



Ten for Ten

Ten minutes for the Ten Commandments every day

The Aseret HaDibrot, Ten Commandments, are the essence of Judaism and its beginning (Rambam). They contain all 613 Mitzvot (Midrash). It is good to say them every day (Shulchan Aruch). They include the foundational principles of Judaism and the core values for our covenantal mission of being a holy and exemplary nation.

The Aseret Movement is dedicated to establishing the Aseret HaDibrot, Ten Commandments, as the core values of the modern Israeli state and all Jews worldwide - *living with Aseret!*

Ten for Ten is a way to review and deepen your connection to the Aseret HaDibrot, Ten Commandments daily.

1. Read each Diber (commandment) aloud.
2. Think about each one's foundational principles and core values as you go.
3. Note which Diber/Dibrot (Commandment/s) speak to you daily. (Suggestion: keep an Aseret diary and write down your thoughts).
4. Recite the Shema to affirm your commitment to living with the Aseret HaDibrot (Ten Commandments) as your core values.
5. Review [the weekly commandment](#) and the daily deed. (Suggestion: write the commandment of the week and the daily deed in your diary at the beginning of each week and record how you did it each day.)

וַיֹּאמֶר יְהוָה אֵלֶיךָ אֶת-בְּרִיתוֹ אֲשֶׁר צִוָּה אֶתְּכֶם לַעֲשׂוֹת עֲשֵׂר־הַדְּבָרִים וַיִּכְתְּבֶם עַל-שְׁנֵי לְחֹת אֲבָנִים

And He told you HIS COVENANT, which He commanded you to do, TEN STATEMENTS, and He wrote them on two stone tablets. (Devarim 4:13)

#1

אֲנִכִּי יְהוָה אֱלֹהֶיךָ אֲשֶׁר הוֹצֵאתִיךָ מֵאֶרֶץ מִצְרַיִם מִבֵּית עֲבָדִים

I am the Lord (HaShem), your God who took you out of the land of Egypt, from the house of slavery

I seek always to be aware of HaShem and His role in our lives.
I can emulate Him through acts of kindness.

#2

לֹא יִהְיֶה לְךָ אֱלֹהִים אֲחֵרִים עַל פְּנֵי

Do not have any other gods in My presence

HaShem, 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 יְהוָה אֱלֹהֶיךָ לְשׁוּא

Do not take the name of the Lord (HaShem), your God, in vain

HaShem's name is sacred, and I aim always to treat it and anything associated with it that way. This includes the Torah and the Jewish people, as we carry His name.

#4

זְכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ

Remember the Shabbat to sanctify it

Shabbat is a day for spiritual and physical rejuvenation and clarification.
I undertake to prepare, celebrate, and keep Shabbat.

#5

כְּבֹד אֶת אָבִיךָ וְאֶת אִמֶּךָ

Honor your father and mother

I will take pains to ensure the well-being of my parents and honor them and my other teachers through furthering their legacy and 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 am committed to taking care of and nurturing my life and the lives of others in all its dimensions: physical, emotional, intellectual, and spiritual.

#7

לֹא תִנְאֻף

Do Not Commit Adultery

Loyalty is the foundation for good relationships. It requires overcoming our selfishness.
I choose to be loyal in all my relationships.

#8

לֹא תִגְנוֹב

Do Not Steal

People possess mind, body, and property.
I will respect and take care of my possessions and those of others.

#9

לֹא תַעֲנֶה בְרַעַךְ עַד שֶׁקֶר

Do Not Be A False Witness

Speech is our most powerful tool. I desire to use my speech effectively for positive consequences.

#10

לֹא תַחְמֹד

Do Not Covet

God has made us all individuals with unique challenges and opportunities.
I will constantly work on seeing my life and that of others as a gift.

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

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוּתוֹ לְעוֹלָם וָעֶד

וְאֶהְבֶּתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם
עַל-לִבְבְּךָ. וְשָׁנַנְתָּם לְבְנֶיךָ וְדַבַּרְתָּ בָּם בְּשַׁבְּתְךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְקִשַּׁרְתָּם לְאוֹת
עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל-מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

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

Blessed be 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, are on the way, lie down, and 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.

Go to your diary and review the [commandment of the week](#) and how you have decided to implement it each day this week.

For more information about the Aseret Movement, courses, and learning opportunities, go to aseret.org