



THE
ASERET
MOVEMENT

The **Aseret Movement** is dedicated to uniting all Jews around the *Aseret HaDibrot* (Ten Commandments) as the simple and profound values for a meaningful Jewish life and the foundation for fulfilling our covenantal mission as a holy and exemplary nation.

**FOR MORE INFORMATION ABOUT
THE ASERET MOVEMENT,
COURSES, AND LEARNING OPPORTUNITIES
GO TO ASERET.ORG**



THE ASERET AFFIRMATION

The *Aseret HaDibrot*, **Ten Commandments**, are the essence of Judaism and its foundation (Rambam). They contain all 613 Mitzvot (Midrash). It is good to say them every day (Shulchan Aruch). They form the foundational principles and core values for a meaningful Jewish life and the Jewish people's covenantal mission.

This Aseret affirmation is designed to be recited daily – to say the *Aseret HaDibrot*, Ten Commandments, followed by the Shema as a way to affirm our commitment to living by them. You can say everything, focus on one commandment a day, or find a way that works for you. Make sure to take at least one idea with you and apply it to your daily challenges and opportunities.

FOR A FULL VERSION OF THE TEN COMMANDMENTS:



THE ASERET AFFIRMATION

ויגד לכם את בריתו אשר צוה אתכם לעשות עשרת הדברים ויכתבם על שני לוחות אבנים
 And He told you HIS COVENANT, which He commanded you to do,
 TEN STATEMENTS, and He wrote them on two tablets of stone. (Devarim 4:13)

והכי הוא ודאי והיו הדברים האלה כללא דעשר אמירן אינון
 And this is certain, "And these statements" refers to the Ten Commandments.
 (Rebbe Shimon Bar Yochai, Zohar)

#1 אֲנֹכִי ה' אֱלֹהֶיךָ אֲשֶׁר הוֹצֵאתִיךָ
 מֵאֶרֶץ מִצְרַיִם מִבֵּית עַבְדִּים
 I AM THE LORD (HASHEM), YOUR GOD
 WHO TOOK YOU OUT OF
 THE LAND OF EGYPT,
 FROM THE HOUSE OF SLAVERY
 I seek to be aware of HaShem at all times
 and emulate Him through acts of kindness.

#2 לֹא יִהְיֶה לְךָ אֱלֹהִים אֲחֵרִים עַל-פְּנֵי
 DO NOT HAVE ANY OTHER GODS
 IN MY PRESENCE
 HaShem, as the ultimate power and highest
 authority, is the source of my fulfillment. I will
 endeavor not to look for it anywhere else.

#3 לֹא תִשָּׂא אֶת-שֵׁם ה' אֱלֹהֶיךָ לְשׁוּא
 DO NOT TAKE THE NAME OF THE LORD
 (HASHEM), YOUR GOD, IN VAIN
 HaShem's name is sacred and I aim to al-
 ways treat it and anything associated with it
 that way. This includes the Torah and the
 Jewish people, as we carry His name.

#4 זָכוֹר אֶת-יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ
 REMEMBER THE SHABBAT TO SANCTIFY IT
 Shabbat is a day for spiritual and physical
 rejuvenation. I undertake to prepare,
 celebrate, and keep Shabbat.

#5 כְּבֹד אֶת-אָבִיךָ וְאֶת-אִמְךָ
 HONOR YOUR FATHER AND YOUR MOTHER
 I will take pains to ensure the well-being of
 my parents and honor them and my teachers
 through furthering the legacy of Judaism
 which I have received from them.

#6 לֹא תִרְצַח
 DO NOT MURDER
 Every person is created in the image of God. I
 aspire to nurture my life and the life of others in
 all its dimensions: physical, emotional,
 intellectual, and spiritual.

#7 לֹא תִנָּאֵף
 DO NOT COMMIT ADULTERY
 Loyalty is the foundation for good
 relationships. I choose to be loyal in all
 my relationships.

#8 לֹא תִגְנוֹב
 DO NOT STEAL
 People's possessions include body,
 property, and goodwill. I will respect and
 take care of my possessions and
 those of others.

#9 לֹא תַעֲנֶה בְרַעַךְ עַד שֶׁקֶר
 DO NOT BE A FALSEWITNESS
 Speech is our most powerful tool. I desire
 to use my speech effectively for positive
 consequence.

#10 לֹא תַחְמֹד
 DO NOT COVET
 God has made us all individuals with
 unique circumstances. I will constantly
 work on seeing my life and that
 of others as a gift.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
 ברוך שם כבוד מלכותו לעולם ועד
 וְאֶהְיֶה אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
 וּבְכָל-מְאֹדְךָ
 וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ
 וְשִׁנַּנְתָּם לְבְנֶיךָ וְדִבַּרְתָּ בָם בְּשַׁבְּתְךָ בְּבֵיתְךָ וּבְלִכְתּוֹךָ בַּדֶּרֶךְ
 וּבְשֹׁכְבְּךָ וּבְקוּמְךָ
 וְקִשַּׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ
 וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

Hear, Israel, the Lord (HaShem) is our God, the Lord
 (HaShem) is One.

Blessed be the the name of His glorious kingdom forever.

You shall love the Lord (HaShem) your God with all your
 heart and with all your soul and with all your might.
And these statements which I command you today shall be
 upon your heart. Teach them to your children and speak
 about them when you stay at home and when you are on the
 way, when you lie down and when you rise. Bind them as a
 sign on your hand and let them be a symbol between your
 eyes. And write them on the doorposts of your house and
 your gates.