

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

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

**Story** The Seventh Commandment demands that we do not steal—taking what is not ours.

**Meaning** There are several levels to this commandment. The first is that we are to look for ways that we are taking things that aren't ours. It could be blatant theft, or more subtle forms. We are also not to take away from others' their beliefs and so damage them spiritually. We are also to shun taking credit for things that are truly from the Lord, like life, strength, good, truth, happiness, success, *etc.*

**Task** This week give credit to the Lord for all the good in your life. Whenever anything happens that is good, thank the Lord for it, right then and there. You might even take on snapping your fingers and pointing upward in acknowledgment. See how it affects you life.