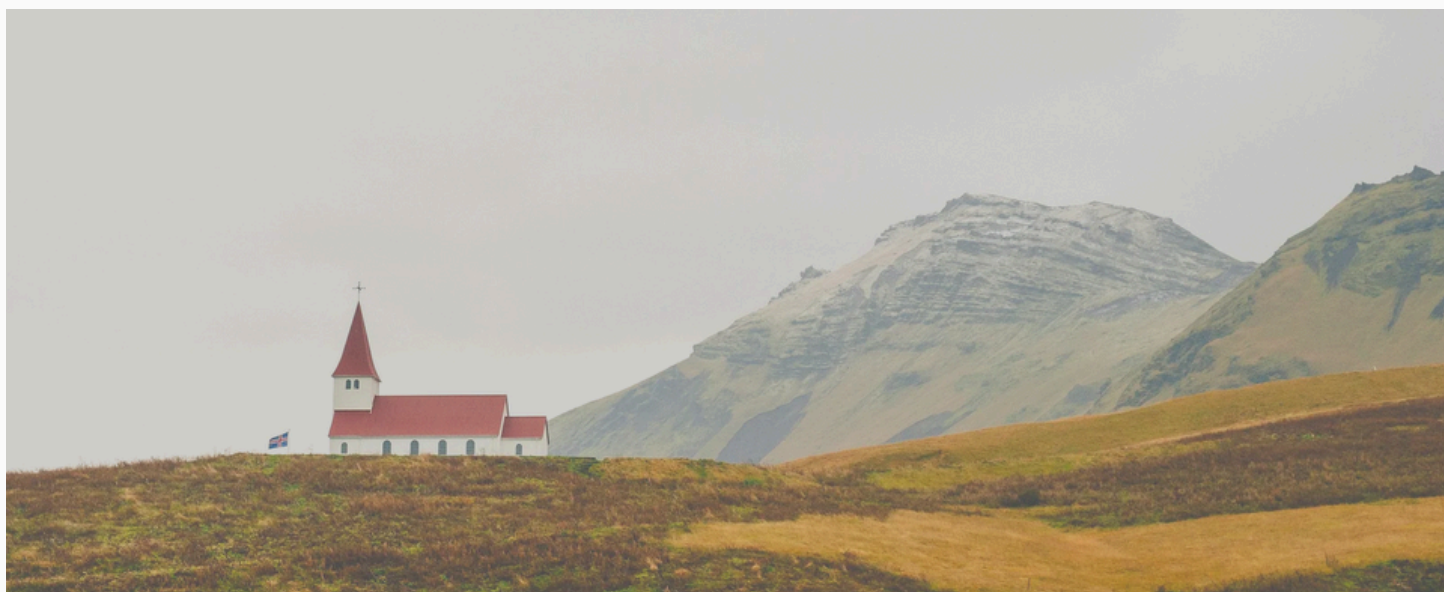




Lutheran
Counseling Services

CHURCH WORKER NEWSLETTER

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God's Top 10 for a Spirit-Filled 2026

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REGISTERED MARRIAGE AND FAMILY THERAPY INTERN

As church workers, we often carry both holy purpose and human strain. Luther's Small Catechism reminds us that God's commandments are not burdens meant to exhaust us, but gifts meant to order our lives toward freedom, trust, and love. The commandments function like a rule of life: shaping our relationship with God (Commandments 1-3) and our relationships with one another (Commandments 4-10).

The commandments do not save us, Christ does. Yet they shape us into people who live freely, love deeply, and serve sustainably. God's "Top 10" are less about rules and more about rhythms of trust, truth, and love, so that the Spirit may form in us lives that reflect Christ for the sake of the world.

Below, Martin Luther's explanations of the 10 Commandments are honored in spirit and substance, with attention to how these commandments invite positive, life-giving practices for a Spirit-filled year ahead.

I. Our Relationship with God

1. You shall have no other gods.

Luther: We are to fear, love, and trust God above all things.

"Those who trust in the Lord are like Mount Zion, which cannot be moved." (Hebrews 10:23)

Living it out:

- Begin each workday with a prayer of surrender: "Lord, I trust you more than outcomes."
- Notice what anxiety reveals about misplaced trust (approval, productivity, control). Gently realign.
- Set realistic boundaries to resist the "messiah complex" in ministry.



2. You shall not misuse the name of the Lord your God.

Luther: We are to fear and love God so that we do not curse, swear, practice witchcraft, lie, or deceive by God's name, but call upon it in every trouble, pray, praise, and give thanks.

"The Lord is near to all who call on him." (Romans 10:12b)

Living it out:

- Use God's name reverently in prayer, not as spiritual shorthand.
- Avoid spiritual bypassing, using God-language to avoid hard emotions.
- Model honest prayer in staff settings that includes lament and gratitude.

3. Remember the sabbath day, and keep it holy.

Luther: We are to fear and love God so that we do not despise preaching or God's word, but hold it sacred and gladly hear and learn it.

"Come to me, all you that are weary... and you will find rest." (Matthew 11:28-29)

Living it out:

- Treat worship and Word as nourishment, not obligation.
- Not taken a sabbath can lead to burnout.
- Schedule protected rest time with the same seriousness as meetings

II. Our Relationship with One Another

4. Honor your father and your mother.

Luther: We are to fear and love God so that we do not despise or anger our parents and others in authority, but honor, serve, obey, love, and respect them.

"Children, obey your parents in the Lord." (Ephesians 6:1)

Living it out:

- Practice gratitude for those who formed you, even imperfectly.
- Differentiate honoring from over-functioning or enabling.
- Foster healthy respect within church leadership structures.

5. You shall not murder.

Luther: We are to fear and love God so that we do not hurt or harm our neighbor, but help and support them in every physical need.

"Love one another deeply from the heart." (1 Peter 1:22b)

Living it out:

- Pray for compassion toward those who frustrate you.
- Attend to anger before it leaks into passive aggression.
- Speak life-giving words; create cultures of safety and care.

6. You shall not commit adultery.

Luther: We are to fear and love God so that we lead a chaste and decent life in word and deed, and each love and honor their spouse.

"Let marriage be held in honor by all." (Hebrews 13:4a)

Living it out:

- Pray for integrity in private and public life.
- Guard against emotional enmeshment and compassion fatigue.
- Maintain clear boundaries and accountability in ministry.

7. You shall not steal.

Luther: We are to fear and love God so that we do not take our neighbor's money or possessions, but help them improve and protect their possessions and income.

"Let the thief give up stealing; rather let them labor... so as to have something to share." (Ephesians 4:28)

Living it out:

- Practice generosity as trust in God's provision.
- Address resentment that fuels scarcity thinking.
- Steward church resources transparently and ethically.

8. You shall not bear false witness.

Luther: We are to fear and love God so that we do not tell lies about our neighbor, but defend them, speak well of them, and explain everything in the kindest way.

"Speaking the truth in love." (Ephesians 4:15)

Living it out:

- Pray before speaking when emotions are high.
- Interrupt triangulation and gossip gently but firmly.
- Foster direct, compassionate communication.

9. You shall not covet your neighbor's house.

Luther: We are to fear and love God so that we do not scheme to get our neighbor's inheritance or house, but help and be of service in keeping it.

"Be content with what you have." (Hebrews 13:5a)

Living it out:

- Practice gratitude for your own call and context.
- Comparison is a fast track to burnout.
- Celebrate others' success without self-diminishing.

10. You shall not covet your neighbor's spouse... or anything that belongs to your neighbor.

Luther: We are to fear and love God so that we do not entice or alienate our neighbor's spouse or servants, but urge them to stay and do their duty.

"Love does not envy." (1 Corinthians 13:4b)

Living it out:

- Pray for a heart shaped by love rather than lack.
- Notice unmet needs before envy becomes entitlement.
- Encourage faithfulness in relationships and vocations.

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**QUICK MENTAL HEALTH
CHECK-IN**

1

EXERCISE
Have you raised your heart rate
for at least 20 minutes today?



2

EAT
Have you fueled your body
with nutritious options?



3

SLEEP
Have you gotten 6-8 hours
of uninterrupted sleep?



4

SOCIAL
Have you interacted with
someone who cares about you?



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