

The ten commandments :

These commandments consist of laws from both the Old Testament and teachings from the New Testament

You shall have no other gods before me

- **Do not worship any god other than the one true God**
- **Avoid worshipping the world and the desires of the flesh.** People may be tempted to value material possessions, social status, appearance, or personal achievements, which can act as modern "gods." Remember, you should not take pride in these things over others.

*"If anyone would come after me, let him deny himself and take up his cross daily and follow me" **Luke 9:23***

Honor your father and mother :

Honoring parents is not just a directive from God; it also illustrates respect for divine authority.

*"Honor your father and your mother, that your days may be prolonged in the land which the Lord your God gives you" **Exodus 20:12***

We should always treat our parents with honor and respect by:

1. frequently telling them "I love you and acknowledging their importance in your life..
2. Recognizing and appreciating the sacrifices and efforts made by parents throughout your life.
3. Sharing your life experiences, listening to their stories, and taking an interest in their feelings.
4. Doing chores for them or plan family activities.
5. Taking time to learn from your parents' experiences.
6. Maintaining a positive narrative about your parents.
7. Praying for their well-being and guidance.
8. Acknowledging that parents shape who you are
9. Listening and understanding what they tell you
10. Speak to them respectfully and in a positive manner, keeping your voice calm and low (NO shout).

Ephesians 6:2, Matthew 15:4, Colossians 3:20

This continues into adulthood, with the responsibility of seeking to care for them in their old age.

You shall not take the name of the Lord your God in vain:

We should always honor God and show Him respect when we use His name.

Do not murder :

Murder:-

- **Unjustified taking of a human life.**
- **Having deep-seated hatred or malice toward another person can classify someone as a murderer,** indicating that unjust thoughts can be as severe as the physical act itself.
- **Having abortion**
- **Suicide is a sin that leads to eternal fire. We are created in the Image of GOD, and Our body is a temple of the HOLY SPIRIT.** Therefore, we have no right to harm ourselves and should take care of the bodies that God has given us.
- **Suicidal thoughts come from a satan lies to take someone life before repenting their sins and preventing them from eternal life.**

You shall not steal:

1. Do not take anything that belongs to another person without permission.
2. Respect for individual rights, including property rights.
3. Stealing does not only apply to material Wealth, Slander or gossip can ruin a person's name, character and dignity and is stealing their reputation.
4. Do not commit the act of stealing like plagiarism, lying, or even taking advantage of another's time, energy or property.
5. Don't exceed break times or engage in personal activities during work hours.
6. Repeatedly arriving late and leaving early from work hours (stealing time)

Remember to keep the Sabbath day holy:

We should set aside a day of rest to remember and honor God. This day commemorates the Resurrection of Jesus Christ, His conception, and the promise of His return.

- We should engage in activities that bring us blessings, such as attending church, visiting those in need, and donating goods...

You shall not commit adultery:

1. Having a sexual relationship with someone other than your spouse is considered adultery.
2. *"But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart." **Matthew 5:27-28.***
Avoid consuming sexual content on social media, in books, images, and from friends, as it can lead to unwanted behaviors. And sin can enter through eyes, ears....so keep your senses away from those things. Drunkenness and Drugs use can indeed lead to adultery. Or any substance that impairs judgment, causes addiction, loss of self-control or harms the body are considered sinful, and impact on our relationship with God and others. 1 Corinthians 6:19-20 teaches that the body is a temple of the Holy Spirit and should be treated with respect.
3. **Divorcing and remarrying** is committing adultery except in cases of sexual immorality, the death of a spouse, or religious grounds. **Matthew 19:8**

4. Homosexuality (LGBTQ+2): is a sin. " **Corinthians 6:9**" proclaims that those who practice homosexuality, and therefore transgress God's created order and will not inherit the kingdom of GOD. **Matthew 19:4-5** God created marriage and sexual relationships to be between one man and one woman. And it is also contrary to nature and carries penalties **Romans 1**. Engaging in actions that go against nature can lead to mental illness, anxiety, and depression. Many ended up in the worst situations rather than repent and turn to God. This is one of satan's lies.

Refrain yourself from an increasingly immoral sexually permissive modern society; Be mindful of what you hear, see, the influence of people around you, people who are not Christians or look warm Christians, friends, teachers or from anyone trying to impose **this agenda** on you! However, do not hate lgbtq+2 people but set boundaries! They might be misled by others or lack sufficient knowledge. We should pray for them asking God to help guide them away from this life. Certain strongholds or deep-rooted sins can only be broken through confession, persistent prayer, fasting, sigidet or by the praying support of other Christians.

5. We should also uphold **sexual purity** within marriage. As God only permits sexual relations between a husband and wife, sexual relationships **before** marriage are not permitted **with anyone**.

You shall not bear false witness:

It is wrong to tell lies about someone else.

Love your neighbor:

The greatest commandment: Love the Lord your GOD with all your heart, all your soul, and with all your mind and love thy neighbor as thyself. We should also love our enemies.

You shall not covet your neighbor's goods:

Coveting refers to an intense desire for possessions or relationships that belong to someone else, often leading to feelings of envy or greed.



"If you love me, keep my commandments," (John 14:15)