

Exodus 20, The 10 Commandments, together with a short child reflection

1. **I am the Lord your God, Who brought you out of the land of Egypt, out of the house of slavery.**

You shall have no gods except Me

Have I thought about God today? Have I talked to Him in prayer? Have I thanked Him for His love and care of me today?

You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father's fault in the sons, the grandsons and the great grandsons of those who hate Me; but I show kindness to thousands of those who love Me and keep My commandments.

Have I thought about something or someone more than I have thought about God?

What do I want most at the moment?, If I had a choice between this and God, what would I choose?

2. **You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters His name to misuse it.**

Have I used the name of Jesus or God properly, and not as a swear word?

Have I looked after the things that belong to God eg my Bible, holy pictures, the church, priests, religious and shown respect for these things?

3. **Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work that day, neither you nor your son nor your daughter nor your servants, men or women, nor your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day He rested; that is why the Lord has blessed the sabbath day and made it sacred.**

How have I made Sunday a special day, a day that would make God especially happy? Going to church on a Sunday is a good way of thanking God for His love.

4. **Honour your father and your mother so that you may have a long life in the land the Lord your God has given you.**

Have I done what Mum and Dad have asked me to do, without fuss or resistance? Have I done things at home to help Mum and Dad and show them that I am grateful for the love with which they look after me? Do I answer back when Mum and Dad tell me to do something?

5. **You shall not kill.**

Have I hit my brothers and sisters when I was angry? Have I called anyone names? Or taunted them or excluded them from playing with me? Have I done anything to make life unpleasant for another person?

6. **You shall not commit adultery.**

This commandment is all about our responsibility to help married couples stay happily married. It is also about God's will that we not treat marriage lightly, but recognize that love between couples is meant to reflect the tenderness, permanence and loyalty of God's love toward us.

7. **You shall not steal.**

Have I borrowed something and not returned it? Have I broken something belonging to someone else and not replaced it? Have I taken something without asking for it or without paying for it?

8. **You shall not bear false witness against your neighbour?**

Have I told lies? Have I told stories about someone without checking whether the stories were true? Have I talked about people behind their backs? Have I passed on a story about someone else that wasn't nice?

9. **You shall not covet your neighbour's wife.**

This commandment is about not treating other people as things to serve me, but as unique people to love and respect. It is also about recognizing that before we belong to ourselves, we belong to God, our Creator; and that we should look after our bodies and not misuse them, out of respect for God.

10. **You shall not covet your neighbour's house, or his servant, man or woman, or his ox, or his donkey, or anything that is his.**

Am I content with the things I have been given? Do I pester Mum and Dad for things I want, which aren't really necessary? Do I thank God for all the gifts and talents and possessions I have? Do I realize that all I have comes from God? Am I generous in sharing with others and giving to others in need?