

If you love me, you will keep my
commandments.

John 14:15

The 10 Commandments (Decalogue)

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

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

III) Remember to keep holy the LORD's Day.

IV) Honor your father and your mother.

V) You shall not kill.

VI) You shall not commit adultery.

VII) You shall not steal.

VIII) You shall not bear false witness against your neighbor.

IX) You shall not covet your neighbor's wife.

X) You shall not covet your neighbor's goods.

Where are the 10 Commandments found in the Bible?

The 10 Commandments are given in the Old Testament, twice.

Exodus 20:2-17 and Deuteronomy 5:6-21.

The wording is slightly different, but the meaning is the same.

Who wrote the Ten Commandments?

The original Ten Commandments were written with the “finger of God” on two stone tablets.

Moses destroyed them in his anger against the Israelites who had fallen into sin while he was up on Mount Sinai for 40 days receiving them.

The Lord rewrote the Ten Commandments on a second set of stone tablets to replace the first.

What do the Ten Commandments oblige us to do?

According to the Catechism of the Catholic Church, paragraph 2072:

“Since they express man’s fundamental duties towards God and towards his neighbor, the Ten Commandments reveal, in their primordial content, grave obligations. They are fundamentally immutable, and they oblige always and everywhere. No one can dispense from them. The Ten Commandments are engraved in the human heart.”

In other words, the Ten Commandments:

Are the original, most basic and fundamental of God's expectations for us.

Are serious commands of God. They are not suggestions or guidelines; they are commands.

They will never change.

They bind all people, always and everywhere, whether or not they are Catholic, whether or not they believe in God.

God "programs" all human beings with an inborn knowledge of the Ten Commandments, even though an individual might call them something different.

The First Three Commandments GOD

**1. I am the Lord your God: you shall not have
strange Gods before me.**

a. When we love other we put the other first in
all things. Love does not worship idols like
pleasure, wealth or power.

“I, the Lord, am your God...

You shall not have other gods besides me.”

(Exodus 20:2-3; Deuteronomy 5:6-7)

The First Commandment obliges us to acknowledge God’s existence and proper place in our lives. If God exists, remains only one, and has created everything good, then we who are God’s human creations should recognize his majesty, glory and transcendence and the obligation we have to worship and love he who brings us into existence and sustains the life given to us.

The First Commandment teaches us that God is not only our beginning but also our final and lasting goal, for God moves and stirs the deepest longings and aspirations in each of us. When we live according to the commandments, we return our love to God in a way that manifests the sincerity in our hearts. As our Lord said: “If you love me...obey the commands I give you” (John 14:15).

The First Commandment commands:

- 1) To offer to God alone the supreme worship that is due Him by acts of faith, hope and love (charity).
- 2) Faith obliges us to make efforts to find out what God has revealed, to believe firmly what God has revealed and to profess our faith openly whenever necessary.
- 3) Hope obliges us to trust firmly that God will give us eternal life and the means to obtain it.
- 4) Love (charity) obliges us to love God above all things because He is infinitely good, and to love our neighbor as ourselves for the love of God.

The First Commandment forbids:

1) Sins which detract from the honor and worship of God, such as:

Neglect of prayer. [Not talking to God on a daily basis.]

Superstitious practices: divination, consulting fortune-tellers, attaching undue importance to dreams and omens. [Seeking help from spirits that are not God.]

Tempting God by exposing oneself to danger of soul, life or health without grave cause. [Expecting or demanding a miracle from God.]

Sacrilege – Profane or superstitious use of blessed objects [Irreverent use of a crucifix, rosary or statue of Jesus, Mary or the Saints.]

Profanation of places or things consecrated to God. [Chewing gum, wearing inappropriate clothes, unnecessary talking or silliness in Church.]

Receiving the sacraments in a state of mortal sin.

2) Sins against Faith, such as:

Willful doubt of any article of Faith. [Rejecting belief in angels, rejecting parts of the Bible, existence of the Devil, etc.]

Reading or circulating books or writings against Catholic belief or practice.

Joining in schismatic or heretical worship [Taking part in worship that divides the Church or is based on false teachings, such as a service with a priest that is a woman.
Taking part in satanic worship.]

Denying one's religion. [Denying that you are Catholic in word or action.]

Neglecting means of religious instruction. [Not taking part in opportunities to learn more about the Catholic faith.]

3) Sins against Hope, such as:

Despair of God's mercy. [Think that God cannot forgive your sin.]

Lack of confidence in the power of His Grace to support us in trouble or temptation. [Saying that our troubles are more than we can handle, even with God's help. Making excuse for sin by saying that the temptation is too strong for us.]

Murmuring against God's providence. [Complaining about God's way of caring for us.]

Presuming on God's mercy, or on the supposed efficacy of certain pious practices in order to continue in sin. [Thinking that I can continue sinning if I give generously to the poor, for example.]

4) Sins against Love or Charity, such as:

Willfully rebellious thoughts against God. [“If God is good, how could he let this happen?” “I know what you want me to do, Lord, but I won’t do it (as in the story of Jonah.)]

Boasting of sin. [Bragging about stealing, cheating on income tax, hurting or humiliating someone.]

Violating God’s Law or omitting good works, through human respect. [Missing Mass on Sunday so as not to inconvenience others; not helping someone because this is not a “politically correct” person to help.]

The Second Commandment

*“You shall not take the name of the Lord,
your God, in vain.”*

(Exodus 20:7; Deuteronomy 5:11)

Without any sensitivity or respect, the name of the Lord is often spoken as an epithet, a curse or just a thoughtless expletive on television, in the movies and in so much of what is called the “entertainment industry” today.

Our attitude should be that of Mary when she said: “My being proclaims the greatness of the Lord, my spirit rejoices in God my savior... God who is mighty has done great things for me, holy is his name” (Luke 1:46-49).

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

a. When you love someone you don't use them as a tool, a means to another end. Love does not insult the name of the beloved, rather love sings the praises of the beloved and never insults the beloved.

The Second Commandment prescribes respect for the Lord's name.

Among all the words of Revelation there is one which is unique: the revealed name of God.

God confides his name to those who believe in him. The gift of a name belongs to the order of trust and intimacy. "The Lord's name is holy." For this reason, man must not abuse it. He must keep it in mind in silent, loving adoration. He will not introduce it into his own speech except to bless, praise and glorify it.

The Second Commandment is the only commandment that, in the original form in both the Exodus and Deuteronomy accounts, comes with a curse attached:

"... for Yahweh will not leave unpunished the man who utters his name to misuse it."
Dt 5:11

" ... for Yahweh will not leave unpunished the man who utters his name to misuse it."
Ex 20:7

The Second Commandment commands:

Us to always speak with reverence of God, of the saints, and of holy things, and to be truthful in taking oaths and faithful to them and to our vows.

The Second Commandment forbids:

All irreverence towards God's most holy name, such as:

Cursing [calling down evil on someone]

Profane swearing. [foul and vulgar talk; four-letter words]

Blasphemy [words of hatred, reproach or defiance against God; speaking ill of God, the Church, the Saints and sacred things; use of God's name to cover up criminal practices, reduce peoples to servitude, to torture persons or put them to death]

False, unlawful and unnecessary oaths. [calling on God to witness the truth of what we say]

Membership in societies condemned by the Church [Satanic cults, Freemasonry, etc.]

Breaking or deferring lawful vows [promises, marriage vows, vows taken by priests and those in the religious life, vows taken by public servants, etc.]

Irreverence at Mass, and in churches and holy places even when service is not going on.

The Third Commandment

“Remember to keep holy the Sabbath day.”

(Exodus 20:8-11; Deuteronomy 5:12-15)

There was a time when it was generally accepted that the Christian Sabbath was a unique and special day. It was to be a period of rest and prayer.

The *Catechism of the Catholic Church* reminds us that the family’s needs or important social service that should be given are legitimate excuses from the obligation of the Lord’s Day rest, but these responsibilities and duties must not be allowed to become so habitual that our religious practice, family life and even our health eventually suffer (cf. 2185).

3. Remember to keep holy the Lords day.

a. When you love someone you take time to be with them.

Love takes time from work to enjoy the company of the beloved. Love means sharing your life and that means sharing your time, because time is life. It is your lifetime! If you say you love someone and yet don't want to spend time with them, you lie! If you love God, you will pray, not just once a day but many times each day. You will want to be with and talk with your best friend if you love Him.

The Third Commandment commands:

Worship of God by assisting at Mass on Sundays, the Lord's Day, and on Holy Days.

“Jesus rose from the dead “on the first day of the week. ”Because it is the “first day,” the day of Christ’s Resurrection recalls the first creation. ... For Christians it has become the first of all days, the first of all feasts, the Lord’s Day – Sunday.”

The Old Testament Sabbath (Saturday) has been replaced by the Lord’s Day of the New Testament (Sunday). Sunday is “a day of grace and rest from work.” “The institution of the Lord’s Day helps everyone enjoy adequate rest and leisure to cultivate their familial, cultural, social, and religious lives.”

It is also a day “traditionally consecrated by Christian piety to good works and humble service of the sick, the infirm, and the elderly.”

The Third Commandment forbids:

Missing Mass through one's own fault on Sundays or Holy Days.

Doing unnecessary servile (physical) work on Sunday. [Servile work is allowed when the honor of God, our own need, or that of our neighbor requires it. Examples of servile work are cutting the grass, painting the house, changing the oil in the car, building a house and raking leaves.]

Making others do unnecessary servile work on Sunday.

Conducting unnecessary business [or shopping] on Sunday.

QUESTIONS ?