

**Journey to Easter - Monday,
March 1**
**Exodus 20:1–17 New
International Version**

The Ten Commandments

And God spoke all these words:
“I am the LORD your God, who brought you
out of Egypt, out of the land of slavery.

1. “You shall have no other gods before^[a] me.
2. “You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents 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.
3. ⁷“You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.
4. “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them,

- but he rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy.
5. “Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.
 6. “You shall not murder.
 7. “You shall not commit adultery.
 8. “You shall not steal.
 9. “You shall not give false testimony against your neighbor.
 10. “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.”

Discussion

What guarantees our safety, health, and flourishing, even amidst diseases, disasters, and interpersonal or societal conflicts? The Ten Commandments, which Jesus concisely summarized with two great commands: Love the Lord your God with the totality of your being, and love your neighbor as you love yourself.

These commands create the conditions for trustworthy relationships; they make clear that genuine love never compromises truth or justice. They free us to rebuff all false gods incapable of generating life within and among us—including the gods of wealth, fame, and power, and any human or creaturely thing that we allow to consume our energy and suck up our attention. Moreover, by rejecting any action that would violate the sacrosanct dignity of human beings, they keep us from turning others into a means for our ends, just as they call us to resist anyone who would turn us into a means for their ends.

Today’s Prayer

O God, help us recognize the false gods in our lives so that we can respect and care for others with the same love that enables us to respect and care for ourselves. Amen.

Source: *Luther Seminary, St. Paul-MN 2021 Lenten Devotional*

Image: Submitted by Amy Emad, “Here is a cross in our house. It is placed between the kitchen and sunroom, two rooms that are used every day. It is special because along with the sign, it is a visible reminder to our family that God will provide for us.”

