**The 10 Commandments of an Amazing Marriage**

**COMMANDMENT #1: BELIEVE IN THE BESHERT**

***“I am the Hashem your G-d, Who brought you out of the land of Egypt, out of the house of bondage.”*** The first step is to acknowledge Hashem as the Divine being who runs the world with a master plan. In marriage as well, believe that that your spouse was sent to you because he/she is the one that is right for you and what you need to grow.

**COMMANDMENT #2: REMOVE THE IDOLS**

***“You shall have no other gods before Me. You shall not make for yourself a graven image…”*** Second, we are expected to remove anything that might come between us and God so that our connection is pure. Marriage also as its idols i.e. the things that come in between husband and wife. Whether it is money, parents, kids, personal hang ups, etc. all of those things must move aside if they are coming in between the relationship.

**COMMANDMENT #3: PROPERLY USE YOUR HOLY WORDS**

***“You shall not carry the name of Hashem your G-d in vain*.”** God’s name is our holy way of communicating with Hashem and therefore must maintain its sanctity and used only for prayers and blessings. The connection formed by words is present in a marriage as well by saying “I love you”, complimenting and other *words of affirmation and affection.* Just as we are supposed to bless Hashem 100 times daily, loving words to one’s spouse should flow with plenty.

**COMMANDMENT #4:** **SPEND** **QUALITY TIME**

***“Remember the Sabbath Day, to keep it holy…”***God wanted to have *quality time* with us when we aren’t getting distracted with work obligations, our phones ringing or any other mundane aspects of life. Our spouses deserve our undivided *attention* at times as well when we completely unplug and focus only on them.

**COMMANDMENT #5:** **HONOR YOUR BELOVED**

***“Honor your father and mother***.” Serving another is a key component to becoming a giver. The Torah commands us to honor our parents by bringing them food and drink, helping dress them, escorting them and other *acts of service*. In marriage, many of the obligations that we have to our parents transfer over to our spouses. In addition, just as we are required to show *appreciation* to our parents for all they do, our spouses deserve those same sentiments.

**COMMANDMENT #6:** **DO NOT COMMIT EMOTIONAL MURDER**

***“You shall not murder***.” Murder is defined by taking a life physically but our Sages extended this prohibition to embarrassing someone or hurting someone emotionally as well. In marriage, we have many opportunities to hurt our spouses so badly that it is as if we are killing them. Included in this is excessive criticism, diminishing comments and insulting.

**COMMANDMENT #7: CHANNEL YOUR INTIMACY**

***“You shall not commit adultery.”*** While the prohibition of not committing adultery already applies to marriage, it is important to realize that beyond an extramarital affair, our Sages included in this prohibition anything one might do to channel one’s sexual energy to someone who is not their spouse. May accepted behaviors in Western culture lend themselves to people becoming emotionally attached in a very unhealthy way. This is especially true in the areas of modesty in dress and *physical affectionate touch.*

**COMMANDMENT #8:** **DO NOT NEGLECT YOUR SPOUSAL OBLIGATIONS**

***“You shall not steal.”*** Stealing means you are taking something from someone without paying back your obligations. In marriage, as well, a spouse who is not upholding their household responsibilities is stealing from their spouse. This can be especially true when, during an argument, one tries to “punish” the other by withholding something that might be the norm in their marriage. This would be tantamount to stealing from them.

**COMMANDMENT #9: DO NOT SHIFT THE BLAME OR SHUT DOWN**

***“You shall not bear false witness***.” The Torah commands us to represent the truth. Not only is it wrong to twist the truth, but even not saying anything when one should be speaking up is included in this prohibition. One who can take no blame, constantly twisting everything to be the other spouses fault, or who doesn’t know how to express what is bothering them, or who blows things out of proportion is twisting the truth and baring false witness against their spouse.

**COMMANDMENT #10:** **ACCEPT YOUR SPOUSE FROM WHO THEY ARE**

***“You shall not covet***.” It is our obligation to realize that everyone has their strengths and weaknesses and the gifts that Hashem gave to them. One who does not accept their spouse for who they are, who feels that they “should” be a certain way, or “why are they not more like x” is, in essence, coveting someone else, a spouse that is not theirs.