**«I am the Lord, YOUR GOD»**

**Ex 20:2**

|  |  |
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|  | “I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage” |

Being christian is a journey of liberation! The 10 WORDS free you from your selfishness and free you because it is God’s love that leads you forward. God never asks without giving first. First He saves; first He gives; then He asks.

**Gratitude** is a characteristic of a heart that has been visited by the Holy Spirit. In order to obey God, it is above all necessary to remember his benefits. Where does all this take us? To perform a memory exercise: how many wonderful things God has done for each of us! How generous God is to you!

1. Who is God for you?

2. Do you recognise in your experience signs of His presence?

3. Can you REMEMBER how many beautiful things has God done for you? (If yes: list few of them)

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