

## The Ten Commandments

1. I am the Lord your God, you shall not have strange gods before me.

*This commandment tells us that God calls us to believe and hope in him and love him above all else. We are not to let things like money or being popular or games or anything be more important to us than God.*

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

*We use God's name in vain when we curse or swear or use the name God or Jesus in anger or any inappropriate way.*

3. Remember to keep holy the Lord's Day.

*Sunday is the Lord's Day for Christians. It is the day on which Jesus was raised from the dead. Taking part in Mass on the Lord's Day, either on Saturday evening or Sunday is a serious responsibility for Catholics. The Lord's Day is a day to worship God, our Creator. It is a time to rest from work and make sure all the work we do is God's work.*

4. Honor your father and mother

*The fourth commandment teaches us to love the members of our family, especially our parents. The heart of the family is the love, honor and respect that binds children and parents.*

5. You shall not kill.

This commandment teaches us to respect and treat as sacred the life of every single person, no matter what. We are to take care of our own life and to respect and protect the life and health of others. We must not physically hurt anyone and we must not say cruel things to others or hurt them in any way.

6. You shall not commit adultery

*The Sixth Commandment says we must be pure. We must be modest in our dress, in our words, and in our actions. God wants all children to have a clean heart.*

7. You shall not steal

*We are to give God and others their due. We are to be kind and generous to others as God is to us. We are to respect and use God's creation wisely. When we cheat or steal, we are not living as children of God. If we damage things that belong to others, we are to make return or replace what we damaged.*

8. You shall not bear false witness against your neighbor

*This eighth commandment teaches us that we are to be truthful. This means more than not lying. We are to respect the reputation and good name of others.*

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

*I am pure in what I think and desire. I keep my mind and my heart pure. This is how I keep God's Ninth Commandment.*

10. You shall not covet your neighbor's goods

*The tenth commandment helps us value and respect all the good things that we and other people have as gifts from God. Just as our gifts have been generously given to us by God, we are to share them generously and freely with others – especially with people in need.*