

Ten Commandments

Sacred Scripture tells us that God saw all that was happening to his people, so he called Moses up to the mountain. There he gave Moses the Ten Commandments to guide his people in living the Covenant.

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

God calls us to worship him alone. He calls us to believe in him, hope in him, and love him above all else. We are not to let things such as money and popularity become more important than God.

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

We use God's name in vain when we take an oath and call upon God as witness to the truth of what we are saying when it is a lie. When we do, we commit perjury. We also use God's name in vain when we curse or swear or use names 'God' or 'Jesus' in anger or in any other inappropriate way.

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

Taking part in the Mass on the Lord's Day is a serious responsibility for Catholics. The Lord's Day is a time set aside to worship God the Creator. We need to rest from unnecessary work.

4. Honor your father and your mother.

We honor our parents and other adults who care for us when we obey them. The family is the first and most important group in society. The heart of our family is the love, honor and respect that binds parents and children.

5. You shall not kill.

Every human life is sacred. We have a serious responsibility to take care of our own life and health and to protect the lives and health of others. Violence toward others or ourselves is against how God wants us to treat one another.

6. You shall not commit adultery.

We are to respect our own sexuality and the sexuality of others. We are to express our friendship and love for others in appropriate ways.

7. You shall not steal.

We are to be generous to others as God is to us. We are to be good stewards of God's creation. When we cheat, steal or misuse creation, we are not living as children of God. We must not take this without permission or damage things that belong to others.

8. You shall not bear false witness against your neighbor.

We are to respect the reputation, or good name, of others. We are not to lie. We are not to join with others and gossip or spread false rumors about people.

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

We are to respect our own sexuality and the sexuality of others. We are to express our friendship and love for others in appropriate ways.

10. You shall not covet your neighbor's goods.

We are to value the good things that we and other people have that are 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 people in need.

Precepts of the Church

The Church has given us a list of laws to guide us in growing in our love for God and our neighbors. They are called the Precepts of the Church. These precepts are both reasonable and minimal. They present us with the practical building blocks of prayer, penance, fasting, and generosity. On their foundation we can build a life of living our faith.

- ☞ **Participate in Mass on Sundays and Holy Days of Obligation and rest from unnecessary work.**
 - ☞ **Confess your sins at least once a year.**
 - ☞ **Receive Holy Communion at least during the Easter season.**
 - ☞ **Observe the prescribed days of fasting and abstinence.**
 - ☞ **Provide for the material needs of the Church according to one's ability.**
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Works of Mercy

The church gives us the Works of Mercy to guide us in living a life of holiness.

The Works of Mercy are acts of loving kindness by which we come to the help of others in their bodily and spiritual needs

The Corporal Works of Mercy are actions that help People in their bodily needs.

The Spiritual Works of Mercy are actions that help people in their Spiritual needs.

Corporal Works of Mercy

- **Feed people who are hungry.**
- **Give drink to people who are thirsty.**
- **Clothe people who need clothes.**
- **Visit prisoners.**
- **Shelter the homeless.**
- **Visit people who are sick.**
- **Bury people who have died.**

Spiritual Works of Mercy

- **Help people who sin.**
- **Teach people who are ignorant.**
- **Give advice to people who have doubts.**
- **Comfort people who suffer.**
- **Be patient with other people.**
- **Forgive people who hurt you.**
- **Pray for people who are alive and for those who have died.**

The Beatitudes

Jesus' teachings on true happiness are found in the Beatitudes. The Beatitudes are part of the Sermon on the Mount in Matthew's Gospel. The Beatitudes are sayings and teachings of Jesus that describe true happiness. In each of the Beatitudes, Jesus describes one thing people do that leads to the happiness God wants us to have. It is the happiness of people who give their heart to God.

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

The poor in spirit have faith in God and trust his love for them.

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

Those who mourn are sad because people suffer. They do what they can to help.

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

The meek are kind and treat others with respect.

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

People who hunger and thirst for righteousness treat others fairly and word for justice.

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

The merciful forgive others just as God forgives them.

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

The clean of heart keep God first in their lives.

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

Peacemakers solve problems without hurting anyone.

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

People who are persecuted for the sake of righteousness do what God wants, even when others laugh at them or threaten to harm them.

**Blessed are you when they insult you and persecute you and utter every kind
of evil against you because of me.**

Rejoice and be glad, for your reward will be great in heaven.”

The Great Commandment

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

You shall love your neighbor as yourself.

Matthew 22:37, 39
