

# THE TEN COMMANDMENTS IN OUR HEARTS

Lord, who may abide in Your tabernacle?  
Who may dwell in Your holy hill?  
He who walks uprightly, and works righteousness,  
and speaks the truth in his heart....

*Psalm 15:1-2*

Make a heart with a doorway that opens so that you can see the Ten Commandments inside. Having truth in one's heart is not just knowing the truth or even obeying the truth, but also loving it and wanting to do it.

## **Materials:**

2 pieces of red construction paper  
small copy of Ten Commandments (see below for abbreviated form)  
scissors  
glue

## **Procedure:**

1. Trace or copy the heart (see template on next page) onto two pieces of red paper.
2. On the first page, cut out the heart and cut the edges of the window along the dashed line.
3. On the second page just cut out the heart, not the window.
4. Cut out the Ten Commandments (see below) and paste them onto the second page within the dashed line, so that they can be seen through the window when the two hearts are put together.
5. Glue the two hearts together, applying glue just around the edges of the hearts.
6. Glue the text slip with the Psalm 15 quote onto the front or back of the heart.

**Optional:** Decorate the outside of the heart with stickers, glitter, *etc.*

### **The Ten Commandments**

You shall have no other Gods  
before Me.  
You shall not take the name of  
the Lord your God in vain,  
for the Lord will not hold  
him guiltless who takes his  
name in vain.  
Remember the Sabbath day, to  
keep it holy.  
Honor your father and your  
mother, that your days may  
be long upon the land that  
the Lord your God is giving  
you.  
You shall not murder.  
You shall not commit adultery.  
You shall not steal.  
You shall not bear false witness  
against your neighbor.  
You shall not covet your  
neighbor's house.  
You shall not covet your  
neighbor's wife, nor his  
manservant, nor his  
maidservant, nor his ox, nor  
his donkey, nor anything  
that is your neighbor's.

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