Reflective Writing – The 10 Commandments  
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| 1. **Worship only one God** | What are the most important things in my life? Are they really worth valuing? Why? |
| 1. **Don’t use God’s name in vein** | What is the standard of my language especially when I am with my friends? Why? |
| 1. **Keep the Sabbath holy** | How much room is there in my life for prayer and religious observance? Could I make more time and how would this benefit me? |
| 1. **Honour your father and mother** | How loving and respectful am I to my parents and family? What could I improve on? |
| 1. **You shall not kill** | Are there any practices in my life that do not show respect for my body or that endanger human life and health? |
| 1. **You shall not commit adultery** | What are my views about how I should treat my body? How can I show respect to others physically? |
| 1. **You shall not steal** | How much respect do I have for the property of others? Do I abuse the property of others even in small ways? |
| 1. **Do not tell lies about others** | Do I gossip and speak hurtfully about others? What harm can this cause? |
| 1. **Don’t desire or covet the wife of another** | Do I treat the opposite sex like objects or possessions? How should we treat one another? |
| 1. **Don’t desire or covet the property of another** | Am I ever jealous of what someone else has? Why is jealousy a bad habit? |