

A Ten Commandments Handout

for use with the Rotation.org Writing Team's Candy-Heart Making Project

In the left-hand column are the Ten Commandments. The center column suggests one positive way to express each commandment (feel free to come up with more). In the right-hand column, you are to write one or two words that positively summarize what each commandment says to you. We've used the New Revised Standard Bible's version of [Exodus 20](#). The translation you want to remember may be slightly different. We've also included two of Jesus' famous "commandments" passages which are "do" rather than "do not's."

The Commandments	A Positive Form of the Commandment	Your summary in one or two words
1. You shall have no other gods before me	Put your trust in God alone	
2. You shall not make for yourself an idol	Make God the most important thing in your life	
3. You shall not make wrongful use of the name of the Lord your God	Show your respect for God	
4. Remember the sabbath day, and keep it holy	Make quality time to rest, worship, and be with God	
5. Honor your father and your mother	Bring honor and happiness to your family	
6. You shall not murder	Protect people's lives and feelings	
7. You shall not commit adultery	Keep your sacred commitments	
8. You shall not steal	Be trustworthy	
9. You shall not bear false witness	Be honest	
10. You shall not covet	Respect other people's property	
John 13:34 (Jesus said) I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.		
Matthew 22: 36-40 "Teacher, which commandment in the law is the greatest?" 37 He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' 38 This is the greatest and first commandment. 39 And a second is like it: 'You shall love your neighbor as yourself.' 40 On these two commandments hang all the law and the prophets."		

Note: Many Lutherans and Catholics number the commandments a little different. They combine the first two commandments (Exodus 20: 3-4) into one and separate verse 17 about "coveting" into two commandments. Please also note that while we've condensed the Ten Commandments into these ten traditional phrases for the purposes of memorization, each commandment has more words describing it than shown here. See the full version in Exodus 20.