



Did you know that G-d gave all people a special Covenant for life?

The Covenant of the Rainbow extends to all descendants of Noah!

Find the 7 Commandments at AskNoah.org in-depth with inner spirituality. Learn insights into the nature of creation and our roles as individuals and a world community. Find out about families and communities around the world who live by Noah's eternal covenant and these 7 Commandments.

The Seven Noahide Commandments:

1. BELIEVE IN G-D: Do Not Worship Idols (Gen. 2:16)

Life's purpose is to acknowledge and believe in The One G-d, Who **creates the universe**.

2. RESPECT AND PRAISE G-D: Do Not Blaspheme (Lev. 24:15)

G-d is also our King, Who we should always revere and serve with **faith and trust**.

3. RESPECT HUMAN LIFE: Do Not Murder (Gen. 9:6)

This commandment protects us from **violent selfish tendencies** that may lie within.

4. RESPECT FAMILY: Do Not Commit Forbidden Relations (Gen. 2:24)

Wholesome families form **healthy communities**. Immorality leads to inner decay.

5. RESPECT THE RIGHTS OF OTHERS: Do Not Steal (Gen. 31:37)

Since our sustenance is from G-d, we should earn it with dignity, **not with deceit**.

6. AVOID CRUELTY: Don't Eat Meat Taken from Live Animals (Gen. 9:4)

This commandment prohibits meat taken from an animal while its heart was still beating.

7. PURSUE JUSTICE: Set Up Courts of Law (Gen. 34:7)

Courts bring G-d's ideals into an **order for society**, which completes the other six laws.

Along with the 7 Commandments, the original nations accepted other spiritual and moral rules as necessary foundations for society. Visit AskNoah.org or email SevenLaws@AskNoah.org to learn much more!

When we fulfill these 7 Laws, it makes the world into a beautiful gem - a place where G-d can dwell!