



SPIRITUAL EMPHASIS CAMPAIGN

THE GUARDRAILS

A STUDY ON THE TEN COMMANDMENTS

**Community Life Groups and Youth Life Groups
Discussion Guide**

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A STUDY ON THE TEN COMMANDMENTS

KARURA COMMUNITY CHAPEL

Community Life Groups and Youth Life Groups
Discussion Guide

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Church Vision

Becoming Christlike disciples, engaging the world.

Church Mission

To be a worshiping community, helping one another to be obedient to God's Word and to be Ambassadors of Jesus Christ in a needy world.

How to Get the Most Out of This Guide

Recommended Study Method/Guidance

As we study, we want to move through three critical stages of understanding: comprehension, interpretation, and application. So, when you read, the first question to ask is not “what does this mean to me?” but “what does this mean?” Comprehension is understanding what the text says. Interpretation is understanding what it means, and application is understanding what it requires. This is the format the questions follow, and **you can feel free to choose one or two questions per category.**

1. Study this guide with an Open Bible (and other resources)

Use this book next to an open Bible, since there are many cross-references given that shed more light on the commands. You can also use different versions to get more insight as you study or use FREE online resources like BibleHub.com, BibleGateway, or the YouVersion Bible App.

2. Use this Guide alongside the Sermons

Follow the preaching plan/sermons in the adult or youth services to get the most out of the guide. You'll be able to get what was not clear in your study or the texts that may be hard to grasp.

3. Use this guide with an open & Prayerful heart

Whether individually or as part of a group, ask God to help you understand the guardrails. Ask Him to help you grow your faith and gain wisdom for loving Him and loving others as the commands teach.

INTRODUCTION TO THE 10 COMMANDMENTS

What is the Law and what is its purpose?

God's normal way of governing the universe is laws, what we call "the laws of nature". God created everything and everyone, so, as everything is governed according to the laws of nature, everyone ought to live under the moral law of God. When it comes to the laws of the Bible, especially the Old Testament, they are what we use for judging right and wrong.

Some laws in the Bible are directly based on who He is, on His character; these are more relational, teaching us how to relate to God and one another. Other laws, like dietary or ceremonial laws, may be set aside by God for historical reasons or once they are fulfilled. E.g., the law of sacrifices being fulfilled in the coming of Jesus, the ultimate, final, and perfect sacrifice. But the moral laws are absolute and eternal, since they govern our relationship with one another and with God. What we call the 10 commandments fall under this category, and they apply to us.

For the next two months, we will camp in Exodus 20, looking at the 10 commandments, and when you hear or read the words "commandments," do not see these verses as rules that are set by God to get you into trouble. You and I can easily fall into that temptation because of how culture has

modelled the habit of using a reward-punishment system. These commandments that we will be studying offer us all a beautiful picture of what it looks like to live as God's children. They are guardrails for us to live a blessed life. It is a path with a beautiful guide, and that is why we have called this spiritual emphasis campaign 'The Guardrails.'

WHAT IS THE DESIRED OUTCOME?

So why would we spend the next eight weeks studying commandments given by God to people who were rescued out of Egypt more than 3,500 years ago? What benefit do they have in our lives here and now today? Why would our children be studying these things for the next 10 weeks?

Well, it's because of verse 1 (And God spoke all these words), God spoke all these words. Like the very many other passages in the Bible, these are the words of God to His people, to you and I, and their effect, their impact, has not changed because of time. They are still relevant to you and me here today as we go through our daily routines.

I wish to also submit that our attention should be caught when the Creator of the heavens and earth spends His time to command us on how to live. You see, these are not suggestions that we will be studying; they are commands, and even though they were given to the nation of Israel, they still apply here and now today.

These are the foundations of all moral laws and ethics that we apply in our homes to our children and spouses, our workplaces, and our nation, and for the next few weeks, you and I will be confronted by God's word on how we influence in our spheres. These commands summarize God's unchanging moral character. How we apply them through different generations and cultures changes, but God's moral standards do NOT change. What we will be studying for the next few weeks has not changed for you and me.

FOUNDATION OF THE 10 COMMANDMENTS

Verse 2 says, "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery

He confirms who he is, giving a declaration of His identity, their relationship, and what he has done: redeemed them. These commandments are coming from the covenant God, Yahweh. This is important because their obedience has to flow from them knowing who God is, and this has not changed today. Our obedience begins by knowing who God is.

- Relationship —...your God... The Israelites are His people. He is reminding them that there is a relationship that exists between Him and them. God does not say, "Obey and I will become your God." He says, "I am your God; therefore, obey."
- What he has done - who brought you out of the land of Egypt, out of the house of slavery...?

At this time, redemption of deliverance has already happened, and then they are told how to live; again, it's not the other way around. He doesn't say, obey so that I can rescue you. He saved them first, and church, this is the same thing He did for you and me who are believers. He saved us first; even when we were sinners, Christ died for you and me. For those who are here and have been living in the lie that you have to get your house in order first before you say yes to Jesus Christ, He says, "Come to me as you are! God accepts us, saves us, then teaches us how we are to live.

Church, **the Ten Commandments were not given to create a redeemed people; they were given to shape a redeemed people.** That is why He starts with who He is, the relationship they have, what He has done for them.

WEEK 1

The First Commandment – Worship God alone

Exodus 20:1–3

And God spoke all these words: ²“I am the Lord your God, who brought you out of Egypt, out of the land of slavery.” ³“You shall have no other gods before me.



Icebreaker

If you had to grab one nonliving thing before it was lost forever, what would it be—and what would that choice say about what you treasure most?



Historical Background

Israel had just left Egypt, a culture saturated with hundreds of competing gods – Ra, Osiris, and Pharaoh himself worshipped as divine. Against that backdrop, this command was radical: not adding Yahweh to a crowded pantheon, but dethroning every other claim to Israel’s allegiance.



Passage Overview

Exodus 20:1–3 opens the Ten Commandments by first grounding them in relationship - “*I am the LORD your God, who brought you out of Egypt*”—before giving a single instruction. Obedience is meant to flow from rescue, not the other way around.

Cross-References

Matthew 6:33 • Matthew 22:37–38 •
1 Corinthians 8:5–6



Observation Questions

1. What reason does God give for the command before He even states it (v.2)?
2. What does the phrase “before me” suggest about position, not merely presence?

Interpretation Questions

1. Life gets messy when we prioritize things like our job, family, or personal comfort over God. Which of these competes the most for your time and focus right now?
2. Why might God open the entire law with this command rather than one about outward behavior first?

Application Questions

1. If an outsider looked at how you spend your time, money, and mental energy, what would they conclude is sitting on the throne of your heart?
2. What is one concrete shift you could make this week to reorder that priority?

Prayer Points

- Repentance for divided worship and split allegiance.
- Ask God to reveal any hidden rivals for first place in your heart.
- Gratitude for a God who rescues before He commands.

Leader Notes

Watch for participants naming “good things”—career, family, and ministry itself—as the rivals. Gently clarify that the issue is never the thing itself but its position. Keep the discussion personal and confessional rather than theoretical.

Conclusion

Jesus lived the perfect fulfillment of this command, refusing Satan’s offer of the world in exchange for worship (Matt 4:8–10). By His Spirit, He now gives us new hearts capable of undivided worship (Ezek 36:26).

WEEK 2

The Second Commandment Worship God God's way

Exodus 20:4-6

***“⁴ You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. ⁵ You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand generations of those who love me and keep my commandments.*”**



Icebreaker

Describe a time you pictured someone very differently than who they turned out to be. What happened when reality met your assumption?



Historical Background

Ancient Near Eastern worship centered on physical images believed to house or represent a deity's presence, giving worshippers a sense of control over their god. Israel was forbidden even a physical image of Yahweh—He could not be reduced to a manageable object of their own making.



Passage Overview

Exodus 20:4–6 forbids making an image of anything to bow down to as a stand-in for God and ties the command directly to His jealousy and His steadfast love toward those who love Him.

Cross-References

Deuteronomy 4:15–19 • Romans 1:22–23 •
Colossians 1:15 • John 1:18



Observation Questions

1. What three realms does verse 4 list (“heaven above, earth beneath, water below”)?
2. What word does God use to describe His own reaction to false images in verse 5?

Interpretation Questions

1. Human beings naturally try to shrink the infinite, majestic God into a manageable box we can predict and control. In what ways are you tempted to reshape God into your own image rather than letting Him shape you?
2. An idol doesn’t have to be carved from wood. What mental “images” of God do we build instead—for example, a God who only blesses or only judges?

Application Questions

1. Which of your current ideas about God have you actually tested against Scripture versus simply absorbed from culture, upbringing, or convenience?
2. What is one place you need to let the Bible correct your picture of who God is?

Prayer Points

- Ask God to correct any false pictures you carry of Him.
- Thank Him for revealing Himself fully in Christ rather than leaving us to guess.
- Pray for humility to be shaped by God rather than shaping Him.

Leader Notes

This topic can drift abstractly quickly—anchor it with concrete examples (a God who never disciplines, a God who’s only a genie). Avoid letting the group merely critique other people’s “wrong” views of God; press toward self-examination.

Conclusion

Colossians 1:15 calls Christ “the image of the invisible God.” He is not our projection of God but God’s own self-revelation—correcting every idol we could ever construct.

WEEK 3

The Third Commandment Take God's Name Seriously

Exodus 20:7

“You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name.”



Icebreaker

What's a brand, team, or family name you'd be careful about how you represented in public—and why?



Historical Background

In the ancient world, a name carried a person's character and authority. Misusing Yahweh's name—in false oaths, in commerce, in claiming “thus says the LORD” falsely—was a serious offense, because taking His name meant being marked as His representative.



Passage Overview

Exodus 20:7 warns, *“You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.”* The scope is broader than casual language; it concerns claiming God's authority or identity falsely.

Cross-References

Matthew 15:8–9 • Romans 2:23–24 • James 2:14–17



Observation Questions

1. What warning immediately follows the command in verse 7?
2. What does it mean to “carry” or “bear” God’s name, which is the sense behind the word translated “misuse”?

Interpretation Questions

1. What does it look like to call yourself a Christian on the outside without actually letting God change you on the inside?
2. How is that a form of misusing God’s name, even for someone who never says a single profane word?

Application Questions

1. Where in your life does your “label”—Christian, church member—outpace the reality of your character?
2. What is one area where your walk needs to catch up to your talk this week?

Prayer Points

- Confession for hollow religiosity or empty performance.
- Ask God to align your identity and your integrity.
- Pray for a church that represents Christ's name well in the community.

Leader Notes

Redirect the conversation if it drifts toward profanity alone—the deeper issue this week is hypocrisy and empty religious performance. Create space for honest confession without shaming anyone.

Conclusion

Jesus alone perfectly bore His father's name and character (John 17:6), and He gives His Spirit so our lives can honor God's name.

WEEK 4

The Fourth Commandment

Keep the Sabbath

Exodus 20:8–11

***“⁸ Remember the Sabbath day by keeping it holy.
⁹ Six days you shall labor and do all your work,
¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*”**



Icebreaker

On a scale of 1–10, how hard is it for you to do absolutely nothing productive for an hour? Why?



Historical Background

The Sabbath was unheard of among Israel’s neighbors—slaves in Egypt worked without a guaranteed day of rest. God building rest into the fabric of the week was both a gift and a statement: identity and worth are not earned by output.



Passage Overview

Exodus 20:8–11 roots Sabbath rest in creation itself—God rested on the seventh day—making it a theological statement about who sustains the world, not merely a productivity technique.

Cross-References

Genesis 2:2–3 • Mark 2:27–28 • Hebrews 4:9–10



Observation Questions

1. What reason does verse 11 give for the command?
2. Who specifically is included in the rest, according to verse 10?

Interpretation Questions

1. We live in a restless world where human value is measured by endless performance and hustle. Do you find it difficult to turn your internal “off switch” completely off?
2. When we refuse to rest, we arrogantly assume our lives are held together by our endless performance rather than the sovereign grace of God. How does this perspective change how you view taking a Sabbath?

Application Questions

1. What would one deliberate, unproductive hour of rest this week communicate about your trust in God rather than yourself?
2. What currently keeps you from that kind of rest, and what is one obstacle you could remove?

Prayer Points

- Repentance for functional self-reliance.
- Ask for grace to actually rest.
- Gratitude that God does not need our labor to sustain the world.

Leader Notes

Some in the group may associate “Sabbath” with legalistic rules from their upbringing. Clarify this week is about trust and rhythm, not a checklist of restrictions.

Conclusion

Jesus calls the weary to find rest in Him (Matt. 11:28–30), and as Lord of the Sabbath He fulfills what the day always pointed toward i.e full and final rest in His finished work (Heb 4:9–10).

WEEK 5

The Fifth Commandment – Honor your folks

Exodus 20:12

***“Honor your father and your mother, so that you
may live long in the land the Lord your God is
giving you.”***



Icebreaker

What’s one thing your parent or a parent figure did that you didn’t appreciate until later in life?



Historical Background

This is the first command with a promise attached—long life in the land—and the hinge between duty to God (commandments 1–4) and duty to neighbor (5–10). Honoring parents is the first “neighbor” relationship every person has.



Passage Overview

Exodus 20:12 calls for honor—a broader posture than blind obedience or agreement—extended to father and mother alike.

Cross-References

Ephesians 6:1–3 • Colossians 3:20 • Proverbs 1:8–9



Observation Questions

1. What promise is attached to this command?
2. Why might “honor” be a wider word than “obey”?

Interpretation Questions

1. No parent is perfect. What do you think it means to honor your parents biblically without pretending they have never made mistakes?
2. What makes honoring our parents difficult at times, and how can God’s grace help us obey this commandment?

Application Questions

1. What are some practical ways we can show honor, gratitude, and respect to our parents or parent figures at different stages of life—as children, teenagers, or adults?
2. What is one specific act of honor you could offer this week?

Prayer Points

- For healing where parent relationships are painful.
- For grace to honor without denying real hurt.
- For parents in the group raising the next generation.

Leader Notes

This topic can surface real grief or trauma. Don't force disclosure — let people speak in general terms if needed, and be ready to follow up privately afterward.

Conclusion

Even from the cross, Jesus honored His mother by entrusting her care to John (John 19:26-27). Honor doesn't require a perfect relationship, only faithful love.

WEEK 6

The Sixth Commandment – Preserve Life

Exodus 20:13 | Matthew 5:21–22

“You shall not murder.”



Icebreaker

When you're angry at someone, what's your default—go silent, vent to someone else, or confront them directly?



Historical Background

Ancient law codes distinguished murder from other killing. Jesus later intensifies the command by locating its root in the heart rather than only the hand.



Passage Overview

Exodus 20:13 forbids murder; Matthew 5:21–22 traces the command back to the anger and contempt that precede the act.

Cross-References

Matthew 5:21–22 • 1 John 3:15 • Genesis 9:6



Observation Questions

1. What does Jesus add to the command in Matthew 5:21-22?
2. What specific heart-postures does He name there?

Interpretation Questions

1. Jesus uses an “X-ray” on our hearts to reveal that bitterness, contempt, passive aggression, online hostility, and family resentment are the unseen weapons of a murderous spirit. Which of these do you struggle with the most?
2. People often think they are innocent because they have not physically harmed anyone. How does Jesus’ exposition of relational destruction as heart-murder change the way you view your conflicts?

Application Questions

1. Is there a relationship right now where contempt or bitterness has taken root?
2. What is one step toward reconciliation you could take this week?

Prayer Points

- Confession of hidden anger or contempt.
- Pray by name for specific broken relationships.
- Ask for a heart that values life, including others’ dignity and reputations.

Leader Notes

Be alert to unresolved conflict surfacing between group members or about people outside the group. Guide toward private reconciliation rather than public airing of specifics.

Conclusion

Jesus, who had every right to hold contempt for those who killed Him, instead prayed, “Father, forgive them” (Luke 23:34)—the opposite of heart murder and the model for ours.

WEEK 6

WEEK 7

The Seventh Commandment – Keep The Marriage Covenant

Exodus 20:14; Matthew 5:27–28

“You shall not commit adultery.”



Icebreaker

What’s one promise – not necessarily about marriage – you’ve kept even when it was hard? What kept you faithful to it?



Historical Background

Marriage in Scripture is consistently used as the picture of God’s covenant faithfulness to His people. Adultery isn’t just a broken rule; it fractures a living picture of that covenant.



Passage Overview

Exodus 20:14 forbids adultery; Jesus expands it in Matthew 5:27–28, locating faithfulness in the heart’s intent, not only the outward act.

Cross-References

Matthew 5:27–28 • Hebrews 13:4 •
Ephesians 5:25–27



Observation Questions

1. How does Jesus define adultery in Matthew 5:27–28?
2. What does this suggest about where fidelity actually begins?

Interpretation Questions

1. Why do you think God places such a high value on faithfulness in marriage, and what does this reveal about His character?
2. How does marriage functioning as a picture of God's covenant love raise the stakes of this commandment?

Application Questions

1. What practical boundaries can Christians establish to protect their hearts, relationships, and marriages from temptation—whether dating, married, or single?
2. What is one boundary you personally need to strengthen?

Prayer Points

- For marriages in the group and the wider church.
- For singles pursuing purity.
- For those wounded by betrayal to find healing.

Conclusion

Christ is the faithful Bridegroom who loved the church and gave Himself for her (Eph. 5:25). His faithfulness, not our track record, is the foundation for forgiveness and restored purity.

Week 17

WEEK 8

The Eighth Commandment – No Stealing

Exodus 20:15

“You shall not steal.”



Icebreaker

What’s something small you’ve been tempted to take or keep that technically wasn’t yours—extra change, office supplies, credit for someone else’s idea?



Week 8



Historical Background

In an agrarian economy, stealing directly threatened a family’s survival. The command protected both property and the trust that holds a community together.



Passage Overview

Exodus 20:15 is brief but far-reaching—“You shall not steal”—covering far more than robbery alone.

Cross-References

Ephesians 4:28 • Luke 19:8–9 • Proverbs 30:8–9



Observation Questions

1. What's notably absent from this command—any exceptions or qualifications?
2. What does its brevity suggest about the scope of what it covers?

Interpretation Questions

1. Stealing extends far beyond robbery; it manifests as cutting corners at work, tax evasion, or hoarding resources. How does a fear of scarcity drive these subtle behaviors?
2. We steal because we do not fundamentally trust that God is a good Provider. In what specific areas of your life do you find it hardest to trust the Father's supply?

Application Questions

1. Is there a “small” dishonesty, e.g., with time, money, or credit for work, that you've normalized?
2. What would it look like to make it right this week?

Prayer Points

- Confession of subtle dishonesty.
- For contentment with what God has provided.
- For a generous spirit that gives rather than a scarcity mindset that grasps.

Leader Notes

Watch for the conversation staying purely theoretical. Gently press toward workplace and financial specifics without demanding public confession of particular acts.

Conclusion

Jesus, who “though he was rich, yet for your sake became poor” (2 Cor. 8:9), models a generosity that gives rather than a scarcity that grasps.

WEEK 9

The Ninth Commandment – Tell the Truth

Exodus 20:16
***“You shall not give false testimony
against your neighbor.”***



Icebreaker

Have you ever been the subject of a rumor that wasn't true? What did that feel like?



Historical Background

The command originally addressed courtroom testimony, where a false witness could cost someone their property, freedom, or life. Its application has since rightly expanded to everyday speech about others.



Passage Overview

Exodus 20:16 protects truth and reputation as matters of justice, not merely etiquette.

Cross-References

Proverbs 18:21 • Ephesians 4:29 • James 3:5–6



Observation Questions

1. What specific setting does the word “witness” evoke?
2. Why might God protect reputation with the same seriousness as life (commandment 6) and property (commandment 8)?

Interpretation Questions

1. Bearing false witness isn’t just lying in a courtroom; it is the quiet rot of gossip, slandering, and social media tearing down reputations. How do these actions assault the dignity of people made in God’s image?
2. When we misuse our words, we poison the well of our community. What would it look like for our small group to actively protect each other’s reputations instead?

Application Questions

1. What is one practice you could adopt this week to guard your speech about others, whether online, at work, or in this group?
2. Is there someone whose name you need to defend rather than pass judgment on?

Prayer Points

- Confession for gossip or careless words.
- For a community marked by truth-telling and protecting one another's names.
- For restraint and grace in online speech.

Leader Notes

This one often gets nodding agreement without real change. Press for one concrete commitment before moving on, and model it yourself in how you talk about others in the group.

Conclusion

Jesus is “full of grace and truth” (John 1:14). He never distorted a person's dignity even while speaking hard truths, giving us the pattern for words that build rather than poison.

WEEK 9

WEEK 10

The Tenth Commandment

No Coveting

Exodus 20:17

“You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.”



Icebreaker

What’s something you scrolled past recently, maybe a vacation photo, a purchase, a promotion, etc., that made you compare your life to someone else’s?



Historical Background

Coveting is unique among the Ten Commandments. The only one that targets desire itself rather than an outward act, exposing that the law was never only about behavior but about the heart underneath it (see Rom 7:7).



Passage Overview

Exodus 20:17 lists a house, spouse, servants, and animals—i.e., essentially everything a neighbor has—as off-limits for covetous desire.

Cross-References

Romans 7:7–8 • Philippians 4:11–12 • Hebrews 13:5 • 1 Timothy 6:6–10



Observation Questions

1. What's different about this command compared to the previous nine?
2. What full list of “belongings” does the verse name?

Interpretation Questions

1. We live in a world built on advertising and social media, where we are constantly tempted to compare our lives to others. Where do you catch yourself falling into the comparison trap most often?
2. Coveting happens when we look at someone else's house, job, family, or lifestyle and think, “I need that to be happy.” How does this comparison actively steal our internal peace and make us ungrateful for what God has already given us?

Application Questions

1. What is one specific area of comparison you need to bring to God this week, replacing envy with gratitude?
2. What is one thing God has actually given you that you could name in prayer right now?

Prayer Points

- Confession of envy and comparison.
- For deep contentment in Christ.
- A gratitude prayer naming specific gifts God has given each person present.

Leader Notes

A fitting closing week for the series — consider tying back to Week 1. Coveting is often the first commandment in disguise: wanting something else to sit on the throne instead of God.

Conclusion

Paul learned contentment “in whatever situation” because Christ was his sufficiency (Phil 4:11–13). The antidote to coveting isn’t more — it’s a deeper satisfaction found in Christ.

The Purpose of Community Life Groups (CLGs)

Biblical Foundation – Acts 2:42–47

Community Life Groups exist to help believers grow together by:

- Growing in God’s Word through discipleship.
- Building authentic Christian relationships.
- Praying together.
- Providing pastoral care and supporting one another.
- Reaching others through evangelism.
- Creating opportunities for ministry and the use of spiritual gifts.

Our Goal

Our goal is to facilitate life transformation through biblical community. We intentionally build a church of disciples, a church of small groups and attendees, not a church of attendees and events with small groups on the side.

The goal is to move from information to formation: not just learning about something, but becoming.

The Role of a CLG Leader

A CLG leader is first and foremost a shepherd, not just a facilitator or teacher. Your calling is to care

for people, help them grow spiritually, and guide them toward becoming mature disciples of Christ.

1. Shepherding

- Know each member personally.
- Pray regularly for members.
- Follow up during the week.
- Care for members during difficult seasons.
- Encourage spiritual growth.

Scripture: 1 Peter 5:2–3

2. Facilitation

Lead discussions rather than dominate them.
Your role is to:

- Ask thoughtful questions.
- Encourage everyone to participate.
- Listen carefully.
- Keep discussions focused.
- Guide members toward biblical application.

This study is designed to be discussion-oriented rather than lecture-based—resist the urge to teach at length. Ask the questions, then let silence do its work.



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