



The Ten Commandments

- Old Testament
 - Exodus 20 - Revealed to Moses, by God
 - Deuteronomy 5 – Moses shares with the people of Israel
- Divine guidance for sinful people
- Jesus, the new law, did not abolish the 10 Commandments
- New Testament
 - Matthew 19:17-19
 - Jesus tells the rich, young man to keep the commandments
- World thinks they are restrictive, but we see them as freedom, a path to heaven
- Not arbitrary (subject to individual judgement or preference)
- Not changeable



Commandments 1 – 3

Govern Our Relationship with God

1 John 2:3-5

The way we may be sure that we know Him is to keep His commandments. Whoever says, “I know Him,” but does not keep His commandments is a liar, and the truth is not in him. But whoever keeps His word, the love of God is truly perfected in him. This is the way we may know that we are in union with Him.

What God commands he makes possible by his grace. CCC 2082



1st Commandment

Exodus 20:2-3

“I, the LORD, am your God, who brought you out of the land of Egypt, that place of slavery. You shall not have other gods besides me.”

Calls us to practice the virtues of Faith, Hope, and Charity (Love)

- Have FAITH in the one, true God and believe in the Trinity
- Our HOPE is in God
- LOVE God fully with your mind, heart, and will

FAITH is our personal response to God.
Faith is nourished by the Holy Spirit and our participation in the sacraments.

We are called to have faith in God as he really is. Not to have a warped view of him.

Sins Against the Virtue of Faith CCC 2089:

- **Heresy**

Obstinate post-baptismal denial of some truth which must be believed by faith

- **Apostasy**

Total rejection/denial of faith

- **Schism**

Refusal to submit to the pope's authority as head of the church

Christ calls us to have a prayerful, reconciling attitude toward people with difficulties in their faith, to help them toward assent to the truth of faith.

HOPE fills us with the confidence that God accompanies us on our journey through life and guides us to eternal life with him.

Sins Against the Virtue of Hope:

- **Presumption**

Belief that you can be saved without any personal commitment to the moral life

- **Despair**

Losing hope in God's mercy and believing that you cannot be saved

He said to him, "You shall **LOVE** the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment."

Matthew 22:37-38

Sins Against the Virtue of Love
CCC 2094:

- **Indifference**
- **Ingratitude**
- **Luke warmness**
- **Spiritual sloth**
- **Hatred of God**

Breaking the First Commandment

See CCC 2083 - 2132

Atheism: Denying God's existence

Agnosticism: Don't know if God exists
Agnostic means "I don't know"

Sacrilege: Disrespecting persons/places/things consecrated to God, especially the Eucharist.

Simony: Buying and selling spiritual things.
See Acts 8:9-24

Idolatry: Worshipping false gods, Making something other than God the ultimate goal of your life; Success, Money, Career, Possessions, Yourself, Sports, etc.

See CCC 2114

Is the use of religious art and icons
Idolatry?

Not if you are using them as tools to become more holy, for deeper contemplation of God, or to worship God.

We don't worship the art/icon itself. We don't worship the person portrayed. Our adoration and worship is for God alone.

Think about...

Do I give God time every day in prayer?

Do I seek to love God with my whole heart?

Have I been involved with superstitious practices (horoscopes or Ouija boards)?

Have I been involved with the occult?

Do I seek to surrender myself to God's Word as taught by the Church?

Have I ever received Communion in the state of mortal sin?

Have I ever deliberately told a lie in Confession?

Have I withheld a mortal sin from the priest in Confession?

Have I sought money, power, sexuality, or any other lesser good more than I seek God?

Have I despaired of God's help?

Have I taken God's mercy for granted?

How will I obey this commandment this week?

What can I do to avoid breaking this commandment in the future?

Pray...

Act of Love

Oh my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured. †



See CCC 2142 - 2167

2nd Commandment

Exodus 20:7

You shall not invoke the name of the Lord your God in vain. For the Lord will not leave unpunished anyone who invokes his name in vain.

Requires reverence, respect for God's name.

“**Hallowed** be thy name”

“In the **name** of the Father...”

Jesus is present to those who come together in his **name**. Mt 18:20

Salvation through Jesus' **name**. Acts 4:12

Breaking the Second Commandment

See CCC 2146 - 2167

Blasphemy: Uttering against God - inwardly or outwardly – words of hatred, reproach, or defiance. Speaking ill of God. Misusing God's name. Extends to language against Christ's Church, the saints, and sacred things.

Using God's name as a witness to a lie

Using God's name to cover up criminal practices

Using God's name to support/justify immoral acts

Think about...

Have I set a bad example for others by taking the Lord's name in vain? Why should others respect God, if Christians don't?

Have I disrespected the holiness of God or of things or persons dedicated to God?

Have I insulted a sacred person?

Have I abused a sacred object?

Have I lied under oath?

Have I failed to keep vows made in God's sight?

Have I made an oath in God's name regarding a trivial matter?

Have I used God's name in vain: lightly or carelessly?

Has taking God's name in vain become a common phrase in my speech?

How will I obey this commandment this week?

What can I do to avoid breaking this commandment in the future?

Pray...

Psalm 103:1

Bless the Lord, my soul; all my being, bless His holy name! †



3rd Commandment

Exodus 20:8 -11

Remember the Sabbath day – keep it holy. Six days you may labor and do all your work, but the seventh day is a Sabbath of the Lord your God. You shall not do any work, either you, your son or your daughter, your male or female slave, your work animal, or the resident alien within your gates. For in six days the Lord made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the Lord has blessed the Sabbath day and made it holy.

“For in six days the Lord made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested.”

Sabbath means “cessation”, “rest”

3rd Commandment

- Calls us to rest and renew our covenant with God
- Tradition that goes back to the time of the Apostles
- Anticipates our eternal rest in God

Sunday

- Recalls the creation of the world on the first day
- Recalls the day Jesus rose from the dead
- Celebration of the Easter mystery

See CCC 2168 - 2195

Breaking the Third Commandment

Irreverence: Neglecting to worship God at least on Sunday

Deliberately failing to participate in Sunday Mass and other Holy Days of Obligation is a serious sin.

Failing to participate fully in the Mass by not preparing myself appropriately.

Making unnecessary demands on others that would hinder them from observing the Lords Day.

See CCC 2195

Think about...

Have I deliberately missed Mass on Sunday or other Holy Days of Obligation?

Have I rested sufficiently to renew myself for the work that awaits in the coming week?

Have I kept Sunday a day for recreation with family and friends, for charitable activity, and for extra prayer?

Do I do needless work on Sunday?

Do I make others work on Sunday?

How will I obey this commandment this week?

What can I do to avoid breaking this commandment in the future?

Pray...

Lord, We are Your people, the sheep of Your flock.

Heal the sheep who are wounded, Touch the sheep who are in pain, Clean the sheep who are soiled, Warm the lambs who are cold.

Help us to know the Father's love through Jesus the Shepherd and through His Spirit.

Help us to lift up that love, and show it all over this land.

Help us to build love on justice and justice on love.

Help us to believe mightily, hope joyfully, love Divinely.

Renew us that we may renew the face of the Earth.

Amen †