

Praying the Commandments as a Family

Give your family a challenge. Pray according to the commandments for one month. Each day, pick a new commandment as a model for praying. There are lots of ideas on how to pray under each Commandment. Pick one idea (or use your own!) each time you pray that commandment. (Moms and Dads – some need a little prep or materials ahead of time.) Use this as a tool to deepen and enrich your family prayer time.

- **1st Commandment: You shall have no other Gods before me.**
 - Acknowledge that God is the only God. Praise him for being Creator of all things.
 - Confess the times when you let other idols get in the way. Take slips of paper and write down on them some of the other idols in your life. As you confess those, rip them up and throw them away.
 - Tell God you want to learn how to trust him first and most in your life.

- **2nd Commandment: You shall not misuse the name of the Lord your God.**
 - Praise God, listing all the attributes you can think of for Who He is. Graffiti a poster with these attributes and names while you pray.
 - Take 15 small slips of paper. On each one, write a name or attribute of God. Put the slips of paper in a bowl. Each person can draw one and explain how they have seen God in that way in their own life. Pray, using the words you drew to praise God.
 - Flip through the Psalms and read aloud the names and attributes of God that you find.

- **3rd Commandment: Remember the Sabbath day by keeping it holy.**
 - Thank God for setting aside time for us to rest and remember Him. Confess times when you don't make a Sabbath time a priority.
 - Pray for our Church body, for our pastor, and for fellow believers. Ask God to promote unity amongst each our church and to help us fulfill His mission together.
 - Take some time to rest with God in silence. Just be still for a while, letting God have room to speak to you. Then, each person in your family can quietly journal a prayer to God or draw a prayer to God.

- **4th Commandment: Honor your father and mother.**
 - Parents pray for children and children pray for parents. Each person can write down some prayer requests on a notecard. Draw someone else's notecard and pray for him/her.
 - Confess times of disrespect or lack of honor towards one another. Pray for safety, protection, peace, etc for each other. Thank God for your family.
 - Pray for other people in authority over you (teachers, government leaders, etc.)

- **5th Commandment: You shall not murder.**
 - Thank God for the gift of life. Thank God for ways that he has made you unique and for the talents and abilities He has given you.
 - Read Psalm 139 as a prayer, each person in the family reading a verse and going in a circle until the end.
 - Confess that sometimes your words and actions are hurtful to other people. Ask God to open your eyes to the needs of people around you. If you know of people in need, pray for them specifically.

- **6th Commandment: You shall not commit adultery.**
 - Pray for marriages of people in your family. Ask God to strengthen and protect those marriages. You could get out pictures of them and pray for them while you look through pictures.
 - Think of marriages that have been an influence on you or people who have encouraged you in your marriage and thank God specifically for them. Write those people a note and thank them for modeling a healthy marriage for you or for encouraging you in yours.
 - Read Philippians 4:8. Talk about what it means to keep our eyes, hearts, minds, and bodies pure. How can keeping this verse help us protect our future marriages? Pray, asking God to help you keep your mind on what is good and right and pure.

- **7th Commandment: You shall not steal.**
 - Ask God to open your eyes to times when you have broken this commandment. Ask Him to help you be a good steward of the resources He has given you.
 - Ask God to open your eyes to ways you can bless those around you who are in need. Pray for those people by name. Ask God to give you the courage help meet those needs as you are able.
 - Talk about the importance of not only being a good steward (taking care of) the things we have, but that we should also honor God with how we spend our time. Do we misuse the time he gives us? Confess those times to God and ask him to help you find ways to honor Him with your time.

- **8th Commandment: You shall not give false testimony about your neighbor.**
 - Thank God for caring about your reputation and your emotions. Ask God to help you use words that build others up.
 - Confess times when your words have hurt someone else. Write an apology note to someone who you have hurt with your words recently. After writing it, pray a prayer of confession, and then pray specifically for the person who you wrote the note to.
 - Have other people's words hurt you? Do you sometimes "trash talk" yourself in your head? Write those words that you think or have heard on a piece of paper. Then, read Ephesians 2:10. Throw the paper away. Thank God for seeing you as a special masterpiece. Ask God to help you see yourself the way He sees you.

- **9th and 10th Commandment: You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbour.**
 - Take a tour of your home. Instead of being discontent and covetous, take time to thank God for the provisions in your life. Walk slowly through your home, thanking God for things you see.
 - Take another tour of your home. This time, thank God for the people He has placed in your life. Pray for people as you see them in pictures or are reminded of them by objects.
 - Are you ever jealous of others? Confess this to God. What things make you the most jealous (other people's things, looks, grades, etc)? Ask God to help you be content with what He has provided for you.