

# A TEN COMMANDMENTS PRAYER

My Lord and God,

1. Help me keep you first in my life.
2. Help me speak only good things in your name.
3. Help me attend Mass each week.
4. Help me honor my parents.
5. Help me protect life.
6. Help me be faithful to those I love.
7. Help me be generous.
8. Help me speak the truth.
9. Help me celebrate the beauty of others.
10. Help me to want to share.

Amen.

The Ten Commandments are:

1. I am the LORD your God: you shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.