



# The Commandments

Session 10  
April 2, 2017

<http://tinyurl.com/h22vrwc>



## Two Greatest Commandments

You shall love the Lord your God with all your soul and all your mind.

You shall love your neighbor as yourself.

# Introduction

“Teacher, what must I do to gain eternal life?”

Matthew 19:16

“If you wish to enter into life, keep the commandments.” And “Come follow me.”

Matthew 19:17, 21 (P 129 Paragraph 434)

Peggy

## Sirach 15: 15-20

If you choose you can keep the commandments, they will save you;  
if you trust in God, you too shall live;  
he has set before you fire and water  
to whichever you choose, stretch forth your hand.  
Before man are life and death, good and evil,  
whichever he chooses shall be given him.  
Immense is the wisdom of the Lord;  
he is mighty in power, and all-seeing.  
The eyes of God are on those who fear him;  
he understands man's every deed.  
No one does he command to act unjustly,  
to none does he give license to sin.



### Peggy

Peggy's Lenten goal was to read the Sunday readings from the missalette and spend time reflecting. This reading speaks to how we have the choice to follow the Commandments. As Fr. Colter said last week, we were given free will, and that means it is up to us to choose to follow the Commandments. She was especially struck by the phrase, "to whichever you choose, stretch forth your hand."

# Ten Commandments

- “The Decalogue” or “10 Words”
- Old Testament
  - Given to Moses
  - Cornerstone of the Covenant
  - Spoken by God; written in God’s own hand
- Expression of God’s loving concern for us

Peggy

The Ten Commandments are also known as “The Decalogue” or “10 words”. 436

From the Old Testament (Exodus and Deuteronomy) we learn that the 10 commandments were given to Moses on Mt. Sinai at the time of the Exodus. These commandments served as the cornerstone of the covenant used to designate the unique agreement and special relationship between God and the people of Israel.

Unlike any other laws in the Old Testament, the ten commandments are presented as spoken directly by God to Israel and written in God’s own hand.

They are an expression of God’s loving concern for us and deal both with the needs of the community and individual morality. P 130 ; 437, 438

The first three commandments refer to the Love of God.

The next seven commandments deal with the Love of Neighbor.

# New Testament Learnings

- Jesus tells followers to go beyond the 10
- Sermon on the Mount
- Beatitudes

Pam

From the New Testament we learn that Jesus himself tells his followers to go beyond the ten commandments to fulfil the great commandment of Love as espoused on His Sermon on the Mount--The Beatitudes. Matthew(5:3 -11).

# Sermon on the Mount - Beatitudes Mt 5:3-12

**"Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

**Blessed are they who mourn, for they will be comforted.**

**Blessed are the meek, for they will inherit the land.**

**Blessed are they who hunger and thirst for righteousness, for they will be satisfied.**

**Blessed are the merciful, for they will be shown mercy.**

**Blessed are the clean of heart, for they will see God.**

**Blessed are the peacemakers, for they will be called children of God.**

**Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.**

**Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me. Rejoice and be glad, for your reward will be great in heaven."**

Pam

As Fr. Colter said in Session 8, to attain Beatitude is to draw closer to God and experience the happiness that God intended for us to have. Eternal happiness is the enjoyment of the presence of God.

# First Commandment

I am the Lord, your God. You Shall Not Have Other God's Before Me. (Paragraph 442)

- Guard values
  - Faith
  - Hope
  - Charity



Peggy

First Commandment:

I am the Lord Your God, You Shall Not Have Other Gods Before Me.

442 You must guard and activate three theological virtues: Faith which believes in God and opposes all that is opposed to it; Hope which trustingly awaits the vision of God and His help; and Charity which loves God above all things.

## First Commandment

- What other gods compete for our love and attention? Money? Sports? Popularity? Work/Career? Self?
- Am I influenced by culturally popular preoccupations such as horoscopes, superstitions, and astrology?

# Second Commandment

You Shall Not Take the Name of the Lord, Your God, in Vain. (Paragraph 447)

- Show respect: bless, praise, glorify
- Do not use to justify a wrong



Peggy

Second Commandment

You Shall Not Take The Name of The Lord Your God In Vain.

447 One shows respect for God's name by blessing it, praising it and glorifying it. Do not use the name of God to justify a crime or in blasphemy--a grave or serious sin. Do not use His name to make a false oath or for perjury.

## Second Commandment

Do I use God's name carelessly?

Do I use God's name in anger?

Peggy

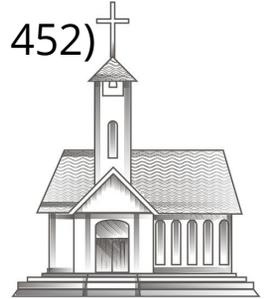
Do I use God's name carelessly? Do I use God's name in anger?

# Third Commandment

Remember to Keep Holy the Sabbath.

(Paragraph 452)

- Sunday
  - Christian Sabbath
  - Day Jesus rose from the dead
  - Fulfilled spiritual truth of Passover



Peggy

Remember to Keep Holy the Sabbath

452 Christians consider Sunday to be the Sabbath day because Sunday is the day Jesus Christ rose from the dead. It is *the day of the Lord* in which with His Passover He fulfilled the spiritual truth of the Jewish Passover and proclaimed man's eternal rest in God. (Eternal Salvation)

## Third Commandment

Do I take the opportunity to attend Mass?

To take time for meditation, prayer, and good works?

To take time for rest, family, and friends?

Peggy

Do I take the opportunity to attend Mass? To take time for meditation, prayer, good works? To take time for rest, family, friends?

## Reflection Time

First three deal with the love and reverence of God.

What are the POSITIVE values underlying these three commandments?

Peggy

# Fourth Commandment



Honor Your Father and Mother.

(Paragraph 455, 459, 463)

- Respect and honor parents/caregivers
- Show gratitude and be obedient
- Contribute to happy, harmonious family life
- Support - moral and material as needed

Pam

Fourth Commandment

Honor Your Father and Mother

455 This requires us to honor and respect our parents and those who act a caregiver

459 Children should respect their parents, show gratitude and be obedient to their parents. They should contribute through their respectful attitudes to a happy and harmonious family life.

Adult children should give their parents support, both material and moral, as needed, in situations of need, distress, sickness and old age.

## Fourth Commandment

Am I respectful to my parents by my actions, words, and deeds?

Do I model respectful behavior to others such as teachers, co-workers, persons in authority, and those I disagree with?

Pam

Am I respectful to my parents by my actions, words and deeds? Do I model respectful behavior to others such as teachers, co-workers, persons in authority and those who I disagree with?

## Fourth Commandment

Do I regard those in authority with respect for the right functioning of society, including payment of taxes, the right and duty to vote, and the right to exercise constructive criticism?

Pam

463 Do I regard those in authority with respect for the right functioning of society, including payment of taxes, the right and duty to vote, and the right to exercise constructive criticism.

# Fifth Commandment

You Shall Not Kill.

(Paragraph 466, 470, 480)

- Respect sacred life
- Creation of God
- Forbids: murder, abortion, euthanasia, suicide



Pam

The Fifth Commandment

You Shall Not Kill

This commandment requires us to respect life because it is sacred.

466 From its beginning human life involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. It is gravely contrary to the dignity of the person and the holiness of the Creator for anyone to directly destroy the life of another person.

From Isaiah - God carved me in the palm of his hand. Can a woman forget her nursing child And have no compassion on the son of her womb? Even these may forget, but I will not forget you. <sup>16</sup>"Behold, I have inscribed you on the palms of My hands;

470 This commandment forbids as gravely contrary to the moral law direct and intentional murder, direct abortion or cooperation in it, direct euthanasia by direct action or by an act of omission; and suicide although one who is psychologically disturbed or experiencing grave fear may have diminished responsibility.

## Fifth Commandment

Do I respect life from the moment of conception to the moment of natural death?

Do I keep my patience or am I quick to lose my temper?

Do I hold grudges or wish others harm?

Pam

Do I respect life from the moment of conception to the moment of natural death?

480 The Lord proclaimed “blessed are the peacemakers (Matthew 5:9) Jesus calls for peace of heart and denounces the immorality of anger which is a desire for revenge for evil suffered.

Do I keep my patience or am I quick to lose my temper? Do I hold grudges or wish others harm?

## Reflection Time

### Fourth and Fifth Commandments

What are the POSITIVE values underlying these two commandments?

Pam

# Sixth Commandment

You shall not commit adultery.

(Paragraph 491, 492, 493)

- Called to live chastely
  - Consecrated celibacy or virginity
  - Conjugal chastity
  - Chastity as single person
- Sins against: adultery, rape, pornography, prostitution, homosexual acts



Peggy

The Sixth Commandment

You Shall Not Commit Adultery

493 Although the biblical text of the Decalogue reads “you shall not commit adultery” the Church comprehensively follows the moral teachings of the Old and New Testaments and considers the 6th commandment as encompassing all sins against chastity.

491 In what way is everyone called to live chastity?

All baptized are called to live chastely in keeping with their particular states of life. Some profess consecrated celibacy or virginity which enables them to give themselves to God alone. Others, if married live on conjugal chastity, or if unmarried practice chastity.

492 Sins against chastity include such acts as adultery, rape, pornography, prostitution and homosexual acts.

# Sixth Commandment

You Shall Not Commit Adultery.

(Paragraph 500)

- Children
  - Gift from God
  - Not a right
- Procreation reserved for spouses

Peggy

500 A child is a gift from God. There is no such thing as a right to have children (e.g. a child at any cost) therefore artificial insemination and artificial fertilization are considered immoral as they dissociate procreation from the act with which the spouses give themselves to each other but instead introduce the domination of technology.

## Sixth Commandment

In what way is everyone call to live chastity?

How do I show respect for my body? For the bodies of others?

Peggy

491 In what way is everyone called to live chastity?

How do I show respect for my body? For the bodies of others?

# The Seventh Commandment

You Shall Not Steal. (Paragraph 503)



- Social doctrine
  - Social and political life
  - Right and duty of human labor
  - Justice and solidarity among nations
  - Love and compassion for poor

Peggy

The Seventh Commandment

You Shall Not Steal

503 This commandment **is the basis for the social doctrine** of the Church which involves the correct way of acting in economic, social and political life, the right and duty of human labor, justice and solidarity among nations, and love and compassion for the poor.

# The Seventh Commandment

You shall not steal. (Paragraph 506)

- Respect for goods of others
- Practice of justice and charity
- Respect for promises and contracts
- Reparation for injustices
- Restitution of stolen goods

Peggy

The Seventh Commandment

You Shall Not Steal

506 This commandment requires respect for the goods of others through the practice of justice and charity, respect for promises made and contracts agreed to, reparation for injustices committed and restitution of stolen goods. Also it calls for us to be good stewards of the natural resources of this universe.

# The Seventh Commandment

- Good stewards of natural resources
- Forbids: (Paragraph 507)
  - Theft
  - Paying unjust wages
  - Forgery, tax evasion
  - Work deliberately done poorly/waste
- Love for poor

Peggy

The Seventh Commandment

You Shall Not Steal

Also it calls for us to be good stewards of the natural resources of this universe.

507 The 7th commandment forbids theft, paying unjust wages, and such things as forgery, tax evasion, work deliberately done poorly and waste.

520 Love for the poor is inspired by the example of Jesus and by His words in the Beatitudes, "Whatever you have done to the least of my brethren, you have done to me" (Matthew 25:40)

# The Seventh Commandment

Do I use money wisely?

Do I put in a full day at work?

Do I do what I agree to do?

Peggy

Do I use money responsibly? Do I put in a full day at work? Do I do what I agree to do?

# The Eighth Commandment

You shall not bear false witness against your neighbor. (Paragraph 521)

- Called to sincerity/truthfulness
- Duty to seek truth
- Called to bear witness to truth



Pam

The Eighth Commandment

You Shall Not Bear False Witness Against Your Neighbor

521 Every person is called to sincerity and truthfulness in both actions and in speaking. We all have a duty to seek truth, adhere to it and to incorporate truth into our daily lives. We are called to bear witness to the truth of the Gospel, both privately and publicly.

# The Eighth Commandment

(Paragraph 523)

- Forbids
  - Lying, perjury, and false witness
  - Anything that diminishes good reputation/honor
  - Doing things to gain popularity or win favor

Pam

523 What is forbidden by the eighth commandment?

Lying, perjury and false witness are forbidden. The seriousness of the offense is measured by the intentions of the one who lies and the harm suffered by its victims. This includes doing anything which can diminish or destroy the good reputation and honor to which every person has a right. Flattery, adulation or a willingness to comply with the wishes of others in an effort to please others--'to go along to get along' to gain popularity or win favor is wrong.

# The Eighth Commandment

(Paragraph 524)

- Required
  - Respect for truth
  - Consider common good, protection of privacy, and respect for professional confidences

Pam

524 What is required by the eighth commandment?

Respect for truth- accompanied by the discretion of charity when communicating and sharing information. We must consider the the common good, protection of privacy and respect for professional confidences given under the seal of secrecy.

# The Eighth Commandment

(Paragraph 525)

- Required - Social communication
  - Media - serve common good
  - Content true and complete
  - Communication - honest, fair, and respect moral laws

Pam

525 What about social communication? Information provided by the media must be at the service of the common good. Its content must be true and complete. It should be communicated honestly, fairly and properly with respect for moral laws and the dignity of the person.

# The Eighth Commandment

Am I honest in my relationships, in my portrayal of people?

Do I exaggerate for effect? Do I gossip?

Do I correct misinformation about people when I hear it?

Have I hurt anyone with lies or omissions of truth?

How do I use social media?

Pam

Am I honest in my relationships, in my portrayal of people? Do I exaggerate for effect? Do I gossip? Do I correct misinformation about people when I hear it? Have I hurt anyone with lies or omissions of truth? How do I use social media?

# The Ninth Commandment

You shall not covet your neighbor's wife.

(Paragraph 527)

- Aligned with Sixth Commandment
- Overcome/avoid thoughts/desires of lust
- Called to purity of heart/intention and self-discipline
- Promote social purification

Pam

The Ninth Commandment

You Shall Not Covet Your Neighbor's Wife

527 What is required by the ninth commandment?

This commandment requires that one overcomes **thoughts and desires** of lust toward others. It is closely aligned to the sixth commandment against committing adultery specifically by requiring that thoughts and desires that may lead to adultery are to be avoided. We are called to purity of heart and intention as well as self-discipline. We should promote an atmosphere social purification by guarding against the climate of moral permissiveness which in today's world is often viewed as personal freedom.

## The Ninth Commandment

Do I pray for God's guidance in becoming a better spouse?

Do I find ways to give in my relationships to make them better? Or am I more concerned with what I get from my relationships?

Have I been jealous?

Pam

Do I pray for God's guidance in becoming a better spouse? Do I find ways to give in my relationships to make them better? Or I am more concerned with what I get from my relationships? Have I been jealous?

# The Tenth Commandment

You Shall Not Covet Your Neighbor's Goods.

(Paragraph 531)



- Completes Ninth
- Requires attitude of Respect for others' property
- Speaks against immoderate desire of goods for oneself

Pam

The Tenth Commandment

You Shall Not Covet Your Neighbor's Goods

What is required by the tenth commandment?

531 This commandment completes the previous one requiring an **attitude of respect** for the property of others and speaks **against the immoderate desire of goods for oneself**. Again we go back to the Beatitude of 'blessed are the poor in spirit' Jesus taught us in the Sermon on the Mount. This spirit of poverty and self-abandonment to divine providence will free us from anxiety about the future and prepare us for the kingdom of heaven.

# The Tenth Commandment

(Paragraph 533)

- Greatest desire of human person is to see God.
- “Whoever sees God has obtained all the goods of which he can conceive.”

St. Gregory of Nyssa

Pam

533 The greatest desire of the human person is to see God. We realize our true and full happiness in the vision and beatitude of the One who created us out of love and draws us to himself with infinite love.

“Whoever sees God has obtained all the goods of which he can conceive.”

St. Gregory of Nyssa

## The Tenth Commandment

Do I desire heaven on earth? Or eternity with God in heaven?

Have I helped others in need?

Am I envious of others' goods and feel saddened with others' success or material goods?

Pam

Do I desire heaven on earth? Or eternity with God in heaven? Have I helped others in need? Am I envious of others' goods and feel saddened with others' success or material goods?

## Closing Thought

“Teacher, what good must I do to gain eternal life?” (Matthew 19:16)

Jesus answered, “If you wish to enter into life, keep the commandments.” And then he added, “Come follow me.”

(Matthew 19:17, 21)

## Discussion

Which commandment(s) do you think is the most important and why?

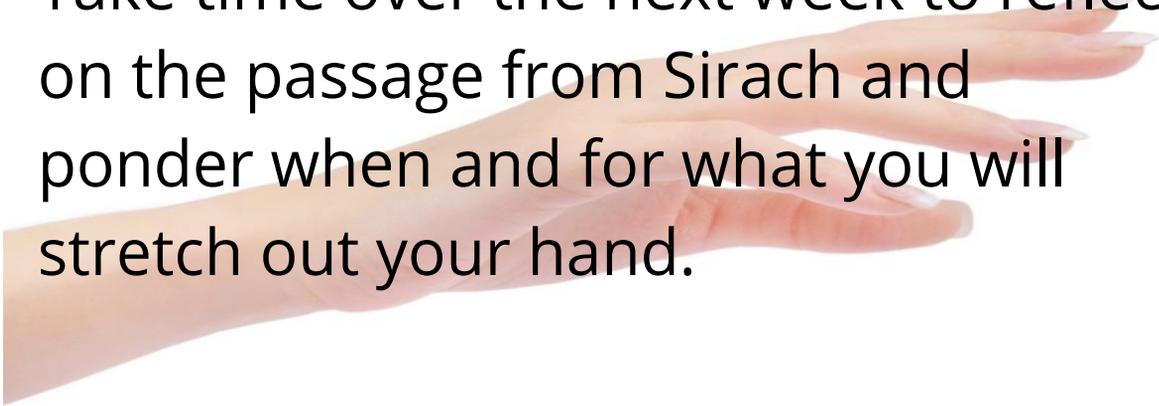
## 10 Commandments - Action

Use the Examination of Conscience to help identify areas of strength for you and areas for future growth.

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## Take Away

Take time over the next week to reflect on the passage from Sirach and ponder when and for what you will stretch out your hand.

A close-up photograph of a human hand, palm facing down, with fingers slightly spread and reaching towards the right. The hand is positioned behind the text, creating a layered effect. The skin tone is light, and the lighting is soft, highlighting the texture of the skin and the length of the fingers.