


Additional Session Resources

THE TEN COMMANDMENTS

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1. I AM THE LORD YOUR GOD. YOU SHALL WORSHIP THE LORD YOUR GOD AND HIM ONLY SHALL YOU SERVE.
 2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.
 3. REMEMBER TO KEEP HOLY THE SABBATH 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.

It's important to realize that living by these commandments is more the "minimum" expectation of a Christian's ordinary, everyday behavior. Jesus reminds us of the importance of the Ten Commandments when he speaks to the rich young man (Matthew 19:16-22), but he also notes that the young man must surrender *everything* and follow him if he wants to experience eternal life.

Each of these commandments actually "covers" a variety of sins and warnings. Take some time to read through Part Three of the *Catechism of the Catholic Church*.

You might also notice that some Christians number the Ten Commandments differently than we Catholics do. The Catholic Tradition uses the division listed above, given to us by St. Augustine. Some Christian denominations number them differently. It's important to note, however, that this list is the one established by the early Church and handed on to us today.

If you can commit these to memory and live them out daily, you're well on your way to sainthood. Maybe you'll even get your own statue someday. (How cool would that be?)