

Praying the Ten Commandments

Creator of the universe and Redeemer of our souls, give me your grace to grow in your commandments each day and your mercy when I stumble.

(1) You are the Lord my God. I will not have any other gods before you. (2) I will not use your name in vain but will glorify your name in all my words and deeds. (3) I will remember to keep holy the Lord's day by preserving it only for worshipping you, resting in you and for relationship with family and friends. (4) I will honor my father and mother and teach my children to do the same. (5) I will not kill but will honor and protect life from conception to natural death. (6) I will not commit adultery but will honor our bodies as a sacred vessel of new life. (7) I will not steal but instead cultivate a heart of generosity. (8) I will not lie but rather honor truth in my words and actions. (9 & 10) I will not covet my neighbor's spouse and I will not covet the things of this world but set my heart on building treasures in Heaven. Amen.

Praying the Ten Commandments at the beginning of each day helps us be mindful throughout the day and then at the end of the day as an examination of conscience.



The Ten Commandments are given to us by a loving God who desires only the very best for us. Through the commandments, God is warning us what not to do so that we can avoid the consequences of making mistakes in life, and instead experience the joy and freedom He desires for us in this life and to lead us to complete joy and freedom in Heaven.

For many people, the Commandments are only vaguely remembered in the recesses of our minds. But they are much too valuable for that. We are told in Deuteronomy 6:6-9 just how important they are and that we ought to be intentional about learning them and teaching them to our children and grandchildren.

Take to heart these words which I command you today. Keep repeating them to your children. Recite them when you are at home and when you are away, when you lie down and when you get up. Bind them on your arm as a sign and let them be as a pendant on your forehead. Write them on the doorposts of your houses and on your gates.

The mission of **IfU Love Me** is to bring the Ten Commandments back to the forefront of our mind and to help us make decisions that will help us, our families, and the whole world enjoy the genuine freedom and joy promised by this teaching from our loving God.

For additional prayer cards, to schedule speaking engagements and to learn more about IfU Love Me, go to IfULoveMe.org or call 816.215.1483.