

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