

Ten Commandments of a Wife & Mother

Adapted from Father Wade Menezes Ten Commandments

“When one finds a worthy wife, her value is far beyond pearls. Her husband, entrusting his heart to her, has an unfailing prize. She brings him good and not evil, all the days of her life.”

- Proverbs 31:10-12

1. Develop an intimate, personal relationship with Jesus Christ. He is your primary love. Allow Him to move you, forgive you, speak to you, guide you, heal you and fill you. Try to keep a spiritual journal of the inspirational messages you sense from Him, even if the entries are just short, encouraging and inspirational sentences; share these with your husband.
2. Keep your priorities in order – Jesus first, your husband second, your children third, etc. The best thing you can do for your husband is to love Jesus and see Him in your husband, despite any faults and weaknesses your husband might have. The best thing you can do for your children is to let them see you love their father. Develop a weekly schedule setting aside primary time for Jesus, for your husband, and for each child.
3. Realize that you are the heart of the home and that your husband is the head of the home. Both head and heart work together for the benefit of the whole body, which in this regard is the family. It is your duty and responsibility to work with your husband and support him with your love. Love is your greatest gift.
4. Let your husband know the problems and difficulties that you and your children are experiencing in striving to live strong Christian lives amidst a secular society. Remember that Christians are called to be “in the world, not of the world” Work with God and your husband toward solutions. Decide with your husband which tv programs you will allow the family to watch. You and your husband must be disciplined in this regard, too.
5. Pray with your husband and regularly so. Share your insights with him. If you keep a spiritual journal, share it with him. Ask and allow the Lord to sanctify and purify your relationship with your husband. Ask the Lord for the strength to love your husband with the same love and purity He has for you and His church.
6. Spend quality time with each child, loving each one as fully as he or she needs. There is nothing to compare to a mother’s love in a child’s life. Share openly with your children and allow them to be open with you. You should know their fears, worries and temptations. Pray daily for guidance and wisdom both for yourself and for them. Dare to discipline with love and firmness.
7. Consecrate your home to serve Jesus Christ. Periodically pray throughout your home asking for God’s blessing upon it. Ask that Jesus drive out all forces that are not from Him. Take time to pray with

all family members present in the bedrooms, family room, kitchen and dining rooms. Welcome Jesus into your home and into your heart. Display signs of your devotion to God and take time to meditate on them. This may be a cross or crucifix on the wall, or even a small altar table upon which sits a Bible, a cross, or prayer beads.

8. Try to set the tone in living a simple, humble lifestyle. This is a challenge in the materialistic, pleasure seeking and individualistic culture we live in today. You are called to heroic virtue here – the very stuff for which a person is canonized a saint. Keep watch over what your children put into their minds. This calls for wisdom on the part of both you and your husband.

9. Pray that each one of your children may answer the call that God has in store for them. Begin to ask them what they think God wants them to be when they grow up. Help them to understand their calling and get used to looking for Gods direction in their lives.

10. Celebrate Holy Communion frequently. Jesus Christ promised to be with us in this Holy Mystery. This sacrament is a life giving source of renewal and transformation that helps us open our lives to the guiding power of Jesus Christ and the grace he bestowes upon us. Confess your sins, go to church, tithe, and serve your church and community.

Prayer for our family

Heavenly Father, most good and gracious God, sustain our family in Your love. Make our family home a place where holiness and love abound. In our daily actions, help each one of us to learn to be more like Jesus. Aid our family to imitate the Holy Family: Jesus, Joseph, and Mary. Help our family be a good example by living lives in true Christian faith, hope and love. Assist our family in learning to bear pain and suffering as Jesus did. Help our family to move toward Jesus Christ, the source of all Truth and happiness. We ask this through Your Son, our Lord Jesus Christ, Who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

All of the above has been altered and influenced by a document of the same name available on the Fathers of Mercy website at www.fathersofmercy.com .