



**THE TEN COMMANDMENTS,
IN PREPARATION FOR HOLY COMMUNION**

Let us pray. Almighty God, all hearts are open to You, all desires are made known to You, and from You no secrets are hid; cleanse our minds and our hearts by the inspiration of Your Holy Spirit, that we may perfectly love You, living before You in righteousness and purity all the days of our life; through Jesus Christ our Lord. **Amen.**

You shall have no other gods before Me. What does this mean?
We should fear, love, and trust in God above all things.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

You shall not misuse the name of the Lord your God. What does this mean?
We should fear and love God so that we do not curse, swear, use satanic arts, lie, or deceive by His name, but call upon it in every trouble, pray, praise, and give thanks.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

Remember the Sabbath day by keeping it holy. What does this mean?
We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it.

Lord have mercy upon us, and incline our hearts to keep Your commandment.
Honor your father and your mother. What does this mean?
We should fear and love God so that we do not despise or anger our parents and other authorities, but honor them, serve and obey them, love and cherish them.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

You shall not murder. What does this mean?
We should fear and love God so that we do not hurt or harm our neighbor in his body, but help and support him in every physical need.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

You shall not commit adultery. What does this mean?
We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

You shall not steal. What does this mean?
We should fear and love God so that we do not take our neighbor's money or possessions, or get them in any dishonest way, but help him to improve and protect his possessions and income.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

You shall not give false testimony against your neighbor. What does this mean?
We should fear and love God so that we do not tell lies about our neighbor, betray him, slander him, or hurt his reputation, but defend him, speak well of him, and explain everything in the kindest way.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

You shall not covet your neighbor's house. What does this mean?
We should fear and love God so that we do not scheme to get our neighbor's inheritance or house, or get it in a way which only appears right, but help and be of service to him in keeping it.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor. What does this mean?
We should fear and love God so that we do not entice or force away our neighbor's wife, workers, or animals, or turn them against him, but urge them to stay and do their duty.

Lord have mercy upon us, and incline our hearts to keep Your commandment.

What does God say about all these commandments?

He says: "I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate Me, but showing love to a thousand generations of those who love Me and keep My commandments."

What does this mean?

God threatens to punish all who break these commandments. Therefore, we should fear His wrath and not do anything against them. But He promises grace and every blessing to all who keep these commandments. Therefore, we should also love and trust in Him and gladly do what He commands.

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Having meditated upon the Ten Commandments let us confess our sins.

I, a poor sinner, plead guilty before God of all sins.

I have lived as if God did not matter and as if I mattered most.

My Lord's name I have not honored as I should.

My worship and prayers have faltered.

I have not let His love have its way with me, and so my love for others has failed.

There are those whom I have hurt, and those whom I have failed to help.

My thoughts and desires have been soiled with sin.

I am sorry for all of this and ask for grace. I want to do better.

Almighty God in His mercy has given His Son to die for you and for His sake forgives you all your sins. As a called and ordained servant of Christ, and by His authority, I therefore forgive you all your sins in the name of the Father and of the + Son and of the Holy Spirit. **Amen.**

Let us pray. Almighty God, all hearts are open to You, all desires are made known to You, and from You no secrets are hid; cleanse our minds and our hearts by the inspiration of Your Holy Spirit, that we may perfectly love You, living before You in righteousness and purity all the days of our life; through Jesus Christ our Lord. **Amen.**

Let us recite the Ten Commandments as God gave them to His people.

You shall have no other gods.

You shall not misuse the name of the Lord your God.

Remember the Sabbath day by keeping it holy.

Honor your father and your mother.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not give false testimony against your neighbor.

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 neighbor.



***Jesus said, "You shall love
the Lord your God with all your heart,
with all your soul and with all your mind.
This is the great and first commandment.
And a second is like it: You shall love
your neighbor as yourself. [Matthew
22:37-39]***

What Is The First Commandment?
You Shall Have No Other Gods.

What Does This Mean?

We Should Fear, Love, And Trust In God Above All Things.

Have I doubted God's Word and thus committed idolatry by seeking my highest good from other sources?

Which one is more important when I make my daily decisions: God or myself?

Have good times deluded me into thinking that I am in control of my life?

Am I tempted to think that I have God and everything I need when I have money and earthly goods?

Have bad times caused me to despair and lose hope and trust in God?

Have I doubted God's love for me when I have money problems, loss of possessions, sickness, or injury?

Have I been upset with what God has spoken of Himself in Jesus Christ and in the Scriptures?

Have I put my own needs and desires or the needs and desires of others above what God says in the Scriptures?

To trust in God above all things is to have faith. Have I thought or done things that have weakened or hurt my faith in God?

Have I denied the faith out of fear before acquaintances, relatives, friends, or those who believe differently than I do?

I have God as my Lord over me. What contradicts Him in my life?

Does my pride, my sensitivity, my temper, my dissatisfaction, my laziness, my rights, my boredom with my life contradict God and what He desires for me?

Is it noticeable to others that I am a Christian: baptized, redeemed, made holy, or have I been ashamed of who I am as a child of God?

Consider the things that you have done to weaken or hurt your faith according to the Ten Commandments, you do not love God above all things.

Remember that your flesh is weak with sin and the old man in you must be daily drowned and killed through repentance and forgiveness in the waters of baptism.

Remember that you must depart from evil and return to the Lord your God.

What Is The Second Commandment?

You Shall Not Misuse The Name Of The Lord Your God.

What Does This Mean?

We Should Fear And Love God So That We Do Not Curse, Swear, Use Satanic Arts, Lie, Or Deceive By His Name, But Call Upon It In Every Trouble, Pray, Praise, And Give Thanks.

Have I used God's holy name without care for who and what it is?

Have I used God's name in anger, in mockery, thoughtlessly, or for superstitious reasons?

Have I sworn carelessly or falsely?

Have I taken oaths frivolously or even lied under oath intentionally?

Have I kept my vows (baptismal vows, confirmation vows, marriage vows)? Have I received the holy absolution or the holy communion unworthily (mindless of the gift and my need for it)?

Have I listened to and read God's Word diligently?

When the precious Name of Jesus is not used rightly, it is misused.

Have I properly called on my heavenly Father through His only Son Jesus Christ and had faith that He hears and answers my prayer?

Have I called on His Name wrongly through false worship?

God is one, and yet there are three persons, the Father, Son, and Holy Spirit. Have I desired to find salvation in any other name, but the name of the Father, Son, and Holy Spirit?

Have I wished that there were other paths to God outside of Christ, perhaps for the sake of others?

Have I confirmed others in error and made conversion difficult for them by recognizing prayers to the gods of other religions as valid?

Do I bring every worry, concern, and grief to God in prayer, or do I neglect prayer altogether?

Have I given thanks and praise to God for his promise to listen compassionately and unendingly to my prayers?

Have I consulted astrologers, fortune-tellers, palm-readers, or spiritualists? Have I been led by superstitions? Have I been influenced by horoscopes?

Have I done little or nothing to spread the Name of God?

Have I supported preaching and the administration of the sacrament with my prayers, conversations, and money?

What Is The Third Commandment?

Remember The Sabbath Day By Keeping It Holy.

What Does This Mean?

We Should Fear And Love God So That We Do Not Despise Preaching And His Word, But Hold It Sacred And Gladly Hear And Learn It.

Have I neglected the reading of the Bible thinking that hearing it on Sunday is enough?

Do I let other daily activities take precedence over prayer and meditation on God's Word?

Have I kept every day holy with the reading and meditation upon God's Word?

Has the hearing and reading of God's Word become boring and meaningless to me?

Have I despised the preaching of His Word by not coming to church as regularly as I should?

Have I let my mind wander when I am at church and become distracted by my thoughts?

Do I despise the reception of holy communion by not coming to receive it or by receiving it with no thought of the great price Jesus paid for my sin on the cross?

Have I been an unfaithful witness to others in our congregation by my absence from the Divine Service?

Have I gone to church only out of habit, or because I was forced?

Do I get bored with the sermon, the holy liturgy, or the celebration of the sacrament, when I should know that the Lord Jesus is physically present and wants to speak to me through them?

Did I also reflect on the service and the sermon after it was over, or did I forget it all as soon as it was over?

Does my attendance to the Divine Service suffer because of my other weekend activities?

Do I needlessly despise worship services that are offered during the week, not taking the opportunity to pray publicly with other members?

Am I ready to learn from the sermon and make progress in my baptismal life?

Have I destroyed the blessing of the Divine Service for myself and others with criticism?

Have I stopped to consider that God will one day ask me what I have done with my Sundays and whether I have taken His Word and His gifts seriously?

What is the Fourth Commandment? **Honor your father and your mother.**

What does this mean? **We should fear and love God so that we do not despise or anger our parents or other authorities, but honor them, serve and obey them, love and cherish them.**

For children: Have I been loveless, unfriendly, unthankful, rude, rebellious, disobedient, or full of pride toward my parents?

Have I left them alone in danger, in sickness, in old age?

Have I thanked them with my words and deeds?

Have I prayed that God would give my parents the strength, knowledge and desire to do what is best for me, even if I don't like it?

For citizens: Have I shown the proper respect and obedience to the civic leaders who have been given their position by God to govern this country, state, and city?

Have I prayed earnestly for the well-being of the leaders of government?

Have I placed myself above the law, thinking it sometimes doesn't apply to me, perhaps when I know better?

For parents and those in authority: Have I protected those entrusted to me from bad influences?

Have I provided for them in all external things?

Have I made time for them?

Have I been a good example for them?

Have I been impatient, hot-tempered, rude, or unfair?

Have I shown preference to someone?

Have I prayed for the Lord to guide my words and actions?

Have I become exasperated and wished that I did not have children or responsibility for those whom God gave me?

Have I treated my parents and other authorities as representatives of God for my sake?

What is the Fifth Commandment? **You shall not murder.**

What does this mean? **We should fear and love God so that we do not hurt or harm our neighbor in his body, but help and support him in every physical need.**

Have I hurt or harmed my neighbor by physical hitting or by destructive words? Have I murdered my neighbor's reputation by speaking harmful words about him? Have I allowed hunger, temperature, or loneliness to kill my neighbor out of my laziness, comfort, indifference, or on purpose?

Have I prayed for my friends and enemies alike, that nothing evil or bad would happen to them?

Have I attempted to commit suicide or tried to physically harm myself?

Have I considered euthanasia to be an acceptable option for others, if they are really suffering, instead of leaving their life in God's hands?

Do I overeat or drink too much?

Have I encouraged or not aided my neighbor when he eats or drinks too much?

Do I smoke in excess or allow my neighbor to smoke to his physical detriment? Have I neglected to properly care for animals, and thus been a poor steward of God's creation?

Simply leaving my neighbor alone does not fulfill this commandment.

Have I acted as though my neighbor is a treasured gift from God?

What Is The Sixth Commandment? **You shall not commit adultery.**

What does this mean? **We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.**

Have I despised God's gift of sexuality by looking at other people around me for selfish pleasure?

Do I look at others with indecency and lust?

Have I spoken in a crude manner about sex or made light of the intimacy that God has given to a husband and wife?

Have I injured my modesty with my behavior: my eyes, offensive clothing, looking at obscene pictures, or by listening to or telling crude jokes?

Have I seduced myself or others to unchaste things?

Have I striven sincerely for purity of thoughts, of speech, of body and of soul, or not striven at all?

Have I considered my body as a temple of the Holy Spirit through holy Baptism?

Do I pray, turn away, and fight against temptations?

Have I done unchaste things with myself or with others?

If single, do I consider my unmarried state as coming from the hand of God?

If married, have I made time for my spouse?
Have I refused the blessing of children due to selfishness or a desire for comfort?
Have I desired to break my marital fidelity? Have I actually broken it?
Do I harbor intentions or have I even consented to divorce?
Have I been concerned for the soul of my spouse?
Have I condoned homosexual relationships and failed to address it as a sinful act?
Have I read, viewed, or listened to immoral, suggestive or pornographic books, magazines, pictures, movies, music, dances, plays, or internet sites?

What is the Seventh Commandment? **You shall not steal.**
What does this mean? **We should fear and love God so that we do not take our neighbor's money or possessions or get them in any false way, but help and support him in every physical need.**

Have I been discontent with what God has or has not given me?
Have I approved of stealing in certain situations, perhaps if my neighbor stole from me first?
Have I stolen by neglecting to help take care of my neighbor's property, possessions, or earnings?
Have I been lazy at work or school and not fulfilled my duties in a faithful manner?
Do I accept pay even when I have not done a satisfactory job or not done the job at all?
Have I been stingy with paying those who work under me?
Do I demand unreasonable payment for poor work?
Have I stolen information by plagiarism or cheating at work or school?
Have I overcharged for the goods that I sell?
Do I simply sell for my own gain, not caring for the needs of my neighbor?
Have I wasted food by over eating or taking more than I should eat?
Have I cheated on my taxes, or not reported income to the state?
Have I supported my neighbor by all means available to me?
Have I kept something that was borrowed or found?
Have I damaged another person's property?
Have I given offerings, as I was able, for the needy, for collections, for the church, and for missions?

What is the Eighth Commandment? **You shall not give false testimony against your neighbor.**

What does this mean? **We should fear and love God so that we do not tell lies about our neighbor, betray him, slander him, or hurt his reputation, but defend him, speak well of him, and explain everything in the kindest way.**

Have I spread rumors about my neighbor?
Have I spoken poorly about my neighbor to other people?
Have I murdered my neighbor's reputation by passing on harmful information even if it is true?
Have I told lies about my neighbor or to him?
Have I given true witness to the truth, or have I lied in court or to other authorities such as parents, teachers, or policemen?
Have I celebrated upon hearing hurtful news?
Have I defended the reputation and feelings of my neighbor even when I do not like him?
Do I look for the bad in someone instead of seeing the good?
Have I kept the private sins of others secret when they have confessed and repented of them, or helped him to confess them?
Where a sin is public, have I testified publicly against it, thereby giving faithful witness to the truth?
Have I lied to harm someone? Have I lied to help someone?
Have I been nosy with the secrets of others?
Have I listened to gossip or even passed it on?
Have I had the courage to privately show my neighbor his errors, which I have observed, before I spoke about it with others?

What is the Ninth Commandment? **You shall not covet your neighbor's house.**

What does this mean? **We should fear and love God so that we do not scheme to get our neighbor's inheritance or house, or get it in a way which only appears right, but help and be of service to him in keeping it.**

What is the Tenth Commandment? **You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.**

What does this mean? **We should fear and love God so that we do not entice or force away our neighbor's wife, workers, or animals, or turn them against him, but urge them to stay and do their duty.**

Do I look at the life of others and become bitter or dissatisfied with the life that God has given me?

Do I get jealous that other people look happier than I do?

Have I competed with others in order to have as much money and possessions as those around me?

Have I wanted my neighbor's spouse, workers, or his property to be mine?

Have I been slow to give my neighbor what properly belongs to him?

Summary Questions Concerning The Ten Commandment:

Do I know the Ten Commandments by heart?

Have I taught the Ten Commandments to my children or family?

Have I worked at becoming a better Christian?

Have I fought against my errors?

Has terror of God's wrath against sin moved my heart?

Has the love of Christ, who let Himself be crucified for me, moved my heart?

Am I indifferent about how God sees me and what His Son has done for me?

Do I have a favorite sin? What sin is hardest for me to fight?

What is it that must change with me that I lead a holy life?

Do I believe that my sins are serious in the eyes of God and believe that Jesus Christ died for all of my sins and gives forgiveness to me through His Word and through the Sacraments?

If you believe this, my dear brother or sister in Christ, then come and unburden your conscience before your pastor who has been placed in the stead of Jesus for your comfort. Your confession does not need to be perfect, for the Absolution that Jesus gives is perfect.