The Ten Commandments

1. **You shall not have strange gods before me ( Ex 20:2)**
2. There is only ONE true God
3. You shall not practice *idolatry* – the worship of an image or another person
4. We can show how God is important in our lives by

* Evangelizing
* Prayer
* Reading the Bible
* Attending church
* Serving/loving others

1. **You shall not take the name of the Lord your God in vain (Ex20:7)**
2. You should treat the name of the Lord with honor reverence and respect
3. Blasphemy – a thought, word or act that shows ridicule, hatred or contempt for God
4. Perjury – swearing an oath using God as the witness and then lying
5. Cursing – calling upon God to do harm to someone
6. Blasphemy, perjury and cursing all break the Second Commandment by abusing God’s name.
7. **Keep holy the Sabbath day (Ex20:8)**
8. Sunday is the first day of the week
9. It is the day of Christ’s resurrection (the Lord’s Day)
10. It is a day of rest
11. We should attend Mass and participate in the Paschal Mystery (the suffering, death, Resurrection and Ascension of Jesus) and share in the Eucharist to receive the gift of Jesus himself to sustain us and help us live His love through the week to come.
12. **Honor your father and your mother (Ex 20:12)**
13. Jesus gave us the example of honoring our parents as He honored Mary and Joseph
14. Appreciate, respect and obey your parents (and any other older relatives or guardians)
15. Be supportive and helpful to older relatives in their old age
16. Remember God never asks us to be obedient if we are being asked to do something that is morally wrong
17. **You shall not kill (Ex20:13)**
18. All life is sacred because it was created by God
19. Abortion, euthanasia, murder, suicide, terrorism that targets innocent civilians are always wrong in the eyes of God
20. Other actions such as domestic abuse, capital punishment, war, environmental pollution and waste have a negative impact on the dignity of life
21. **You shall not commit adultery (Ex 20:14)**
22. Adultery is unfaithfulness to one’s husband or wife
23. Marriage binds one man and one woman in an unbreakable union of faith
24. We are called to practice Chastity – using our human sexuality in a responsible and faithful way. The Sixth Commandment requires us to grow in loving ourselves and respecting our bodies.
25. **You shall not steal (Ex20:15)**
26. This Commandment requires us to consider all forms of stealing not just physically taking an object from someone else.
27. The seventh Commandment focuses on JUSTICE – looking after creation, helping those who are oppressed, upholding human dignity, honoring intellectual property.
28. **You shall not bear false witness against your neighbor( Ex20:16)**
29. This commandment focuses on truth
30. Do not lie about others either in word or deed
31. Hurting someone’s reputation by lying, spreading rumors, boasting, breaking a confidence are all abuses of the Eighth Commandment.
32. **You shall not covet your neighbor’s wife (Ex 20:17)**
33. You must control temptation and lust for someone else other than your spouse
34. Practicing Modesty, Chastity and Temperance will help us to stay Pure of Heart – living in the love of God and Jesus and allowing the Holy Spirit to work in us.
35. **You shall not covet your neighbor’s house …nor anything else that belongs to him (Ex 20:17)**
36. This Commandment requires us to control our Greed and Envy
37. We need to become Poor in Spirit – God gives us everything we need.