**FAITH AT HOME: THE TEN COMMANDMENTS**

**August 17**

**Learn Together:**

Read Exodus 20:8: “Remember the Sabbath and keep it holy.”

**Share Together**

* “Sabbath” means a time of rest and restoration.
* How busy is your schedule?
* How can you find time each day/week to rest and do something fun?

**Create Together**

Make a family/personal schedule. Decide together to make time for Sabbath and how you’ll use that time.

**Bless Together**

Take turns making the sign of the Cross on each person’s forehead with water.

Say, “*Name,* may the peace of Christ guard you.”

**Pray Together**

Pray these or similar words,

“God, help us to remember that we don’t have to say yes to everything. Amen.”

**Digging Deeper**

To learn more, visit:

<https://en.wikipedia.org/wiki/Ten_Commandments>