

# **The Twelve Commandments For A Rewarding Family Life**

1. Do focus on peace-of-mind living for a rewarding family life.
2. Do not raise your voice at your parents and your children, and do not berate them with profanities. Instead, teach your children responsibility and the need to pitch in.
3. Do not raise your hand at a parent or your children.
4. Do not engage in badmouthing. It will typically not have the desired results, especially if lying is involved. The truth will prevail.
5. Do set an example for your children. Do you want your children, when they grow up, insult you with “you are senile,” call you a “bitch” and scream at you with profanities or worse?
6. Do keep your home clean and orderly. There’s little motivation in coming home to disarray. Children run away from home for less. Home is where the heart is.
7. Don’t let your children live primarily on fast food and junk food. Youngsters need wholesome and healthy meals.
8. Do prepare nutritious meals and cook for your children — especially if you are a stay-home-mom. Cooking shows you care and you love them.
9. Do pray and serve the major meal at the table with your children and remember that a family that eats together stays together.
10. Do treat everyone with respect. You will be respected in return. Children need guidance. Set an example. Be a parent and role model.
11. Do live by the Golden Rule: Treat others as you want to be treated.
12. Do honor The Ten Commandments.

## **THE TEN COMMANDMENTS**

1. I am the Lord thy God. You shall have no other gods before me.
2. Do not make sculptured likenesses or images of me, or bow down before them.
3. Do not swear falsely by the name of the Lord your God.
4. Keep the Sabbath day holy.
5. Honor your father and mother.
6. Do not kill.
7. Do not commit adultery.
8. Do not steal.
9. Do not bear false witness against a neighbor.
10. Do not covet your neighbor's spouse or your neighbor's goods.

