

MEMORIZING THE 10 COMMANDMENTS

DIRECTIONS: Hold out the number of fingers (1-10) to correspond to the commandment number and follow the directions under each abbreviated commandment (derived from The Scriptures Bible version)

“I am יהוה your Elohim, who brought you out of the land of Mitsrayim, out of the house of slavery”

For this Introduction, Hold your hands upward as if to praise, then cross wrists as if enslaved, then break free & praise again

I. Have no other mighty ones (or gods) against My face

Hold out 1 finger pointing upwards, as if acknowledging YHWH is your only One elohim

II. You do not make for yourself a carved (or graven) image and do not bow down to them

Hold out 2 fingers, wiggle them as if making something, then curve them downward as if bowing down

III. You do not bring the Name (or character) of יהוה your Elohim to naught (in KJV do not take in vain)

Hold out 3 fingers, move around your face, then use them to cover your mouth

IV. Guard (Exodus says “Remember”) the Sabbath day, to set it apart, work six days & rest on the 7th

Hold out 4 fingers, hold them to your heart as if to guard (and/or up to your temple as if to remember) then put them aside and cover with your other hand (set-apart) and lay your head to the side with closed eyes to rest

V. Respect (in KJV “Honor”) your father and your mother

Hold out 5 fingers and salute like the military and/or hold up as if giving an oath

VI. You do not murder

Hold out 6 fingers, and have the index finger on one hand shoot the five fingers on the other hand, then the five fingers curl into a fist

VII. You do not commit adultery

Hold out 7 fingers, put the two fingers under your eyes, then point them forward as if looking at someone, then use your other hand to shelter your eyes from looking

VIII. You do not steal

Hold out 8 fingers, hold the hand with five fingers open with the palm up, use the hand with 3 fingers to grab at the other hand as if you're grabbing something out of the hand

IV. You do not bear false witness against your neighbour

Hold out 9 fingers, put the hand with 4 fingers in front of your mouth and wiggle them around as if talking, then shake your head side to side as if you're telling a lie to the hand with 5 fingers

X. You do not covet your neighbour's house, you do not covet your neighbour's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, or whatever belongs to your neighbour.

Hold out 10 fingers with both hands upwards and make grabbing action as if your being greedy and coveting (or put your 10 fingers up as if your holding over a fence, then peaking over at your neighbors belongings, looking side to side)