

Love of Neighbor

Objective: Students will be able to 1) recite commandments four through ten and 2) explain how Jesus taught us to keep these commandments through positive acts of love.

For the Catechist

In lessons 9 and 10, the students are learning how Jesus explains we are to live out the Ten Commandments as love. In our Lord's explanation of the commandments, He always calls us to a deeper response. In this lesson, we are called to live out the justice called for in these last seven commandments by actively helping other people.

Although the last seven commandments are a reflection on our living and acting with our neighbor, they are actually a continuation of the first three commandments on love of God. We show our love for God by our love for our neighbor. In our relationship with our neighbors, we are offering our love for God Who made us all. The Ten Commandments are not separate and cannot be separated.

The emphasis throughout this lesson is to love and take care of each other because the closer we get to each other, the closer we get to God. As we grow in our relationship with each other, we become holy: "Be holy yourselves in every aspect of your conduct, for it is written, 'Be holy because I [am] holy'" (1 Peter 1:15).

The commandments represent a core of basic moral obligations. While their values are unchanging, their application to our individual lives will vary in given social and cultural conditions. These lessons on the commandments help initiate the children into a greater moral response as a sign of their love; at the same time the discussions are on a level appropriate for students in fourth grade.

Lesson Plan Overview

Opening: "Bless The Lord"

Introduction: Identifying people that are living according to God's rules **Need:** pictures and headlines from the end of this lesson or from magazines (lesson)

Read Text Aloud: Have the students volunteer to read the text aloud or have the students read sections silently.

Activity Tracks:

Choose a basic, group, or craft activity (detailed on the pages that follow) to reinforce the lesson.

- *Basic:* We Love Our Neighbor
- *Group:* Ten Commandments Poster
- *Craft:* Commandments 4-10

Closing: Psalm 118/119:172-176
(Student book—page 55)

Icon Packets:

Come Bless the Lord:

Christ the Pantocrator,
Christ the Teacher,
The Icon of Mid-Pentecost

Packet II:

Parable of the Good Samaritan

Teaching Pics

Teaching the Commandments (continued)

In His covenant, God outlines what the Israelites are to do if they are to live as God's people. Throughout the Scriptures the commandments are seen in a positive rather than a negative way. They are the first steps in observing what Christ identified as the Greatest Commandment, the directive to love. Viewed in this positive way, the commandments are invitations to uphold life, the family, other's self-worth, and an alternative to the materialistic world-view that fosters covetousness. The commandments are not simply a matter of "don'ts" but of "do's."

The table of the commandments below is designed to help the catechist think about the basic meaning of each commandment and the consequences for Christians. It is not necessary to present this material to the students unless they raise the topics. Rather the stress in this lesson should be on keeping the commandments through

Original Meaning	<i>Consequences</i>	<i>Positive Expression</i>
Fourth		
We are called to hold our parents in a special state of honor and respect. They are co-creators with God, giving us our very life. They have passed on their faith as well, opening to us the possibility of eternal life.	Not a commandment addressed chiefly to children, this precept calls us to reflect on a number of adult issues such as caring for aging parents. Do we follow modern society in seeing our parents as the source of our problems? Do we pray for them regularly, especially after their death?	Fostering "family values." For the Christian, the home is a "domestic church" where believers are meant to build one another up in faith and love
Fifth		
We are to respect life because God alone is its author. Neither individuals nor societies have a right to terminate life, which is always a gift.	We can bring the light of this precept to health issues, abortion, euthanasia, capital punishment, violence and war: not simply to condemn them as wrong but to work for positive alternatives	Fostering "family values." For the Christian, the home is a "domestic church" where believers are meant to build one another up in faith and love
Sixth		
Like life itself, marriage is viewed as of God (Gen 2:20-24) and so deserves the highest respect. Fidelity to one's spouse is an act of fidelity to God who is the author of marriage.	Adultery is not only committed with another partner. People may give the time and attention due their spouse elsewhere: to work, social life, even children or other family members.	Fostering marital unity. The Scriptures teach that such a couple can be an icon of God's fidelity to His people and of Christ's love for His Church.
Seventh		
We are to respect life because God alone is its author. Neither individuals nor societies have a right to terminate life, which is always a gift.	Workers, consumers, ethnic and religious minorities have been deprived of their rights at various times and places. This, too, is stealing. Working for justice and just conditions is a positive expression of this commandment.	Fostering freedom from want. A commitment to recycle our unwanted or surplus or even cherished belongings by sharing them with others turns material goods into blessings.

Original Meaning**Consequences****Positive Expression****Eighth**

In the second commandment we are asked to treat God's name with respect. In this commandment God tells us to respect the good name and reputation of others, particularly by upholding the truth

In addition to lying about others, telling the truth can be done maliciously. Gossiping, revealing confidences or other secrets not only injure the reputation of others, they encourage others to do the same.

Fostering the good name of others. Calling gossips to task is a challenging response to this precept for all, young and old.

Ninth/Tenth

To covet means to strive jealously for what others have. It is an internal disposition to disregard the rights of others in pursuit of what we want. Covetousness may go beyond an inner attitude and include overt attempts to disrupt others' lives so that what you want can fall into your lap

The tendency to covet what others have is particularly strong in our consumerist society. Many Christians have uncritically accepted a materialistic way of life. Reevaluating our surrender to this way of life will help us to recognize covetousness in our homes and classes.

Fostering a proper perspective on life. As Christians we are called to put on the mind of Christ: "But seek first the kingdom of God and His righteousness, and all these things will be given you besides" (Mt 6:33).

The following questions are also part of the student book for this lesson:

The Fourth Commandment -

What things do you do for your parents without being asked?
When do you pray for your parents and grandparents?
How do you respect others who take care of you in church or at school?

The Fifth Commandment -

How can you make someone's life better?
How can you help a sad person enjoy life again?
What should you do to take care of your body?
What are some things you can do to show you respect animals and plants?

The Sixth Commandment -

Have you ever seen a TV show that made fun of marriage or married people?
How do people honor couples who have been married for a long time?

The Seventh Commandment -

How can you use your belongings for others?
What talents or skills do you have to share with others?

The Eighth Commandment -

What could you say about someone to make others like them?
What can you say to the person sitting next to you to make him or her happy?

The Ninth/Tenth Commandments -

How do you show that you are thankful for everything you have?
How do you show you are happy for your friends if they get something you don't have?

Background Reading

(Direct quotations from the sources noted)

Commandments 4-10

"The other commandments contain the seed of what it means to love others. We start by respecting others' most fundamental rights. Everyone created by God deserves to live. Each person has a right to a good name and belongings. Each spouse and parent deserve the fidelity and honor due them. We cannot say that we love anyone if we do not acknowledge these essential statistics.

"The Lord enlarged His hearers' vision when He applied these precepts in a new way. The commandment to love does not simply apply to those who love us; it refers to everyone, including one's adversaries. 'But I say to you,' He insisted, 'Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you' (Matthew 5:44). Jesus Himself was to do this as He was crucified. The first martyr, Saint Stephen, would do the same (Acts 7:60).

"The Lord concludes by telling us why we are to love everyone: '... that you may be sons of your Father in heaven for He makes His sun rise on the evil and on the good and sends ruin on the just and the unjust' (Matthew 5:45). God who created us in His image calls us to imitate His own manner of loving. The person who seeks to live God's way is to love everyone whom God loves. We are invited to be as impartial in our love for others as He is in His love for the entire world" (*CF* 14-15).

Distorted Visions of Christian Life

"Throughout the history of the Church Christians have known that they are called to live righteously. Yet, people have often forgotten why they have been called to this new way of life. Instead of seeing it as the only use appropriate for their new deified nature, Christians have often seen their way of life as correct behavior, meant to conform to an external standard rather than to the divine life within them. This has produced what is called legalism: the temptation to equate righteousness with conforming to law. Sometimes this has brought people to see the 'keeping of the law' as the ultimate expression of human goodness. At other times it has led people to minimalism: the willingness to do only what is absolutely required by law, because that is all that is 'necessary.'

".. our Church is built on the doctrine of deification and the restoration of our nature's true purpose in Christ.... we may be more comfortable with a set of rules for knowing what is right and wrong or with a conviction of our own goodness than we are with attempting to respond to the sanctifying presence of God with us. And so keeping a set of rules is no more the basis for a righteous Christian life than common decency or 'being a good person' would be. We would have no need of Christ if anything of that sort was even remotely sufficient. What we have in Christ is a 'new creation', a remaking of humanity, which has united us to the holiness of God. And so our call as Christians is not just to keep a set of laws, no matter how legitimate they may be, but to 'Become holy in every aspect of your conduct after the likeness of the Holy One who called' (1 Peter 1:15)" (*SBH* 12-13).

The Lesson Plan

Opening

Today we will pray words we sing during the Divine Liturgy. [Give out the prayer found at the end of this lesson.] Let's pray "Bless the Lord." Does anyone know when we pray these words? (We sometimes pray them in the beginning of the Divine Liturgy.)

Introduction

Today we are going to play a game. I have pictures and headlines about people. We are going to decide if they show people helping each other. If they do, we are going to place them on our icon table. If they do not, we are going to place them face down on my desk. Are we ready? [Use your own words and pictures from magazines and newspaper. Have the students place the pictures one at a time in the proper location.]

How did you know where to place the pictures? (We see them holding people, feeding children, doing jobs that help people.) Why did we place the ones on the icon table? (They are with God; when we help someone, we are close to God.) We are one with God when we are doing what God wants. God wants us to be nice to each other all the time. We placed the other ones on my desk because those people turned away from God. Does God want us to take care of people we don't even know? (Yes) Jesus tells us to take care of our neighbors. Could someone tell us what neighbor means? (Someone who lives near us) Do you remember the story of the Good Samaritan? Who does the Good Samaritan help? (A stranger) Jesus wants us to think about everyone—even strangers. Jesus wants us to take care of even our enemy.

In our last lesson and today's lesson, we are learning about the Ten Commandments. The Ten Commandments do not tell us to do many positive things—instead they tell us what not to do. When we summarize the commandments, we hear them as words of love. Jesus is the One who summarizes the Ten Commandments as love when He gives us the Greatest Commandment. Let's turn to our lesson today to learn about how Jesus tells us to show our love by following the commandments.

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Love of Neighbor



The Ten Commandments can be thought about in two sections. The first three commandments show us the first steps in loving God and the last seven tell us how to begin loving each other. In commandments four through ten, we are asked to respect each other.

4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

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God With Us Grade 4

Unit 3: How'd Art You, O Lord, Teach Us Your Commandments

Reading of Text

As the children read aloud, help them interact with the text using the comments or questions below which are keyed to the text phrases (in bold type).

Love of Neighbor

Let's look at the title of this lesson. Who is our neighbor? (Any other person) We don't have to live close to each other to be a neighbor. Why are we to take care of our neighbor? (To show our love for God by doing what He asks.)

In our last lesson we learned that hundreds of years after God gave these commandments, someone asked Jesus, "Teacher, which commandment in the law is the greatest?" (Matthew 22:36) Read Jesus' answer in the Gospel of Matthew 22:37-40.

Jesus' answer means that all the commandments are about love. If a person really loves God and other people, he or she will keep all these commandments.

The Fourth Commandment

"Honor your father and your mother."

God provided us with our parents to bring us into this world. Without them we would not even be alive! God wants us to respect them and care for them always for as long as we live. God has given us other people who love us very much. Just as we love and respect God for all that He has done, He wants us to respect the people who love us and take care of us.

Jesus said that the commandments are about love. We show love for those who care for us by doing things for them and praying for them.



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[As you talk about the commandments, encourage the students to list as many examples as possible to show they are keeping them.]

Honor your father and your mother.

What are some ways to show you honor your parents? (We listen to them; we talk nicely to them; we obey them; we help them.) What are some things you did recently to show your parents that you honor them?

You shall not kill.

*What are some ways people are hurting themselves that could lead to health problems that could kill them?
(Smoking, drinking and driving, taking drugs)*

You shall not commit adultery.

*When people are married, what Mystery do they receive?
(Mystery of Crowning) Because marriage is sacred and holy,
the husband and wife must be faithful to each other.*

You shall not steal.

Does this mean even a small candy bar at a big grocery store? (Yes) Why? (Because we are taking someone else's property)

You shall not bear false witness against your neighbor.

*Who is our neighbor? (Any other person)
What does bear false witness mean? (Lie)
What lies do students your age tell about each other, your neighbor? [Let the children share.] How can you stop a lie about someone?*

You shall not covet your neighbor's goods.

What are some goods of your neighbors that you might want? [Let them share.] What does God want us to think about when we see something someone else has? (We should be happy with what God has given us, and we should be happy other people have other things.) Is this hard to do sometimes? (Yes) Is it possible? (Yes, with God's help)

The Fifth Commandment
"You shall not kill."

God created life. He is the only one who can give life. Because God created it, life is holy. We are to respect our own life and the lives of others. We are to respect life always, and we are never to destroy it.

Jesus said that the commandments are about love. We keep this commandment Jesus' way by taking care of our bodies because they are gifts from God. We respect and care for life in all its forms. That means we respect animals and plant life, also. God wants us to see all life as good and holy.

The Sixth Commandment
"You shall not commit adultery."

In the Old Testament we read that God created man and woman to help each other in life. Jesus said this is why we must respect marriage. Read what He said in the Gospel of Matthew 19:3-5.



Our Church gives us the Mystery of Crowning to show that marriages are meant to be sacred and holy. A husband and wife show that they love each other by being faithful to each other. God wants us to be faithful to each other as He is faithful to us.

The Seventh Commandment
"You shall not steal."

Another way to respect others is by respecting what belongs to them. God tells us not to take others' belongings. Sometimes people cheat: they take the ideas of others. Sometimes they push ahead of others; that is stealing, too.

We can use our belongings or our talents to help others. When we act like this, we are keeping this commandment Jesus' way. We are using what is ours to care for others.

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The Eighth Commandment
"You shall not bear false witness against your neighbor."

God wants His people to respect the good name of others. We disrespect people by making other people think that they are weak or stupid or bad. Some people disrespect others by telling lies about them. Even telling the truth in a mean way is a kind of disrespect. It is wrong to tell stories about other people.

Jesus says that the commandments are about love. We use words to show love for people by saying good things about them. We make others feel welcome and wanted. Jesus tells us to say "yes" when we mean "yes." That means whatever we say should be the truth. God created all of us and wants us to care for one another.

The Ninth Commandment
"You shall not covet your neighbor's wife."

The Tenth Commandment
"You shall not covet your neighbor's goods."



Do you know people who are never satisfied with what they have? Some people may want a game or clothes like their friends or neighbors have. If their family cannot afford it, they get angry at their family for not getting it for them. They forget about all the good things they already have and think only about getting what their friends have. To covet means to strive jealously for something that others have.

Sometimes people can covet more than things. They can covet the relationship someone has with another person. A person can be jealous of others' friends and try to take them away. When this happens to a married person, it is very wrong.

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Respecting others is the first step in keeping the Greatest Commandment: We should love our neighbor as ourselves. **Read Romans 13:9-10** to find out what the New Testament says about the commandments.

If a person loves God completely and really loves his neighbor, he will be keeping the Ten Commandments without even trying! What other ways can you think of to love your neighbor?



Words to Remember:
Neighbor: Any other person.
Bear false witness: When we tell untrue stories and lies about other people.
Covet: When people jealously want something that others have.
The Greatest Commandment: "You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength, and you shall love your neighbor as yourself" (Mk 12:30-31).

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What other ways can you think of to love your neighbor?

*Who is our neighbor? (Any other person)
 Let's share some ways we help other people.*

Words to Remember: [Read the words together, and use them to introduce, summarize, and/or review the lesson.]


Review: Let's say the Ten Commandments. [Encourage the children to say them without looking in their books. The questions for discussion included at the end of this lesson in the student book could be added here.]

Psalm 118/119:172-176

*What is psalm? (A prayer or hymn from the Old Testament)
 In two earlier lessons, we prayed different sections of this same psalm, which is the longest psalm. It praises God for giving laws and instructions by which we are to live.*

[Remember: Psalms can be identified by two numbers: 1) according to the Greek and Latin numbering that our Church uses liturgically and 2) according to the Hebrew numbering used in the New American Bible. Both numbers are listed for all psalms in this book: the liturgical number is followed by the Hebrew number.]

What does "Your law is my delight" mean? (We are happy to do what God wants.) Which line says we will always remember the commandments? (Your commands, I do not forget.)



Prayer

May my tongue sing of your promise,
 for all your commands are just.
 Let Your hand be ready to help me,
 for I have chosen Your precepts.
 I long for Your salvation, O Lord,
 and Your law is my delight.
 Let my soul live to praise You,
 and may Your ordinances help me.
 I have gone astray like a lost sheep;
 seek Your servant,
 because Your commands,
 I do not forget.

Psalm 118/119:172-176

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Activity Tracks

Basic: We Love God and Our Neighbor
[This worksheet is in the student text.]

We have been learning how to show our love to other people. When we do something nice, we are doing an act of love. Today's activity asks us to circle the answer that identifies someone doing an act of love. [If there is time, let the children share other ways they show acts of love.]

[The questions on the following pages help the children identify ways they can follow the Ten Commandments as revealed to us through the love of Jesus. They can be used in the following ways:

1. As part of the group activity for this lesson
2. As a review of the commandments throughout the year
3. As a preparation for confession
4. As a lesson during the Great Fast
5. As a reminder that everything we do for God must be done with love.]

We can learn to love as Jesus loves us by living the way God asks. When you answer these questions, be honest with all your answers. Only then can we learn what we need to do better.

[Encourage the children to share these questions and their answers with their family.]

We Love Our God and Our Neighbor

1. Help the students in these stories decide on the best way to show how much they love God and their neighbor. Circle the answer that identifies the act of love that Jesus wants us to show.

1. Mark: I like your new bike.
Jim: Thanks, but it isn't the one I wanted. Did you see Terry's?
His is great!
Mark: I know. I wish I had a bike like his new one.
 He has been saving a long time to buy that bike. He deserves it.

2. Rachael: Mom, could you get me something to eat?
Mom: I just came home from the grocery store, and I need to put everything away first.
Rachael: Yes, I'm really hungry.
 I'll be right in to help. Maybe we could make something you just bought.

3. Natasha: Let's use Tom's radio until he gets home. His is so much better than mine.
Michael: Did you ask him if you could use it?
Natasha: No. He will never know.
 Yes, I wouldn't want him to use my things without asking so I wouldn't use his either.

4. Elizabeth: I can't believe we have soccer practice on Sunday morning.
Rosanna: Remember, you have to be there if you want to go to the championship game.
Elizabeth: I know what the coach said, but I am going to call to say I can't be there until after church.
 I know; I guess I'll just have to miss church this week.

II. For these stories, write your own ending that shows how much the students love God and their neighbor.

5. Kaitlin: "Hey, look. Diane just dropped her chips all over the floor."
Let's go over and help her.

6. Luke: Did you hear the way the new student talks? Every time he can't do something, he says, "O my God."
I think I'm going to ask him to stop saying God's name that way.

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Are You Following the Ten Commandments?

Jesus teaches us how to show our love of God by following the Ten Commandments. Read the following questions and think about your answers. Are you showing God that you love Him and your neighbor by the way you act?

The First Commandment
"I am the Lord your God; you shall not have strange gods before Me."
Have you learned to say the Creed? Do you believe what you say?
Do you care whether you understand what the Church tells us about God?
How would you explain our faith to a friend or classmate who is not a Christian?
What shows that God is more important in your life than TV, video games, toys or playing with friends?
If you play every day or watch TV every day but don't pray every day, are you keeping the first commandment?

The Second Commandment
"You shall not take the name of the Lord your God in vain."
What can you do to show that you honor God? (Some people always keep a lamp burning before their icons to honor God.)
Can we honor God by helping to keep the church property clean and neat?
What do you do when you hear someone take the name of God in vain?

The Third Commandment
"Remember to keep holy the Lord's Day."
Do you love to worship God? What shows that you do? Do you pray and sing with everyone?
If a person looks for excuses to skip attending the Liturgy, is he or she keeping this commandment?
Is someone who comes to church but makes noise and distracts others keeping this commandment?
How do you show that you are keeping the Lord's Day holy?
How can you make Sunday special for others?

The Fourth Commandment
"Honor your father and your mother."
What things do you do for your parents without being asked?
When do you pray for your parents?
How do you respect others who take care of you in church or at school?

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The Fifth Commandment
"You shall not kill."
How can you make someone's life better?
How can you help a sad person enjoy life?
What should you do to take care of your body?
What can you do to show respect for animals and plants?

The Sixth Commandment
"You shall not commit adultery."
Have you ever seen a TV show that made fun of marriage or married people?
How do people honor couples who have been married for a long time?

The Seventh Commandment
"You shall not steal."
How can you use your belongings for others?
What talents or skills do you have to share with others?

The Eighth Commandment
"You shall not bear false witness against your neighbor."
What could you say about someone to make others like them?
What can you say to the person sitting next to you to make him or her happy?

The Ninth Commandment
"You shall not covet your neighbor's wife."

The Tenth Commandment
"You shall not covet your neighbor's goods."
Are you thankful for everything you have?
How do you show that you are happy for your friends if they get something you don't have?

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Group: Ten Commandments Poster

Materials: Poster board, markers, pens, notecards

Today we are going to complete the Ten Commandments poster we started last week. In our lesson we learned how Jesus told us we keep the commandments by doing something positive. Our poster is describing ways we keep the commandments as followers of Jesus. [Have the person complete the writing of the commandments if that is not done.] Today we are going to think about commandments 4 through 10. Each of us will choose two commandments to think about. On the note card write how you have kept or we can keep this commandment. We will tape the cards onto the poster board as we did last week. Someone might want to draw a picture on the note card instead of writing the words—that is good, too. Remember you can write about something you did this week that shows you are following that commandment. For example, if you were nice to someone and said good things about them, what commandment would you put that note card by? (8th)

Craft: Commandments 4-10

Materials: Calligraphy paper

[Have sample ready to show children.] *Today we are going to complete writing the commandments on our paper. Then we will put the paper into our frame.*

Closing: Psalm 118/119:172-176

Today we are going to pray a psalm that asks God to help us follow the commandments. Let's read the psalm in your books.

[This psalm can be found at the end of this lesson if students are making the prayer booklet.]

Neighbor

*Bear False
Witness*

Covet

*The Greatest
Commandment*

When we tell untrue stories
and lies about other people.

Any other person.

"You shall love the Lord your
God with all your heart, with all
your soul, with all your mind,
and with all your strength; and
you shall love your neighbor as
yourself" (Mk 12:30-31).

When people jealously want
something that others have.

Bless The Lord

Bless the Lord, O my soul, and let all that is in me bless His Holy Name. Bless the Lord, O my soul, and do not forget all that you received from Him. He pardons all your sins and heals all your diseases; He ransoms your life from corruption and crowns you with love and mercy.

For the Lord is compassionate and merciful - long suffering and rich in mercy. Bless the Lord, O my soul; in every place of His dominion, bless the Lord, O my soul.

Melkite
Greek
Catholic
Church

Bless The Lord

Bless the Lord, O my soul, and let all that is within me bless His Holy Name.

Romanian
Greek
Catholic
Diocese of
Canton

Bless The Lord

Bless the Lord, O my soul, and all my being,
bless His Holy Name. Bless the Lord, O my soul
and forget not all His benefits.

Ruthenian
Byzantine
Catholic
Metropolitan
Province

Bless The Lord

Bless the Lord, O my soul; blessed are You, O Lord. Bless
the Lord, O my soul, and all that is within me, bless His
Holy Name. Bless the Lord, O my soul, and do not forget
all His praise-worthy gifts. He forgives all your iniquities,
He heals all your ailments. He redeems your life from
corruption, He favors you with His mercy and compas-
sion. Gracious and merciful is the Lord, abounding in
patience and mercy. Bless the Lord, O my soul, and all
that is within me, bless His holy name.
Blessed are You, O Lord

Ukrainian
Catholic
Diocese of
St. Josaphat

Bless The Lord

Bless the Lord, O my soul, and let all that is within me
bless His Holy Name. Bless the Lord, O my soul, and for-
get not all His benefits. He forgives all your iniquities,
He heals all your diseases. He redeems your life from
corruption, He crowns you with mercy and compassion.
Compassionate and merciful is the Lord, long-suffering
and abounding in mercy. Bless the Lord, O my soul, and
let all that is within me bless His holy name.
Blessed are You, O Lord.

Ukrainian
Catholic
Synod

Psalm 118/119:172-176

May my tongue sing of your promise,
for all your commands are just.

Let Your hand be ready to help me,
for I have chosen Your precepts.

I long for Your salvation, O Lord,
and Your law is my delight.

Let my soul live to praise You,
and may Your ordinances help me.

I have gone astray like a lost sheep;
seek Your servant,
because Your commands, I do not forget.

Psalm 118/119:172-176

May my tongue sing of your promise,
for all your commands are just.

Let Your hand be ready to help me,
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I long for Your salvation, O Lord,
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I have gone astray like a lost sheep;
seek Your servant,
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