

The Ten Commandments

Exodus 20:2-17

I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.

You shall have no other gods before me. You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them or serve them; for I the LORD your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and the fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments.

You shall not take the name of the LORD your God in vain; for the LORD will not hold him guiltless who takes his name in vain.

Remember the sabbath day, to keep it holy. Six days you shall labor, and do all your work; but the seventh day is a sabbath to the LORD your God; in it you shall not do any work, you, or your son, or your daughter, your manservant, or

Deuteronomy 5:6-21

I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.

You shall have no other gods before me ...

You shall not take the name of the LORD your God in vain: ...

Observe the sabbath day, to keep it holy ...

A Traditional Catechetical Formula

1. I am the LORD your God: you shall not have strange gods before me.

2. You shall not take the name of the LORD your God in vain.

3. Remember to keep holy the LORD'S Day.

your maidservant, or your cattle, or the sojourner who is within your gates; for in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the LORD blessed the sabbath day and hallowed it.

Honor your father and your mother, that your days may be long in the land which the LORD your God gives you.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his manservant, or his maidservant, or his ox, or his ass, or anything that is your neighbor's.

Honor your father and your mother ...

You shall not kill.

Neither shall you commit adultery.

Neither shall you steal.

Neither shall you bear false witness against your neighbor.

Neither shall you covet your neighbor's wife ...

You shall not desire ... anything that is your neighbor's.

4. Honor your father and your mother.

5. You shall not kill.

6. You shall not commit adultery.

7. You shall not steal.

8. You shall not bear false witness against your neighbor.

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

10. You shall not covet your neighbor's goods

US Catholic Catechism for Adults: Chapters 25-34, p.339-447.
New Catholic Answer Bible - G3, L4.

Scripturally and theologically, the Christian moral life begins with a loving relationship with God....Moral life is friendship with God. (US Catholic Catechism for Adults p. 318)

Last Sunday's scriptures:

- Sirach 15:15-20 (OT 798)
- Psalm 119 (OT 684)
- Matthew 5 (NT 21)

Ten Commandments as a first step to the moral life, or friendship with God:
1 John 2:3-6 (NT 366)

Law is the bare minimum.

Ten Commandment Handout

First three focus on our relationship with God; remaining seven on our relationship with others. (Greatest Commandment MT 22: 37-39; NT 54)

COMMANDMENT ONE - I am the Lord your God, whom brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me. (USCCA text Ch 25, p.339)

1. What slavery is God freeing US from?
2. Do you know any atheists (those who deny God's existence) or agnostics (those who consider a higher being but no certainty)?
3. Consider these sins against God's love: indifference, ingratitude, spiritual laziness, self-sufficiency.

COMMANDMENT TWO - You shall not take the name of the Lord your God in vain. (USCCA text Ch 26, p. 351)

1. What does taking God's name in vain look like?
2. How does giving honor when referring to God or others impact your thinking? Your actions?
How about dishonorable thinking? Does that impact your actions?

Blasphemy - uttering against God - inwardly or outwardly- words of hatred, reproach, or defiance; failing in respect toward in one's speech.

Sabbath

Text Ch 27, p.364-371. Also NCABible G-3.

Genesis 2: 2-3 God blessed the seventh day and made it holy.

Mark 2:23-28 (NT 76)

Sunday Obligation USCCA text p. 366-367.

COMMANDMENT THREE - Remember the Sabbath Day to keep it holy. (USCCA text Ch 27, p. 361)

1. Why is it a good idea to observe a weekly holy day? What is worship?
2. Why should we want to go to church vs. having to go to church? (See text 365)
3. What are some ideas for keeping this day special and an honor to God/Jesus/Holy Spirit; a time of renewal? See USCCA section G-3
4. Why is Christian community important?

COMMANDMENT FOUR - Honor your father and your mother. (USCCA text Ch 28, p. 373)

1. Describe good intergenerational (between the generations) interaction in a family. Consider respect and responsibility. What are the challenges? the blessings?
2. It is always a challenge to balance commitment to family, work, and community. How can communication with God and communication with members of a family work for the good of the family with regard to this balance?

COMMANDMENTS 6 & 9 You shall not commit adultery; you shall not covet your neighbor's wife. (USCCA Ch 30 & 33, p.404; 439)

The ninth commandment addresses practicing purity of heart, that includes modesty for men and women (text p. 441).

1. How are chastity and modesty related?
2. How does immodesty and impurity of heart lead us down a path of lies about personal value as well as dysfunctional relationships?
3. History is not without a time when sexuality has been degraded or

subject of misunderstanding of God's purpose. What spiritual means does the Church offer to strengthen marriages or rebuild troubled marriages?

COMMANDMENT 5 - You shall not kill. (USCCA Ch 29, p. 387)

Self defense (390), abortion (391), in vitro fertilization (392), stem cell research, cloning (392), euthanasia, suicide, physician-assisted suicide (393), end of life medical care (394), death penalty (394), war (395), terrorism (397), and scandal...(words or actions that lead another to believe that a sinful behavior is acceptable).

1. What are root causes of the culture of death? Consider the priorities of good life as promoted by society. Also consider how life is valued or not valued in various circumstances.
2. How can individuals and families promote respect for life and the value of life in the world today?

COMMANDMENTS 7 & 10 - You shall not steal. You shall not covet your neighbor's goods. (USCCA Ch 31 & 34, p. 419 & 449)

1. While it is necessary to acquire earthly goods for the care and well-being of our families, there are forces that motivate us to become overly attached to wealth. How does the society contribute to this? What role does envy play in this drive toward the love of money? ("Envy is the companion of greed" USCCA p. 450)
2. What habits help you have a healthy detachment from worldly goods? How would generosity counter the tendency to be attached to material things?

COMMANDMENT 8 - You shall not bear false witness against your neighbor. (USCCA Ch 32, p. 431)

1. What is the relationship between trust and truth?
2. How does truth set us free from sin and death? (John 8:31-34, 43-47; NT 157-158)

Romans 13:8-10 (NT 232)