

# THE TEN COMMANDMENTS

FAITH FIVE  
FAMILY DEVOTIONS

Share  
Bless  
Pray  
Read  
Talk



OUR SAVIOR LUTHERAN  
CHURCH AND SCHOOL  
Learn, Live, Share...Christ

## **A BLESSING FOR EVERY HOME...**

### **For Couples of All Ages:**

What would you give to know the best (highs) and the worst (lows) things in the life of your spouse each day and to be able to do something meaningful about it- like listening, sharing God's word and praying for each other? Would it be worth as little as five minutes?

### **For Parents:**

What would it be worth to you to have a child who won't go to sleep without talking to you about their day? What would happen to your family over time if you were able to keep this open, caring communication going every night? How might this type of five-minute conversation change your family if you were intentionally consistent about it? Would the benefits outweigh the hassle of trying to invest this time of care, listening, and prayer each night in your home?

### **For Single Adults:**

Imagine being so well connected that you can't wait to tell about your day to a trusted friend or family member—and can't wait to hear about their day too. Think of the gift you can give to a friend or family member as you share your highs and lows of the day and practice the Faith 5 in person or via the phone or internet. Wouldn't it be worth five minutes a day?

*"Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates."*

Deuteronomy 6:4-9

## **Welcome** to the **FAITH 5 “10 Commandments” Family Devotion**

**Book.** This book is designed to help you make faith come alive in your home through five simple faith practices. Just add the most important people in your life and you will experience **Faith Active In The Home** in as little as five minutes a day.

- 1. SHARE** YOUR HIGHS AND LOWS OF THE DAY.
- 2. READ** A BIBLE VERSE.
- 3. TALK** ABOUT THE BIBLE VERSE.
- 4. PRAY** FOR YOUR HIGHS & LOWS, FOR YOUR FAMILY, AND FOR THE WORLD.
- 5. BLESS** ONE ANOTHER.

The **KEY** to the **FAITH 5** is to find what works for you and yours. Each household’s approach will be unique to their situation. Be creative while being intentional.

This is a simple daily process. Here are a few ways to do it:

Whoever is going to bed first in your home calls “Faith 5” or “Huddle Up!” Everyone drops what they’re doing, turns off the television, puts down the newspaper or their homework, sets the cell phone on silence, and gathers in a room of the convener’s choice. Then, take turns going through the five simple steps.

Or

You share highs & lows over dinner (or driving in the car), and then read the Scripture and say prayers at bedtime.

Or

If you are looking for a simple way to begin—Try sharing your highs and lows of the day, everyone taking a turn, and then praying for everyone... thanking God for the high in their life and asking His help with the low in their life. This is a great way to get started. (You can do this in the car, at a meal, or at bed time.) Do this for a few weeks and then start adding the Bible verse and a Blessing too.

If you miss a day—don’t give up, just do it the next day!!

**Please read the following aloud to your family before you begin this devotion series. It both previews and summarizes the wonderful law and gospel message that you will experience as a family while reading about and discussing the Faith Five 10 Commandments Devotions.**

It's tempting to throw away the instructions before you even read them. But we all know the host of problems that arise when we don't read the instructions. God, the Creator of everything, knows how his creation works best. We need his wisdom and insight into how we can experience life at its best.

The Ten Commandments are the best summary of God's will for his people found throughout the Bible. Although they are found in the Old Testament, the commandments are confirmed by Jesus and expanded on in the New Testament. Jesus summarized the law this way: "Love the Lord your God with all your heart, and with all your soul, and with all your mind...and love your neighbor as yourself." (Matthew 22:37-40) We strive to follow the Ten Commandments to show love toward God and our neighbor.

As we look at God's law, it becomes immediately evident that we have all fallen short. In fact, each of us has broken all of these commandments in some way. "For all have sinned and fallen short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus." (Romans 3:23-24) Jesus came to fulfill the law for us, and to pay the price for our sins. By believing in Jesus as our Savior, we now have "a righteousness from God." (Romans 3:21) That means that, from God's point of view, we have fulfilled these commandments perfectly! Imagine that! God considers you to have fulfilled perfectly the Ten Commandments! You score 100%! That's the Gospel comfort that we have as we approach these commands, seeking to live our lives in a way that gives thanks and praise to God.

Consider your life according to the Ten Commandments, but better yet, rejoice that Jesus has fulfilled these for you, and is now working to renew our hearts and lives so that we may please him.

As you discuss these commandments with your family, we continually pray to God, "Forgive us, renew us, and lead us, so that we may delight in your will, and walk in your ways, to the glory of your holy name. Amen."

*Pastor Wangelin*

# WEEK 1 THEME: 1st COMMANDMENT

1: **Share** Highs & Lows

2: **Read** a Bible Verse (choose one each day)

- "What shall I render to the Lord for all his benefits to me? I will lift up the cup of salvation and call upon the name of the Lord." (Psalm 116:12-13)
- "The God who made the world and everything in it, being Lord of heaven and earth, does not live in temples made by man." (Acts 17:24)
- "Hear, O Israel: the Lord our God, the Lord is one." (Deuteronomy 6:4)
- "Let all the earth fear the Lord; let all the inhabitants of the world stand in awe of Him." (Psalm 33:8)
- "...you shall love the Lord your God with all your heart and with all your soul and with all your mind." (Matthew 22:37)
- "It is better to take refuge in the Lord than to trust in man." (Psalm 118:8)
- "...for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist." (1 Corinthians 8:6)

3: **Talk** About The Verse

4. **Pray**

*Dear God, Thank you for being the one true, almighty God. Help us to remember that you made us, redeemed us, and love us. Help us to keep you first in our life. . . (pray for one another's highs & lows) . . . Amen.*

5. **Bless**

*(Name), Child of God, may God, the Father and creator of all things bless you and keep you this day.*

## WEEK 2 THEME: 2nd COMMANDMENT

1: **Share** Highs & Lows

2: **Read** a Bible Verse (choose one each day)

- "Whatever you ask in my name, this I will do, that the Father may be glorified in the Son." (John 14:13)
- "You shall not swear by my name falsely, and so profane the name of your God: I am the Lord." (Leviticus 19:12)
- "For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." (Isaiah 9:6)
- "...you shall call his name Jesus, for he will save his people from their sins." (Matthew 1:21)
- "Bless the Lord, O my soul, and all that is within me, bless his holy name!" (Psalm 103:1)
- "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven." (Matthew 7:21)
- "If a man vows a vow to the Lord, or swears an oath to bind himself by a pledge, he shall not break his word. He shall do all that proceeds out of his mouth." (Numbers 30:2)

3: **Talk** About The Verse

4: **Pray**

*Dear Lord, make us respect your wonderful name. May it be a continual source of strength as we call on it in all situations, praying and giving thanks to you. Forgive us for the times we misuse your name. Amen.*

5: **Bless**

*(Name), Child of God, may the Lord be your refuge and strength. May He always guide you. We lift up (highs and lows of a family member) and we (thank/ask for your help) for this situation. In your most holy name we pray, Amen.*

## WEEK 3 THEME: 3rd COMMANDMENT

### 1: **Share** Highs & Lows

### 2: **Read** a Bible Verse (choose one each day)

- "These I will bring to my holy mountain, and make them joyful in my house of prayer." (Isaiah 56:7)
- "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the day drawing near." (Hebrews 10:24-25)
- "O Lord, I love the inhabitation of your house and the place where your glory dwells." Psalm 26:8)
- "And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers." (Acts 2:42)
- "Let the one who is taught the word share all good things with the one who teaches. Do not be deceived: God is not mocked, for whatever one sows, that will he also reap." (Galatians 6:6-7)
- "Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God." (Colossians 3:16)
- "And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation." (Genesis 2:2-3)

### 3: **Talk** About The Verse

### 4: **Pray**

*Heavenly Father, thank you for your faithful example of taking time to rest. Help us to make regular worship a priority within our family. We thank you for our church family and the fellowship we enjoy with the body of believers. Today we pray especially for . . . (pray for one another's highs & lows) . . . Amen.*

### 5: **Bless**

*(Name), Child of God, may God continue to speak to you through his word and your pastor. May*

## WEEK 4 THEME: 4th COMMANDMENT

1: **Share** Highs & Lows

2: **Read** a Bible Verse (choose one each day)

- "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom." (Luke 12:32)
- "Hear, my son, your father's instruction, and forsake not your mother's teaching." (Proverbs 1:8-9)
- "Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment." (Romans 13:2)
- "We must obey God rather than men." (Acts 5:29)
- "Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for 'God opposes the proud but gives grace to the humble.'" (1 Peter 5:5-6)
- "Children, obey your parents in the Lord, for this is right. 'Honor your father and mother' (this is the first commandment with a promise), 'that it may go well with you and that you may live long in the land.'" (Ephesians 6:1-3)
- "Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord." (Ephesians 6:4)

3: **Talk** About The Verse

4: **Pray**

*Father, thank You for giving us parents, mentors, and authorities to guide and direct us. Forgive us for the times we rebel and reject authority and help us to cherish the wisdom of our parents. Today we pray especially for . . . (pray for one another's highs & lows) . . . Amen.*

5: **Bless**

*(Name), Child of God, may the Lord grant you respect for your authorities. May he bless you and teach you to submit to and honor those who are in authority over you.*



## WEEK 5 THEME: 5th COMMANDMENT

1: **Share** Highs & Lows

2: **Read** a Bible Verse (choose one each day)

- "So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift." (Matthew 5:23-24)
- "I have loved you with an everlasting love; therefore I have continued my faithfulness to you." (Jeremiah 31:3b)
- "Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'vengeance is mine, I will repay, says the Lord.'" (Romans 12:19)
- "To the contrary, if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by doing so you will heap burning coals on his head." (Romans 12:20)
- "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:32)
- "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made..." (Psalm 139:13-14a)
- "Whoever sheds the blood of man, by man shall his blood be shed, for God made man in his own image." (Genesis 9:6)

3: **Talk** About The Verse

4: **Pray**

*Dear Lord, You have created us in your image. Give us the ability to respect human life always, to help those in need, defend the weak, and take care of ourselves and others. Forgive us for times we desire revenge against others. Today we pray especially for . . . (pray for one another's highs & lows) . . . Amen.*

5: **Bless**

*(Name), Child of God, may you be reminded by God how precious your life is. May he keep you in good health, and may he continue to demonstrate his kindness and generosity toward you.*

## WEEK 6 THEME: 6th COMMANDMENT

### 1: **Share** Highs & Lows

### 2: **Read** a Bible Verse (choose one each day)

- “Therefore a man shall leave his father and mother and hold fast to his wife, and they shall become one flesh.” (Genesis 2:24)
- “Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.” (Hebrews 13:4)
- “The grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in this present age.” (Titus 2:11-12)
- “They are no longer two but one flesh. What therefore God has joined together, let not man separate. (Matthew 19:6)
- “Neither the sexually immoral, nor idolaters, nor men who practice homosexuality...will inherit the kingdom of God.” (1 Corinthians 6:9-10)
- “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” (Philippians 4:8)
- “Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” (1 Corinthians 6:19-20)

### 3: **Talk** About The Verse

### 4: **Pray**

*Dear God, you are awesome! You have created us to give you glory. May we respond to your goodness by honoring marriage as you intended it—a lifelong union between a man and a woman. May we guard our hearts and minds from unfaithfulness toward one another. Today we pray especially for . . . (pray for one another’s highs & lows) . . . Amen.*

### 5: **Bless**

*(Name), Child of God, may God bless you and keep you from all temptation.*

## WEEK 7 THEME: 7th COMMANDMENT

### 1: **Share** Highs & Lows

### 2: **Read** a Bible Verse (choose one each day)

- "Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need." (Ephesians 4:28)
- "Let each of you look not only to his own interests, but also to the interests of others." (Philippians 2:4)
- "The wicked borrows but does not pay back, but the righteous is generous and gives." (Psalm 37:21)
- "If anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?" (1 John 3:17)
- "And Zacchaeus stood and said to the Lord, 'Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold.' And Jesus said to him, 'Today salvation has come to this house, since he is also a son of Abraham. For the son of man came to seek and to save the lost.'" (Luke 19: 8-10)
- "Pay to all what is owed to them: taxes to whom taxes are owed, revenue to whom revenue is owed, respect to whom respect is owed, honor to whom honor is owed." (Romans 13:7)
- "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal." (Matthew 6:19-20)

### 3: **Talk** About The Verse

### 4: **Pray**

*Gracious heavenly Father, All good things come from you. May we take care of the things you have given us, and help us to assist others in keeping what you have entrusted to them. Keep us honest in all situations and forgive us when we fail. Today we pray for . . . (pray for one another's highs & lows) . . . Amen.*

### 5: **Bless**

*(Name), Child of God, may God sustain you and shape you as an honest person. May he bless you this day.*

## WEEK 8 THEME: 8th COMMANDMENT

1: **Share** Highs & Lows

2: **Read** a Bible Verse (choose one each day)

- "O Lord, open my lips, and my mouth will declare your praise." (Psalm 51:15)
- "Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered." (Proverbs 11:13)
- "Love bears all things, believes all things, hopes all things, endures all things." (1 Corinthians 13:7)
- "...but no human being can tame the tongue. It is a restless evil, full of deadly poison. With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers, these things ought not to be so." (James 3:8-10)
- "Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, defend the rights of the poor and needy. (Proverbs 31:8-9)
- "Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us." (1 John 4:11-12)
- "For the whole law is fulfilled in one word: you shall love your neighbor as yourself." (Galatians 5:14)

3: **Talk** About The Verse

4: **Pray**

*Dear Jesus, Thank you for creating us in your image. We are humbled and blessed because of the way you made each of us. Continually show us how to love one another and accept one another's faults. Help us to offer love and forgiveness to others rather than judgment and slander. Today we pray for . . . (pray for one another's highs & lows) . . . Amen.*

5: **Bless**

*(Name), Child of God, may God bless your words and attitudes. May he guide you in speaking well of one another.*

## WEEK 9 THEME: 9th & 10th COMMANDMENTS

1: **Share** Highs & Lows

2: **Read** a Bible Verse (choose one each day)

- "Create in me a clean heart, O God, and renew a right spirit within me." (Psalm 51:10)
- "Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you.'" (Hebrews 13:5)
- "Give thanks to the Lord, for he is good; his love endures forever." (Psalm 107:1)
- "He said to them, 'Take care, and be on your guard against all covetousness; for one's life does not consist in the abundance of his possessions.'" (Luke 12:15)
- "...for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who gives me strength." Philippians 4:11b-13)
- "But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world." (1 Timothy 6:6-7)
- "If we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs." (1 Timothy 6:8-10)

3: **Talk** About The Verse

4: **Pray**

*Dear Jesus, grant us a heart that is content with the good gifts you have given us. Make us long to be more like you. Give us peace today, and give us a generous spirit that we may share our gifts with those in need. Today we pray for . . . (pray for one another's highs & lows) . . . Amen.*

5: **Bless**

*(Name), Child of God, may you continue to be blessed by God with all that you need to support your body and life.*

## WEEK 10 THEME: THE CLOSE OF THE COMMANDMENTS

### 1: **Share** Highs & Lows

### 2: **Read** a Bible Verse (choose one each day)

- “And [Jesus] said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the greatest and first commandment.’” (Matthew 22:37-38)
- “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” (Romans 6:23)
- “Fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, with every secret thing, whether good or evil.” (Ecclesiastes 12:13-14)
- “But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.” (Galatians 5:22-24)
- “Godliness is of value in every way, as it holds promise for the present life and also for the life to come.” (1 Timothy 4:8)
- “For this is the love of God, that we keep his commandments. And his commandments are not burdensome.” (1 John 5:3)
- “For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?” (1 John 5:4-5)

### 3: **Talk** About The Verse

### 4: **Pray**

*Heavenly Father, forgive us for the times we fail to keep our commandments. Thank you for your law, which guides and directs us and shows us our sin. Thank you for our Savior, Jesus, who for our sake became sin so that we can be called righteous in your sight. Today we pray for . . . (pray for one another’s highs & lows) . . . Amen.*

### 5: **Bless**

*(Name), may the Lord bless you and keep you. May he make his face shine upon you and be gracious to you. May he lift up his countenance upon you and give you peace.*



What would happen to each individual, couple, or family over time if they made an intentional point of doing the **Faith 5** most every night? What would happen to our church five years from today if the majority of our households were doing active listening, Scripture, faith talk, prayer, and blessings every night?

The **FAITH 5** are designed to help keep faith active in the home in a way that is:  
**Simple. Consistent. Intentional. Natural. Loving.**



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