

## Question 103

Name \_\_\_\_\_

**Q103. Can any man keep these ten commandments perfectly?**

**A103. No mere man, since the fall of Adam, ever did or can keep the ten commandments perfectly.**

*Scripture Base:* Gen.1:26, 31, 3; Ps 51:5; Ec. 7:20, 29; Is. 64:6; John 1:1, 8:29,46; Rom. 3:10-12, 5:12, 8:7

*Doctrine:* WCF 19 SC 82

### Supplementary Questions

1. Has any mere man ever been able to keep God's Ten Commandments?
2. How did Adam lose the ability to obey God?
3. How did Adam's sin affect his children?
4. Who can and has kept all of God's commandments?

Songs: "The Greatest Commandment",  
"The Ten Commandments" – J Rogers

### Teaching Notes

Review Q102 What does the tenth commandment teach us?

*-To be content with our lot.*

Scriptures: Rich Young Ruler & Eye of the Needle (Mk 10:17-27).

### Supplementary Questions

1. Adam was able to keep the commandments when God created him in His image and made him good (Gen. 1:26, 31). This means he wanted to do what was right (Ecc. 7:29).

God made him able and willing to keep His commandments by giving him His Spirit. Adam wanted to do only the things that would please God, because he loved Him (the Spirit creates that love in our hearts).

2. By disobeying God (Gen. 3). When he sinned against God, he lost God's Spirit and could no longer do anything good (Rom. 3:10-12).

3. Adam represented all of his children (the whole human race), so his sin made them guilty as well (Rom. 5:12, 19; Ps. 51:5). As Adam's children, we too were born in sin and guilty of Adam's sin. Being without God's Spirit, we also can't do anything good (Rom. 8:7).

We might be able to obey God outwardly (in our actions) but not inwardly, in our hearts (we can't obey God out of love and a desire to glorify Him). Every day we fail to live up to God's requirements in our words, our thoughts and our deeds.

4. Only Jesus has kept all the Commandments (John 8:46).

*How?* He was not merely a man, but also God (John 1:1). As a man, He was also anointed with the Spirit above measure, so that His heart fully wanted to please His Father (John 8:29).

*Why?* He kept the commandments because of His love for the Father (John 4:34), because He had to keep them to qualify as an offering for His people (1 Pet. 1:17-19), and so that He would have a perfect record of obedience to give to His people.

Gospel: God only allows those who keep His commandments perfectly to enter into heaven. Have you obeyed perfectly? Have you always loved God with your whole heart and have you always loved everyone in the way you love yourself? Since you haven't, how will you get into heaven? Jesus obeyed perfectly, and if you trust Him, He will give you His obedience/righteousness.

Activity: World of sinners/ Jesus keeps law w/s

Songs: "The Greatest Cmdmt", "The 10 Cmdmts" – J Rogers