

The Ten Commandments

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.”**
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.”**

The Ten Commandments: God’s Instructions on How to Best Live Life

(Handout 2)

. What are the Ten Commandments?

The US Catechism for Adults gives us a simple answer: **“Laws guiding human actions given to Moses by God on Mt. Sinai.”**

. What is the story of the Ten Commandments?

God's giving of the Ten Commandments was part of a larger story, that of God saving His Chosen People from slavery and bringing them into the Promised Land. This story began long before the momentous miracles in Egypt and the parting of the Red Sea. The story began at the beginning. In the beginning, when God created the heavens and the earth, He planted a garden in Eden and created the first man and woman there. **Genesis 2:7-25** tells us how it came about. Though God gave them an earthly paradise with all of their needs met within it, the first man and woman wanted to decide for themselves what was right and wrong rather than listening to what God had to say about it.

. How does original sin figure into the story of the Ten Commandments?

The first man and the first woman disobeyed God (Genesis 3:1-7) by eating of the Tree of the Knowledge of Good and Evil. As a consequence of their sin, called **original sin**, God banished them from Eden, telling them that they would henceforth have to work for their sustenance. Though they had sinned against Him, God still loved the first man and woman. Genesis tells us that He settled them "east of the Garden of Eden" to begin their new life. Original sin involved the first man and woman wanting to be God and to decide for themselves what was right and wrong rather than listening to God's voice.

We have all inherited the tendency to be like Adam and Eve and want to decide for ourselves what is right and wrong rather than listen to what God has to say. This is a consequence of original sin. When God gave the Ten Commandments to us, He was responding to this tendency by giving us clarity about matters of morality and reasserting His authority over us, telling us to listen to Him again.

. Where can we find an account of God giving the Ten Commandments to Moses in the Bible?

We can find this account in **Exodus, Chapters 19-20.**

. What does God's giving of the Ten Commandments have to do with a covenant?

It has everything to do with it. We find an account of this covenant being ratified in **Exodus 24:1-11**. A **covenant** is defined by *The US Catholic Catechism for Adults* as "a solemn agreement made between people or between God and a person or persons." God promised His faithful love to the people forever and they promised to obey God and love Him in return by following the Commandments. Studying history and the Bible we learn, however, that the people often did not live up to their part of the covenant agreement with God. Yet, God did not break His covenant with the people but remained faithful to them through the ages.

. How do we show God our love by living a moral life?

Jesus teaches us, in **John 14:15**, that "if you love me, you will keep my Commandments." **He shows us that love is a decision**. We show our love for God each time we make the decision to reject temptation and choose to live according to God's moral instructions.

. What is another name for the Ten Commandments?

The Decalogue.

. Did Jesus' teachings in the Gospels supersede the Ten Commandments and make them obsolete?

No. Jesus makes this clear in **Matthew 5:17**. Here, Jesus tells the crowds "Do not think I have come to abolish the Law or the Prophets. I have come not to abolish but to fulfill. Amen, I say to you, until Heaven and earth pass away, not the smallest letter or the smallest part of a letter will pass from the Law..." Jesus' teachings on love and forgiveness reinforce the Ten Commandments and their moral message.

The Ten Commandments: God's Instructions on How to Best Live Life

(Handout 3)

. What is sin?

The *US Catholic Catechism for Adults* tells us that **sin** is “**An offense against God as well as against reason, truth and right conscience; it is a failure in genuine love for God and neighbor caused by a (negative) attachment to certain goods.**”

. What are the two types of sin?

(Quotes taken from *The US Catholic Catechism for Adults*.)

Venial sin and mortal sin. **Venial sin** is “**an offense against God in a less serious matter.**” **Venial sin weakens our friendship with God and “impedes our progress in the practice of virtue and the moral good.”** **Mortal sin** “**is when we consciously and freely choose to do something grave against the divine law...**” **Mortal sin “destroys (our) loving relationship with God that we need for eternal happiness.”** **If we do not repent of mortal sin this sin “results in a loss of love and God’s grace and merits eternal punishment in Hell.”** **Mortal sin can only be forgiven through confession and absolution.**

. What are the **three conditions** which must be met for mortal sin to take place?

1. **It must involve grave matter** (i.e. the breaking of the Commandments)
2. **It must involve full knowledge** (i.e. we know what we are doing is wrong)
3. **It must involve deliberate consent of the will** (i.e. we must be fully free to choose the sin)

. **What is the First Commandment?**

“I am the Lord your God: you shall not have strange gods before me.”

. Why should we adore the true God alone?

The US Catholic Catechism for Adults tells us that “We adore God because He is God and deserving of our adoration. Human life finds its unity in the adoration of the one God”.

- . What are some sins against the First Commandment?
 - a. **Idolatry**- *The Catechism of The Catholic Church* tells us this is “The divinization of a creature in place of God; the substitution of someone or something for God; worshipping a creature (even money, pleasure or power) instead of the Creator.”
 - b. **Atheism**- The belief that there is no God. We contribute to atheism when we fail in our “religious, moral or social life.”
 - c. **Agnosticism**-The belief that God may exist but nothing can be known about God. Some agnostics claim there is no way to know whether God truly exists.
 - d. **Occult practice**- The word ‘occult’ comes from the Latin word *occultus* which means to ‘cover over or hide.’ *The Catechism of The Catholic Church* tells us that occult practice includes “recourse to Satan or demons”, séances, consulting horoscopes, astrology, palm reading, use of mediums, clairvoyance, fortunetelling, “magic or sorcery” and the use of charms. Other occult practices include reiki, the use of Ouija boards and the practice of Wicca or witchcraft.
 - e. **Superstition**- “The attribution of a kind of magical power to certain practices or objects, like charms or omens.” The sin of superstition is that one places his or her trust in magical power rather than in God Himself.

. What are some Scripture passages that give us instruction about the First Commandment?

Leviticus 19:31: “Do not go to mediums or consult fortunetellers, for you will be defiled by them. I the Lord am your God.”

Leviticus 19:26: “Do not practice divination or soothsaying.”

Acts 16:16-24- The story of St. Paul's encounter with the slave girl of Philippi which teaches us about the connection of fortunetelling with evil.

The Ten Commandments: God's Instructions on How to Best Live Life

(Handout 4)

. What is the Second Commandment?

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

. What does the Second Commandment ask of us?

The Catechism of the Catholic Church teaches us that it asks us to "respect the Lord's Name."

. What are some sins against the Second Commandment?

- a. **Abusing the Lord's Name**-This involves swearing or "every improper use of the names of God, Jesus Christ, the Virgin Mary or the saints".
- b. **Promises to Others in God's Name that Aren't Upheld**- Our assurance to keep these promises "must be respected in justice." To be unfaithful to these promises "is to misuse God's Name and in some way to make God out to be a liar."
- c. **Blasphemy**- "Uttering against God words of hatred, reproach, defiance" or "speaking ill of God."
- d. **False Oaths**- "Taking an oath or swearing is to take God as witness to what one affirms. It is to invoke the divine truthfulness as a pledge of one's own truthfulness."
- e. **Perjury**- Making a promise under oath "with no intention of keeping it."

. What is an important issue related to the Second Commandment?

Choosing a name for a baby about to be baptized which reflects the Christian faith. The *Catechism* explains “Parents, sponsors and the pastor are to see that a name is not given which is foreign to Christian sentiment.” When we choose a saint’s name for a child about to be baptized we give the child a model of faith and virtue to follow, in the person of the saint chosen, and are assured of the intercession of that saint for the child through his or her life.

. What are some Scripture passages that give us instruction about the Second Commandment?

James 2:7: “Is it not they who blaspheme the noble name that was invoked over you?”

Matthew 5:33-34: “Again you have heard that it was said to your ancestors, ‘Do not take a false oath, but make good to the Lord all that you vow’. But I say to you, do not swear at all...”

Exodus 20:7: “You shall not take the name of the Lord your God in vain.”

The Ten Commandments: God’s Instructions on How to Best Live Life

(Handout 5)

. What is the Third Commandment?

“Remember to keep holy the Lord’s Day.”

. What is the Sabbath?

The Catechism of the Catholic Church tells us that the Sabbath is “the seventh day, on which God rested after the work of the six days of creation was completed”.

. Why must human beings keep Sabbath observance?

The *Catechism* goes on to explain that “Creation is thus ordered to the Sabbath, the day to be kept holy to the praise and worship of God.”

. Why do Christians keep Sunday as the Sabbath Day?

The Jewish tradition observes Saturday as the Sabbath but Christians observe Sunday as the Sabbath. The *Catechism* explains that this is because Sunday is “the day of the week on which Jesus rose from the dead.” The Church thus celebrates it as “the holy day...the day which the ‘new creation’ began”. The Christian observance of Sunday fulfills the Third Commandment to “remember and keep holy the Sabbath day.”

. What does it mean to keep the Third Commandment?

The US Catholic Catechism for Adults explains that this means that **we are morally obligated by God to “make Sunday holy by participation in the Eucharist and by our being prayerfully reflective as far as possible.”**

. Is it a sin to miss Mass on Sunday?

Yes. Skipping Mass on Sunday is a breaking of the Third Commandment and a mortal sin.

. What would be a genuine reason for missing Mass?

Serious illness, disability, or the complications associated with old age. **We are morally obligated by God to come to Mass each Sunday.**

. If someone cannot come to Mass due to these reasons, what should they do?

Contact the parish to which they belong and arrange for Holy Communion to be brought to them at home by a priest, deacon or Extraordinary Minister of the Eucharist.

. What does Sunday signify?

The US Catholic Catechism explains that Sunday signifies eternity. It explains that “Sunday fulfills and completes the Sabbath because it anticipates our eternal rest with God.”

. What is the “heart of Sunday”, according to the *Catechism*?

It is the celebration of the Holy Eucharist.

. Is weekly attendance at Mass one of the Precepts of The Church?

Yes. *The US Catholic Catechism* explains that “The faithful are obliged to attend Mass unless there is a **grave impediment**...The faithful should view attending Mass as a “need arising from the depths of Christian life. It is crucially important that all the faithful should be convinced that they cannot live their faith or share fully in the life of the Christian community unless they take part regularly in the Sunday Eucharistic assembly.”

. Why should attending Mass be seen as a need by the faithful?

Because at Mass they receive Jesus Christ truly present in the Holy Eucharist, Body, Blood, Soul and Divinity. Coming to Mass and receiving the Eucharist is a personal encounter with Christ which deepens one’s friendship with God through sacramental grace.

. What is another important aspect of Sabbath rest?

The Sabbath is an occasion for “rest and relaxation.” *The US Catholic Catechism* explains that it is a time for gathering with family and setting aside time for leisure. On Sunday we should refrain from unnecessary work and avoid making undue demands on others.

. How are holy days of obligation related to the Third Commandment?

The moral obligation to attend Mass on Sunday is extended to Holy Days of Obligation throughout the year. Skipping Holy Days of Obligation without a “grave impediment” is also a sin.

. How does our observance of the Sabbath keep our life in right perspective?

The US Catholic Catechism explains that “It helps us stand back from material concerns and reflect on spiritual values. Taking a breather from the pressures of the workplace, we are freed to open our souls to matters that have eternal significance. Sunday rest allows us to look again at the wonders of nature and experience the harmony and peace placed there by God.”

. What about sports on Sundays?

The US Catholic Catechism tells us “Athletic events for young people have sometimes interfered with the Sunday Mass observance of Catholic youth. Until recently, Sunday morning was a sacred time in most communities and neighborhoods, set aside for church attendance. Before this is abandoned on behalf of sports activities or other unexpected intrusions, **it is hoped that Catholic pastors and other Christian leaders, with the support of their congregations, may prevail on sponsors of athletic events to adapt their programs to the religious needs of youth.**”

. What are some Scripture passages related to the Third Commandment?

Exodus 31:14: “Therefore, you must keep the Sabbath as something sacred”.

Isaiah 58:13-14: “If you call the Sabbath a delight, and the Lord’s holy day honorable; If you honor it by not following your ways, seeking your own interests, or speaking with malice, then you shall delight in the Lord.”

The Ten Commandments: God’s Instructions on How to Best Live Life

(Handout 6)

. What is the Fourth Commandment?

“Honor your father and your mother.”

. Why is the Fourth Commandment important?

The Catechism of The Catholic Church tells us that “God has willed that, after Him, we should honor our parents to whom we owe life and who have handed on to us the knowledge of God”.

. What does the Fourth Commandment have to do with authority?

“We are obliged to honor and respect all those whom God, for our good, has vested us with His authority”

. How should we understand the way to live out this Commandment?

The Catechism states that “The Fourth Commandment...is expressed...(through) duties to be fulfilled.” In other words, God tells us that we owe our parents, and others with authority in our lives, our respect, care and love.

. Does the Fourth Commandment just involve a child’s relationship with his or her mother and father?

No. The application of the Fourth Commandment involves the duties of parents towards their children, teachers towards their students, those who govern towards their constituents and vice versa.

. What are the benefits of observing the Fourth Commandment?

The Catechism tells us that these are “the fruits of peace and prosperity” as well as spiritual development.

. How does the Fourth Commandment relate to family?

The Church defines family as “a man and woman united in marriage , together with their children.” **The Church universal sees each family as “a domestic church”** where children are first introduced to faith, are taught to pray, experience the love that reveals God’s presence and are shown by example how to live morally and in charity. **The family is a communion of persons and in this way is a sign of the Holy Trinity. Failure to keep the Fourth Commandment is destructive to family life and brings disorder into the wider society.**

. What is an important lesson that children should learn when being raised in a Christian family?

The Catechism tells us that “The family should live in such a way that its members learn to care and take responsibility for the young, the old, the sick, the handicapped and the poor.”

. What are some sins against the Fourth Commandment?

- a. Disrespect shown towards parents and others in authority
- b. Disrespect shown to siblings or other family members
- c. Disobedience shown towards parents and others in authority
- d. Neglect of children by their parents and neglect of elderly or sick parents by their adult children
- e. Lack of respect and abuse shown by parents towards their children
- f. Failure of parents to educate children in the ways of faith
- g. Failure to carry out duties towards the government or civil authorities
- h. Failure of government to protect citizens and to provide for them appropriate quality of life

. What are some Scripture passages related to the Fourth Commandment?

Exodus 20:12 “Honor your father and mother, that your days may be long in the land which the Lord your God gives you.”

Luke 2:51 “He (Jesus) was obedient to them (Joseph and Mary).”

The Ten Commandments: God’s Instructions on How to Best Live Life

(Handout 7)

. **What is the Fifth Commandment?**

“You shall not kill.”

. What does the Fifth Commandment teach?

The Catechism of The Catholic Church teaches us that **“Human life is sacred because from its beginning it involves the creative action of God, and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being.”**

. Is self-defense or the defense of others against unjust aggression a violation of the Fifth Commandment?

No. *The Catechism* tells us that “The act of self-defense can have a double effect: the preservation of one’s own life; and the killing of the aggressor. One is intended, the other is not.” Also, it states that “legitimate defense can not only be a right but a grave duty for one who is responsible for the lives of others. The defense of the common good requires that an unjust aggressor be rendered unable to cause harm.”

. What are sins against the Fifth Commandment?

- a. Murder- The direct and intentional killing of another
- b. Abortion-The intentional killing of an unborn child
- c. Euthanasia- Intentionally putting an end to the lives of handicapped, sick or dying persons in order to eliminate suffering
- d. Physician-Assisted Suicide
- e. Suicide
- f. Scandal-An attitude or behavior which leads another to do evil
- g. Calumny- Lying so as to destroy another’s reputation. This kind of lying leads to serious injury to another’s life, in effect “killing” the person through words
- h. Drug or Alcohol Use- *The Catechism* tells us that “The use of drugs, except on strictly therapeutic grounds, is a grave offense” against God because this seriously harms the body, threatens human life and negatively affects the lives of others and the life of society

- i. Scientific research on human beings which takes place without the informed consent of those persons and exposes them to disproportionate or avoidable risks to their health and well-being
- j. Disrespect shown to the bodies of the dead
- k. Hatred and revenge
- l. Unjust war or violence

. What does the Church ask of its faithful and all citizens in regards to war?

“Because of the evils and injustices that accompany all war, the Church insistently urges everyone to prayer and to action...” so that war is avoided...All citizens and all government are obliged to work for the avoidance of war.” Yet, when an unjust aggressor wrongfully threatens a nation, and all other means of diplomacy have been exhausted, the Church teaches that its citizens have a moral obligation to defend themselves against that unjust aggressor.

. What are some Scripture passages related to the Fifth Commandment?

Exodus 20:13 “You shall not kill.”

Matthew 5:21-22 “You have heard that it was said to the men of old ‘You shall not kill: and whoever kills shall be liable to judgment.’ But I say to you that every one who is angry with his brother shall be liable to judgment.”

The Ten Commandments: God’s Instructions on How to Best Live life

(Handout 8)

. What is the Sixth Commandment?

“You shall not commit adultery.”

. Why do we need to pay special attention to the Sixth Commandment today?

The spirit of the times is self-seeking, irreligious and consumeristic. Our society does not encourage us to respect the dignity of others. Rather, it encourages us to see others as a means to selfish fulfillment. These tendencies affect all areas of our lives, especially the realm of human sexuality.

. What guides the Church's teachings on the Sixth Commandment?

Scripture and the teaching authority of the Church which comes down from the apostles. A careful examination of these sources shows us that there is a full plan of God for human life. This plan includes marriage and vocation.

. How does Scripture reveal God's plan for human life?

In the Book of Genesis we learn that God created the universe, the world, plants, animals and, finally, man and woman. **God created man and woman for each other, to companion one another through life and to complement one another. From the beginning, God willed that marriage would be part of His saving plan for human beings.** In Genesis 2: 25 we learn that Adam and Eve were the first two married persons in the history of the world.

. How did sin's entry into the world corrupt God's beautiful dream for human life?

God's plan for human beings and human sexuality is very much like a dream parents have when a new baby is born. **They want the very best for that baby, desiring it to have a good life and wanting to protect it from harm.** In the beginning, God's plan for human beings was perfect.

God the Father is defender of all that is good and protector of the weak, vulnerable and innocent. **In God's plan, a man and woman would give themselves to each other freely in love, united in the marriage covenant.** The fruit of their loving union would be children, generated and cherished by loving parents committed and devoted to each other . **These same parents would care for their children and teach them to love God and others. In return, children would love and respect their parents.**

Yet, when sin entered the world through the Fall of Man, human nature became itself fallen. **The legacy of original sin creates in us a tendency to act selfishly instead of loving God and others.**

. What is the sin of adultery?

The sin of adultery is the greatest way that God's plan for human life is destroyed. The act of adultery is a lie with words, with one's body and with the consent of one's will against a freely made marriage covenant.

.What are some sins against the Sixth Commandment?

(See separate folded handout . This handout includes a listing of these sins with references to *The Catechism of The Catholic Church*.)

. What are the results of the sin of adultery?

The great wounds caused by this sin are never private and their effects are clearly seen in many hurting and broken families present in the world today. **The sin of adultery is Satan's best weapon to destroy family unity, security and happiness.** Even when adultery occurs between unmarried persons, the emotional pain that comes from this failed relationship scars those persons and those associated with them in a long-term way.

. What can we do to help God's plan for human life succeed?

As members of St. Ann's Parish, we have a sacred responsibility to encourage sacramental marriage in our families and community. We must pledge ourselves to pray for young people that they come to see the value of both faith and the Church's sacraments. We also must pray for all married couples that they remain committed and faithful to one another and to the family responsibilities their vocation has given them. Personally, we help God's plan to succeed when, each day, we are faithful to the vocation God has chosen for us.

. Why should couples not married in the Church get their marriage convalidated?

The Church, in her wisdom, requires that couples desiring to be married spend a full year in preparation for the sacrament. This is because it takes time for couples to truly come to know one another. During this preparation, the couples are asked to discuss, discern and explore topics that are challenging in marriage such as the role of faith in a married relationship, family of origin concerns, psychological and emotional character, planning of financial life, etc. **The Church requires such preparation because it wants marriages to be successful and lasting.** Ultimately, marriage requires fidelity, honesty, sacrifice, and faith. **Most importantly, receiving the Sacrament of Matrimony gives the couple needed graces which are not available through ordinary means.**

What are some Scripture passages related to the Sixth Commandment?

Exodus 20:14 “You shall not commit adultery.”

Matthew 5:27-38

Genesis 1:28 “God blessed them, saying “Be fertile and multiply; fill the earth and subdue it.”

Matthew 19:6 “So they are no longer two, but one flesh. Therefore what God has joined together, no human being must separate.”

. What are some sins against the Sixth Commandment?

(If you do not have a *Catechism*, you can look up these references online by going to www.usccb.org search:catechism)

- a. Lust (CCC #2531)
- b. Self-Abuse (Masturbation) (CCC#2352)
- c. Fornication (CCC#2353)
- d. Pornography (CCC #2354)
- e. Prostitution (CCC#2355)

- f. Rape (CCC# 2356)
- g. Use of artificial means of contraception (CCC#s 2366-2371)
- h. Divorce (CCC#s 2384-2386)
- i. Polygamy (CCC# 2387)
- j. Incest/Sexual Abuse (CCC#s 2388-2389)
- k. Cohabitation (CCC#s 2390-2391)

The Ten Commandments: God's Instructions on How to Best Live Life

(Handout 9)

. What is the Seventh Commandment?

“You shall not steal.”

. What does the Seventh Commandment teach?

The Catechism of The Catholic Church states that the “seventh commandment forbids unjustly taking or keeping the goods of one’s neighbor and wronging him in any way with respect to his goods. It commands justice and charity in the care of earthly goods. For the sake of the common good it requires...respect for the right to private property.”

. How does the Seventh Commandment remind us of the beginning of Creation?

The Catechism instructs us that “In the beginning God entrusted the earth and its resources to the common stewardship of mankind to take care of them, master them by labor and enjoy their fruits”.

. Do the goods of the earth belong to everyone?

Broadly speaking, yes. However, the *Catechism* reminds us that the “earth is divided up among men to assure the security of their lives, endangered by poverty and threatened by violence.” The text goes on to explain that “The appropriation of private property is legitimate for guaranteeing the freedom and dignity of

persons and for helping each of them to meet his basic needs and the needs of those in his charge.”

. What is the natural outcome of the Seventh Commandment if it is well-lived?

The development of natural solidarity (community) among men.

. What are some sins against the Seventh Commandment?

- a. Theft – Taking another’s property against the reasonable will of the owner
- b. Failure to keep promises and contracts
- c. Enslavement of human beings
- d. Misuse of God’s Creation
- e. Fraudulent and exploitative business practices
- f. Communism and Socialism

. What are some active requirements of the Seventh Commandment?

The *Catechism* tells us that Christians are required in love to care for the poor and work for social justice. It notes that the Church, state and individuals all have responsibilities toward each other and those in need. Related to the Seventh Commandment are issues such as a just wage, the care of richer nations for poorer nations and unemployment. The *Catechism* stresses that we all have the responsibility of working for the “full development of human society.” (See *Catechism* numbers # 2419-2449 for further information.)

. How do the corporal and spiritual works of mercy relate to the Seventh Commandment?

The *Catechism* defines these as “charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. **Instructing, advising, consoling and comforting are spiritual works of mercy , as are forgiving and**

bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned and burying the dead. Among all these, giving alms to the poor is one of the chief witnesses to fraternal (brotherly) charity; it is also a work of justice pleasing to God.” **In short, when we live these works of mercy we are living the Seventh Commandment.**

The Ten Commandments: God’s Instructions on How to Best Live Life

(Handout 10)

. What is the Eighth Commandment?

“You shall not bear false witness against your neighbor.”

. What does the Eighth Commandment teach?

The Catechism of The Catholic Church teaches us that “the Eighth Commandment forbids misrepresenting the truth in our relations with others.” The *Catechism* explains that this teaching “flows from the vocation of the holy people to bear witness to their God who is the truth and wills the truth.”

. What is truth?

The *Catechism* defines truth as “the virtue which consists in showing oneself true in deeds and truthful in words, and guarding oneself against duplicity, dissimulation (acting under false pretenses) and hypocrisy.”

. How does living truthfully affect us and the rest of society?

The *Catechism* observes that we “could not live with one another if there were not mutual confidence that (we) were being truthful to one another.”

. What is related to truth that safeguards human relationships?

Discretion and prudence. **Living in truth means knowing when to speak, how to speak, what to share with others and what not to share with others.**

. How is Christian witness related to truthfulness?

Our Faith requires us to testify to the Lord in situations that require this witness.

Martyrdom is “the supreme witness given to the truth of the faith: it means bearing witness even unto death.”

. What are some sins against the Eighth Commandment?

- a. False witness and perjury- Public lying
- b. Lack of respect for another’s reputation
- c. Rash judgment- Assuming as true, without sufficient evidence, the moral fault of another
- d. Detraction- Disclosing, without an objectively valid reason, another’s faults and failings to people who do not know them
- e. Calumny- Lying about another so that the other’s reputation is destroyed
- f. Boasting and bragging
- g. Lying- Speaking or acting against the truth in order to lead someone into error

. What is reparation?

It is the moral duty of one who has hurt another, to “make amends for a wrong done or for an offense.” The *Catechism* teaches that we are “obliged to make reparation for personal sins against justice and truth, either through restitution of stolen goods or correcting the harm done to the other’s good name” through detraction, calumny or lying.

. How does the Eighth Commandment relate to the modern media?

The *Catechism* teaches us that **the content of media “communication be true...and complete. (Media communication should be) communicated honestly and properly.”**

The Ten Commandments: God's Instructions on How to Best Live Life

(Handout 11)

. What is the Ninth Commandment?

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

. What does the Ninth Commandment teach?

The United States Catholic Catechism for Adults explains "We experience tensions between spiritual and physical desires." This is because all of us have been affected by original sin. The *Catechism* goes on to state that "we will face a daily spiritual struggle to acquire virtues that help us" live according to the teachings of Christ. The Ninth Commandment addresses this spiritual battle.

. How does original sin affect us after we have been Baptized?

Though the Sacrament of Baptism "purifies us from sins" we still have a "certain tendency to sin" due to our fallen human nature.

. What does the Ninth Commandment invite us to do about this tendency?

The Ninth Commandment teaches us that we must "struggle against our disordered (sinful) desires by practicing purity of mind, heart and body with daily vigilance."

. How do we undertake this struggle?

The United States Catholic Catechism for Adults teaches us that "we need to examine our motives as well as our deeds, so that we always seek God's will. This will cause us to discipline our feelings and imagination." **To this end, a daily**

examination of conscience is essential for the successful living out of the Ninth Commandment.

. How is prayer and participation in the sacramental life of the Church an integral part of keeping the Ninth Commandment?

A daily prayer life requires discipline and commitment to God. Yet, this is necessary if we are to remain close to God. In addition, frequent Confession and reception of the Eucharist give us essential grace to fight against temptation.

. What special gift does the Ninth Commandment teach us to pray for?

The US Catechism tells us this gift is “purity.” *The Catechism of The Catholic Church* states that **“the pure in heart are promised that they will see God face to face and be like Him. Purity of heart is the precondition of the vision of God...(it now) enables us to see according to God, to accept others as ‘neighbors’...(and to see) the bodies (of others and ourselves) as temples of the Holy Spirit”**.

. What are some sins against the Ninth Commandment?

- a. Immodesty- Of the eyes and of dress
- b. Moral permissiveness- Accepting as morally right the immoral choices of many in society
- c. Impure thoughts

The Ten Commandments: God’s Instructions on How to Best Live Life

(Handout 12)

. What is the Tenth Commandment?

“You shall not covet your neighbor’s goods.”

. What does the Tenth Commandment teach?

The Catechism of The Catholic Church tells us that the Tenth Commandment **“forbids coveting the goods of another, as the root of theft, robbery and fraud.”**

. What is greed?

Greed is defined by *The United States Catholic Catechism for Adults* as “an inordinate attachment to the goods of creation, frequently expressed in the pursuit of money or other symbols of wealth, which lead to sins of injustice and other evils.”

. Why is greed such a serious matter?

Because greed can lead us to “commit injustice by harming our neighbor in his temporal goods.”

. Is it wrong to desire to obtain things that belong to one’s neighbor?

No, as long as they are gotten through just (right) means.

. What does the Tenth Commandment require?

The Catechism of The Catholic Church tells us that this Commandment requires that envy be banished from the human heart.”

. What is envy?

The Catechism states that it is “a capital (deadly) sin (which) refers to the sadness at the sight of another’s goods and the immoderate desire to acquire them for oneself, even unjustly (through theft or fraud)”.

. When does envy become a mortal sin?

When it “wishes grave harm to a neighbor.”

. How does the Tenth Commandment relate to the Beatitudes?

In the Beatitudes, Jesus teaches His disciples the path to true happiness. Jesus’ teachings directly conflict with the world’s idea of happiness. **In the Beatitudes,**

Jesus tells us “Blessed are the poor in spirit.” Through these words, Jesus instructs us that true disciples understand that worldly possessions cannot distract us from following the Lord. They should be used rightly, according to the demands of charity, rather than becoming an end to themselves. **Jesus warns us that things cannot become our “god”.**

. What does the Tenth Commandment teach us about following Jesus?

The Catechism states that “it remains for the holy people (Christians) to struggle, with grace from on high, to obtain the good things God promises. In order to possess and contemplate God, Christ’s faithful (should control) their desires (envy) and, with the grace of God, prevail over the seductions (temptations) of pleasure and power.”