



# THE ASERET AFFIRMATION Ten for Ten



The Aseret Movement provides profound meaning to Jewish life through the Aseret HaDibrot (Ten Commandments) as Core Values. The Aseret Movement aims to unify the Jewish people by revitalizing Jewish life in Israel and for Jews around the world.

FOR MORE INFORMATION ABOUT THE ASERET MOVEMENT, COURSES, AND LEARNING OPPORTUNITIES GO TO [ASERET.ORG](http://ASERET.ORG)



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).

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

- Read each commandment aloud.
- Think about each one's foundational principles and core values as you go.
- Note which commandment/s speak to you daily.
- Recite the Shema to affirm your commitment to living with the Ten Commandments as your core values.
- Review the Weekly Commandment and the daily deed.

FOR THE COMMANDMENT OF THE WEEK:



In memory of Abraham L. Adler Z"L

## THE ASERET AFFIRMATION

ונָדַד לְכֶם אֶת־דִּבְרוֹתָיו אֲשֶׁר צִוָּה אֶתְכֶם עֲשֵׂרֵת הַדְּבָרִים וְנִקְתְּבָם עַל־שְׁנֵי לְחֻת אֲבָנִים  
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)

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

**#1** אֲנִי יְהוָה אֱלֹהֵיךָ אֵל שֶׁרָא  
הוּא אֵל תֵּיכָף 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 יְהוָה אֱלֹהֶיךָ לְשׁוֹן  
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** זָכֹר 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** כְּבוֹד אֲבֹתָיךָ בִּינְךָ אֶת־אִמְךָ  
Honor your father and 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 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. 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 תַעֲנֵה 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 circumstances. I will constantly work on seeing my life and that of others as a gift.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד  
וְאֵהָבָה אֶת יְהוָה אֱלֹהֵינוּ בְּכָל־לֵבָב וּבְכָל־נֶפֶשׁ  
וּבְכָל־מַאֲדָה  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוֶּךָ הַיּוֹם עֲלֵי־לֵבָבְךָ  
וְשָׁנָתָם לִקְנִיב וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְיַלְתְּךָ בְּדֶרֶךְ  
וּבְשֹׁכְבְךָ וּבְקוּמְךָ  
וְקִשְׁרָתָם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטָפֶת בֵּין עֵינֶיךָ  
וְכִתְבָתָם עַל־מַזוּזוֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ

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 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.