



The Ten Commandments

APPENDIX 4

The Ten Commandments by Hand

1. **I am the Lord your God. Do not have any god except me.**
Put pointer finger up for—1—point to your eye as you say, “I am the Lord your God.” then wag finger (like no, no!) as you say, “You shall have no other Gods.”
2. **You are not to misuse the name of your God.**
Two fingers up—2— then tap name tag (chest).
3. **Remember God’s special day and keep it holy.**
Hold up your middle finger, ring finger, pinkie—3—then make an ‘O’—a hole—with your thumb and pointer. Keep it hole-y.
4. **You are to honour your father and your mother.**
Four fingers up—4—then bring them up to your forehead in a salute.
5. **You are not to kill.**
Hold hand out—5—then make a fist with thumb out. Turn thumb down—like the Roman emperors did to signal death of a gladiator.
6. **You are not to commit adultery.**
Put up five fingers on the left hand, and just the pointer on the right—6—then point to your heart with the pointer.
7. **You are not to steal.**
Put up five fingers on one hand, thumb and pointer on the other—7—then turn the thumb and pointer into a ‘gun’ and point it out as if robbing someone.
8. **You are not to bear false witness against your neighbour.**
With four fingers out on each hand facing away from you—8—curl them like bear claws and scrape them down.
- 9/10. **You shall not covet.** We put the last two together
Put up nine fingers—9—then all ten—10—facing yourself, wiggling and curling them like ‘gimme, gimme, gimme!’

