

## **SPIRITUAL TASK – THE 9TH AND 10TH COMMANDMENTS** (Ex. 20)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The Ninth and Tenth Commandments read: You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's.

**Meaning** This commandment forces us to look at our motives and desires and not just our actions. It is a very important thing to think about because it is our desires, like lust, anger, contempt, and so on, that drive us to act out and break the other commandments. The two main desires it addresses are the desire to possess the goods of others and the desire to rule over and control other people which are the source of any other negative love.

**Task** This week work on accepting people and situations. Each day begin with a prayer, Lord, please give me the awareness today to be mindful of Your commandments. Give me the strength to keep them. And give me the ability to accept other people for who they are and to accept my own situation and lot in life. Thank you Lord for all that you have blessed me with. Then look for opportunities each day for reasons to be grateful.