

## PREFACE:

“I AM THE LORD YOUR GOD, WHO BROUGHT YOU OUT OF EGYPT, OUT OF THE LAND OF SLAVERY.”

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Praise to you our Rescuer and our Redeemer. You brought us out of bondage through the mighty and finished work of your Son, Jesus Christ. As we consider the surety and perfection of your law, we give thanks that you gave your law on Sinai to an already rescued and delivered people. Keep us from the temptation to believe that we are delivered based on our keeping of the law. Instead, make us secure in your gracious work that now sets us free to keep your law as the way of wisdom and life. May we live by faith in this truth, “For freedom Christ has set us free.” Together, help us stand firm and no longer submit to a yoke of slavery. In the name of the Father, Son and Holy Spirit, Amen.

**FIRST COMMANDMENT:**  
**“YOU SHALL HAVE NO OTHER GODS  
BEFORE ME.”**

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O great God, you alone are worthy of our worship. You have created us for you. Our hearts are restless until they find their rest in you. Yet relentlessly and tragically, we exchange the truth for a lie as we place created things above you in our hearts and lives. Forgive us for the ways in which we make good things ultimate. Give us fresh repentance for our forgetfulness, neglect, replacement, and disdain of you. Enliven us to see that our greatest idol is our self. We languish in the dependence, consumption, promotion, seeking, and love of self. In you alone we are satisfied. We ask that you, Lord, would help us this day to love you with all our heart, soul, mind, and strength, for this is the first and greatest commandment. Guard us from idols and triumph over all that competes for our ultimate affection. In the name of the Father, Son, and Holy Spirit. Amen.

**SECOND COMMANDMENT:  
“YOU SHALL NOT MAKE FOR  
YOURSELF AN IDOL.”**

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**Your law is perfect**, making wise the simple. In your law, you have provided for us clear guidance concerning how we are to worship you. Empower us to neither add nor subtract from your commands. Teach us to desire your commands more than fine gold and to consider your precepts sweeter than honey. Keep our actions and thoughts pure and true so that we rightly and reverently offer you worship. Prevent us from shaping you according to our own insecurities, intellects, imaginations, and ideas. Enable us to know you as you have revealed yourself to us in your Word. In the name of the Father, Son and Holy Spirit. Amen.

**THIRD COMMANDMENT:**  
**“YOU SHALL NOT MISUSE THE NAME  
OF THE LORD YOUR GOD.”**

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**Our Father in heaven**, you taught us to pray, “Hallowed be your name.” We often speak of you thoughtlessly, casually, and flippantly. Our words are not our only message – our lives also declare what we think and believe about you. Forgive us because of the work of Jesus Christ. Enable us to represent you faithfully in every dimension. Give us fear and love of you that causes us to call upon you in time of need rather than curse you, to pray humbly rather than seeking to manipulate you, to praise you rather than blame you, and to give thanks to you rather than grumble against you. Your name is above all names. Strengthen us that we may lift your name high in all things and at all times. In the name of the Father, Son and Holy Spirit. Amen.

**FOURTH COMMANDMENT:  
“REMEMBER THE SABBATH DAY AND  
KEEP IT HOLY.”**

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**Beloved Bestower of Sabbath** and rest, our resistance to your explicit command to cease from striving, lay down our labor, and push the “stop” button on pressure and performance unmasks our maniacal self-reliance. We believe the lie that life finally depends upon our own work, which makes us rabidly resist stopping for a season of God-honoring refreshment. Sabbath-creating and Sabbath-commanding King, graciously assail every vestige of self-impressed folly that builds our life on us instead of you, and founds our life’s rhythm on frenzy, not friendship, with you. Give sabbatical repentance to our exhausted hearts and minds as you bid us afresh in Gospel grace to rest as your children. In the name of the Sabbath himself, Jesus, our Lord, Amen.

**FIFTH COMMANDMENT:  
“HONOR YOUR FATHER AND YOUR  
MOTHER.”**

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**Holy Father, blessed Son, and beloved Holy Spirit:** how gracious you are to have granted us, as your image-bearers, the distinct honor of reflecting your fatherhood and sonship within our homes, realities rooted in your eternal perfection and beauty as Father, Son, and Holy Spirit. Our calling to parent children faithfully and to be children who honor our parents seems to whisper of trinitarian wonder, however faintly. Our right obedience, respect, and relation to our father and mother can be virtual cracks in the universe to learn truths about you. On the other hand, we also better understand the searing pain and caustic confusion that commonly accompanies both parents and children who choose to distort your commanded roles in the home. Father of lights, infuse the most daily routines of family in our homes with parents who love and children who honor. And where both roles have been long ignored, you who are the Eternal Father, redesign our childlike hearts and minds to honor you as our Father in all we do. In the name of the Son of the Father, the Lord Jesus Christ. Amen.

## SIXTH COMMANDMENT: “YOU SHALL NOT MURDER.”

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**Father God**, giver of all life, you spoke life into us. You sustain our lives with your word. You rescued our lives with your precious Word, your son, Jesus. You breathed life into us with your mighty Spirit. And yet, somewhere deep inside us, we long to bring death. We confess that we bring it with our thoughts, our words, and our actions. We view the people around us as obstacles or vehicles, instead of human beings to be loved. We breathe hate and discord from our lips and our keyboards. And we tacitly approve of a culture that instigates the killing of the most vulnerable among us. Would you please grant us a weighty love for bringing life to our world, relationships, and hearts. Empower us to be grateful for life and to seek it with all of our hearts. We repent of our love of self to the murder and neglect of all others. Help us to disciple people into life, because of the colossal work found in the death of your son Jesus. In his name, and for his sake, Amen.

**SEVENTH COMMANDMENT:  
“YOU SHALL NOT COMMIT  
ADULTERY.”**

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**Father, God in heaven,** you have told us that “blessed are the pure in heart, for they shall see God.” Your own love for us demonstrates sacrifice of self for the sake of others, and yet we long to please ourselves at the cost of others. We treat human beings as objects to be used, rather than people to be loved. We constantly look for fulfillment in sexuality, instead of in our God, the giver of sex. We immerse our thoughts, our eyes, and our bodies in the lies of the world. We repent for using one of your gifts and making it the center of our existence. Give us fresh eyes that long to bring healing to the sexually skewed and broken of this world. Eyes that look to Jesus as the image of the invisible God. Flood our desires with the joy of your Son Jesus, so that the things of this world grow strangely dim. In Jesus’ Name, Amen.



## EIGHTH COMMANDMENT: “YOU SHALL NOT STEAL.”

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**Glorious God**, only you are worthy of all our worship. And yet, our greatest theft is seeking to rob you of your glory. In seeking to steal worship from you, we then engage in hostile takeover of your creation with the delusion that we are owners rather than stewards. Convict us of our glory theft and grant us brokenness and humility. Help us to hear your word in Malachi, “You rob me in tithes and offerings.” We are full of fearful self-protection and insatiable self-consumption. We hoard the resources that you have given us for our own pleasures and preferences and mistakenly seek security in the gifts rather than the Giver. Guard our hearts from inordinate prizing and protecting of worldly goods, and grant us strength to grow in generosity and joy. In the name of the Father, Son and Holy Spirit, our true provision and only security, Amen.

**NINTH COMMAMENT:  
“YOU SHALL NOT GIVE FALSE  
WITNESS.”**

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**Our Creator and Redeemer,**

your spoken word brings order, beauty, and light where there is chaos, emptiness, and darkness. We thank you for the power of your word in creating the world and in making us a new creation in Christ. We confess that our words are often riddled with falsehood, misrepresentation, and manipulation. Our lips lie and produce death rather than life, rivalry rather than friendship, and blame rather than repentance. We twist, distort, and dodge the truth in order to justify ourselves, protect our interests, or tear down others. Forgive us for our words that spread lifelessness and dishonor you. May the word of Christ dwell in us richly so that the words of our mouth and the meditations of our heart please you, our Rock and our Redeemer. In the name of Jesus Christ, Word made flesh, we pray. Amen.

## TENTH COMMANDMENT: "YOU SHALL NOT COVET."

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**Father God**, every good and perfect gift comes from above. And you have graciously poured out more than we could possibly imagine. You have given us this beautiful creation to subdue and cultivate. You have given us your word to sustain us and change us. You have given us your son and your spirit to give us life and hope. You have provided for our daily needs, and you have gone to make a place for us. And you have given us relationships, which are a joy and help us persevere. And yet despite your lavish generosity, we simply want more. We fill our minds with the things that we don't have, instead of gratefully living in the grace of what we have been given. We delude ourselves that just one more item, one more experience, one more person will bring peace and contentment that can only be found in you. Please restore unto us the joy of our salvation. Kindly give to us a profound rest in what you have done for us in Jesus. Help us desire to know the giver, instead of getting lost in the gifts. In Jesus' name, Amen.