



Ten: How the Commandments Can Change Your Life

Mary Elizabeth Sperry

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The words “Ten Commandments” conjure memories of the booming, majestic voice of God and ancient laws engraved on stone tablets held by Moses on Mount Sinai. What can these commandments possibly say to us in a digital world where tablets are items we use to surf the Web? How can the Ten Commandments apply to us in a culture where self-help is practically a religion? The Ten Commandments, writes Mary Elizabeth Sperry, remain important because they teach us habits that we need to develop to live life in right relationship with God, self, others, and things: creating priorities, seeking intimacy, spending time, giving respect, recognizing dignity, maintaining integrity, living gratitude, upholding honesty, promising fidelity, and bestowing generosity. When our relationships are healthy and ordered appropriately, our lives are in balance. We know a joy that goes beyond momentary, fleeting pleasure. We are surrounded by love. We live our call to holiness.

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