

## **SPIRITUAL TASK – THE SECOND COMMANDMENT** (Exodus 20)

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

**Story** The second commandment teaches that we are not to take the name of the Lord in vain—"the Lord will not hold him guiltless who takes His name in vain."

**Meaning** This commandment asks us to think about how we use the name of the Lord and His Word in our speech and conversations. When we call on the Lord's name (which has many varieties) the Lord is present. When that happens what are we doing, thinking, or feeling then? Is it reverent and paying homage as the name of the Lord deserves? Or are we dragging His name through filth. A name is not just a name but expresses the quality of that person, or in this case, of the Lord.

**Task** This week refrain from using the Lord's name in a way that is not showing reverence and honor. Notice when you use it that way and make efforts to stop. Conversely make an effort to call on the name of the Lord when you need His help. "May the LORD answer you in the day of trouble; May the name of the God of Jacob defend you; May He send you help from the sanctuary, And strengthen you out of Zion." (Psalm 20)