousness. We are not the ones who bring about the changed experiences. "Of myself I can do nothing, it is the Father within who doth the work." In her daily experiences, Nona Brooks proved over and over that what God initiates, He carries through. We become receptive to Truth and our eyes are opened.

7. This Commandment tells us not to bother with stealing from another. What we possess first in consciousness is ours and the form, experience, and relationship that appear will be our unique good, perfectly suited to us, and far better than anything we could dream up.

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

1. The outer meaning of this Commandment is that we are not to tell lies about other people.

2. Divine Science teaches the closely related metaphysical meanings of two words in scripture: enemy and neighbor. Neither word refers to people.
3. The enemy is error thought, error concepts. The neighbor is an idea that comes to our awareness that is close to us, yet we have not fully accepted it.
4. We bear false witness when we begin our past pattern of making excuses as to why this ideal concept cannot bring its good into our lives. We don't know how; we are not strong enough; we don't have time to make it work; it is too good to be true. This is false witness because all of God is everywhere present (1st Commandment). The idea is complete; it is God that does the work. This is a glorious principle (commandment) that reminds us that we do not make it happen. Even Jesus did not do the work. Let the Father within, the Christ, direct all the pieces necessary to reveal this heavenly idea that moves from the invisible side of life to the visible expression.
5. Do not fall back on your human wisdom and try to figure out ways to make this idea work in your life. Rejoice in the concept: leave the means to God. Nona Brooks said: what God initiates, God carries through. She knew this so confidently that in 1922 her congregation raised \$90,000. to build a church with no mortgage.
6. Bear true witness to the conditions that come to you by meeting them with unwavering confidence that God is there. All good is there. Hold to the Truth; God does the work.

**10th Commandment: Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbor's.**

1. The literal meaning of coveting is to desire something that appears to be missing from your life.
2. We students of the spiritual way know intellectually that God is all, in all (1st Commandment). Nothing is missing. Our unique good was established at the moment of creation.
3. An intellectual understanding has no power until it is irrevocably linked to the feeling of certainty of God's loving activity. We know that Divine Science teaches thought plus feeling (spirit) equals consciousness; cause. Until this takes place our days will unfold according to our past understanding of duality. We break this commandment each time we desire the consciousness of those we see enjoying relationships and daily paths we call good, and that we are not experiencing. This is coveting, duality. It is thinking some of your good is missing.
4. We move into our unique God given good each time we love God's Presence in prayer



and in loving interaction with those we encounter and/ or think about. We stir up our feeling and enthusiastically accept the Father's gifts: "Son, thou art ever with me, and all that I have is thine." Luke 15: 31 Spirit is feeling, and Spirit does the work. Jesus praised the strong faith of the Roman centurion, and said he had not seen such strong faith among the Jews who worshipped the One God: "as thou (centurion) hast believed, so be it done unto thee. And his servant was healed in the selfsame hour." Matthew 8: 13 Ask for guidance; seek ye first; know the Truth; trust in the Lord (law) pray; love: be definite in calling on our inner Wisdom and Power; believe. This is way to know that no good can be withheld from you.

In conclusion, dwelling on the 10 Commandments builds up a loving positive energy that enables us, in the language of scripture, "to put on the whole armor of God." Ephesians 6: 11. No longer just words, the feeling of certainty of God's Presence becomes the only power to us. "I will go before thee, and make the crooked places straight." Isaiah 45: 2

### Assignment

1. Choose 2 commandments and state how you will integrate them into your thinking and feeling.
2. What did Jesus mean when he said "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill." Matthew 5: 17
3. How do you fulfill the law?