

## ABOUT

# THE COMMANDMENTS

The Ten Commandments are God's laws of love. God gave us the commandments as a gift to help us live in peace. Jesus told us that we must always obey the commandments.

### **The Ten Commandments**

### **Living the Ten Commandments**

- 1. I am the LORD your God. You shall not have other gods besides me.**  
We believe in God. We only worship God. We love him more than everyone and everything else. We offer God prayers of adoration and of thanksgiving.
- 2. You shall not take the name of the LORD, your God, in vain.**  
We never use the name of God or Jesus in an angry way. We use the names of God, Jesus, Mary, and the saints with respect at all times.
- 3. Remember to keep holy the Sabbath day.**  
On Sunday we honor God in special ways. We worship him by attending Mass with our family and friends.
- 4. Honor your father and mother.**  
We love, honor, respect, and obey our parents and all adults who care for us.
- 5. You shall not kill.**  
We believe that God gives us the gift of life. We must protect the lives of children not yet born, the sick, and the elderly. We respect the life and health of others. We must live peacefully and prevent harm from coming to ourselves and others.
- 6. You shall not commit adultery.**  
God created man and woman in his image. God calls each to accept his or her identity. The Church teaches that chastity is important for us to be healthy and happy. We must respect our bodies and the bodies of others. We honor the lifelong marriage covenant.
- 7. You shall not steal.**  
We take good care of the gifts that God has given us and share them with others. We want others who come after us to have them, too. We do not cheat.
- 8. You shall not bear false witness against your neighbor.**  
We must not tell lies, or mislead others on purpose. We must not hurt others by what we say. If we have misled somebody, then we must correct what we have said.
- 9. You shall not covet your neighbor's wife.**  
We respect the promises married people have made to each other. We must always dress and act in a decent way.
- 10. You shall not covet anything that belongs to your neighbor.**  
We are satisfied with what we have. We are not jealous, envious, or greedy. The Gospel teaches us to place God first in our lives.

*Based on Exodus 20:2-17*



ABOUT  
THE BEATITUDES

Jesus taught us the Beatitudes to help us live as witnesses to God's kingdom. When we live the Beatitudes, we help others understand what God wants for all people.

**The Beatitudes**

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.

**Living the Beatitudes**

We are poor in spirit when we know that we need God more than anything else.

We try to help those who are in sorrow or those who are hurting. We know God will comfort them.

We are gentle and patient with others. We believe we will share in God's promises.

We try to be fair and just toward others. We share what we have with those in need.

We forgive those who are unkind to us. We accept the forgiveness of others.

We try to keep God first in our lives.

We try to bring God's peace to the world. When we live peacefully, we are known as God's children.

We try to do what is right even when we are teased or insulted. We believe we will be with God forever.

*Based on Matthew 5:3-10*