

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 worshiping 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 for the sacred purpose 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 to be mindful throughout the day and again at the end of the day as an examination of conscience.

This then is the commandment, the statutes and the ordinances, which the LORD, your God, has commanded that you be taught, so that you, that is, you, your child, and your grandchild, may fear the LORD, your God, by keeping, as long as you live, all his statutes and commandments which I enjoin on you, and thus have long life. 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. Deut 6:1-2,6-7

The Ten Commandments are given to us by God who loves us and wants the very best for us. Through the Commandments, God warns us of serious dangers so we can avoid pain and hardships of wrong choices and He guides us toward what is good so we can experience the authentic joy and freedom He desires for us and which lead us to complete joy and freedom in heaven.

Unfortunately, many people only have a faint recollection of God's Ten Commandments and perceive them as a negative list of rules. In reality the Commandments are God's recipe for true joy and authentic freedom. We are told in the passage above how vital they are and how we need to be intentional to learn them and teach them to our children and grandchildren.

The mission of **If U Love Me** is to bring the Ten Commandments back to the forefront of our minds helping us trust in the love of Jesus and guide us in making decisions that bless us, our families, and the whole world.

For more cards, to schedule speaking engagements and to learn more about If U Love Me, go to IfULoveMe.org or call 816-215-1483

