

**Change Your Words, Change Your World!**  
**Keep God First!**  
**Episode #244**

Monday, January 19, 2026

**#GOD #BIBLE #FAITH #FREEDOM #JESUS**

**Matt 6:33 NLT** “Seek the Kingdom of God above all else, (that means to keep HIM # 1 in your life) and live righteously, and he will give you everything you need.”

**Exodus 7:1-11**

Then God gave the people all these instructions<sup>[a]</sup>:

<sup>2</sup> “I am the LORD your God, who rescued you from the land of Egypt, the place of your slavery.

We have all been rescued and redeemed from former lives of shame, bondage, addictions, and corruption.

BOUNDARIES THAT BUILD PROTECT YOUR RELATIONSHIP WITH GOD.

The First Four of the Ten Commandments are exclusively focused on our relationship with GOD.

<sup>3</sup> “You must not have any other *god* but me.

<sup>4</sup> “You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. <sup>5</sup> You must not bow down to them or worship them, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other *gods*.  
I lay the sins of the parents upon their children; the entire family is

affected—even children in the third and fourth generations of those who reject me.

<sup>6</sup> But I lavish unfailing love for a thousand generations on those who love me and obey my commands.

<sup>7</sup> “You must not misuse the name of the LORD your God. The LORD will not let you go unpunished if you misuse his name.

<sup>8</sup> “Remember to observe the Sabbath day by keeping it holy. <sup>9</sup> You have six days each week for your ordinary work, <sup>10</sup> but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.

<sup>11</sup> For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.