

Praying The Ten Commandments

Creator of the universe and Redeemer of my soul, give me Your grace to grow in Your Commandments each day and in Your mercy when I stumble.

(1) You are the Lord my God. I will not have any gods before You. (2) I will not use Your name in vain but will glorify Your name in all my words and actions. (3) I will 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 instead I will honor our bodies for the sacred purpose of new life within marriage. (7) I will not steal, but instead I will cultivate a heart of generosity. (8) I will not lie, but rather honor truth in all my words and actions. (9 & 10) I will not covet my neighbor's spouse nor covet the things of this world. Rather, I will set my heart on building treasures in Heaven. Amen.

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

How to Use this Prayer

The scripture passage below, illustrating how to persevere in learning and remembering the Ten Commandments, may initially seem excessive. However, considering how aggressively the worldly messages from news, social media, music and TV bombard us every day, it becomes evident that the wisdom of this passage is not excessive and is even crucial.

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.
Deuteronomy 6:6-9

To quiet the worldly noise, and keep God and His Commandments front and center, we encourage you to recite **Praying the Ten Commandments** as you begin each day. This prayer provides the clarity needed to keep God's wisdom and truth in the forefront of your mind throughout the day, preparing you to make wise choices that are based on His wisdom and truth. **Praying the Ten Commandments** again at the end of each day makes for a good evening prayer as you say 'good night' to Jesus and thank Him for the day.

Share this prayer with your family, friends, and especially with the children in your life so they can quiet the noise and keep Jesus and His recipe for a wonderful life front and center in their lives too.

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