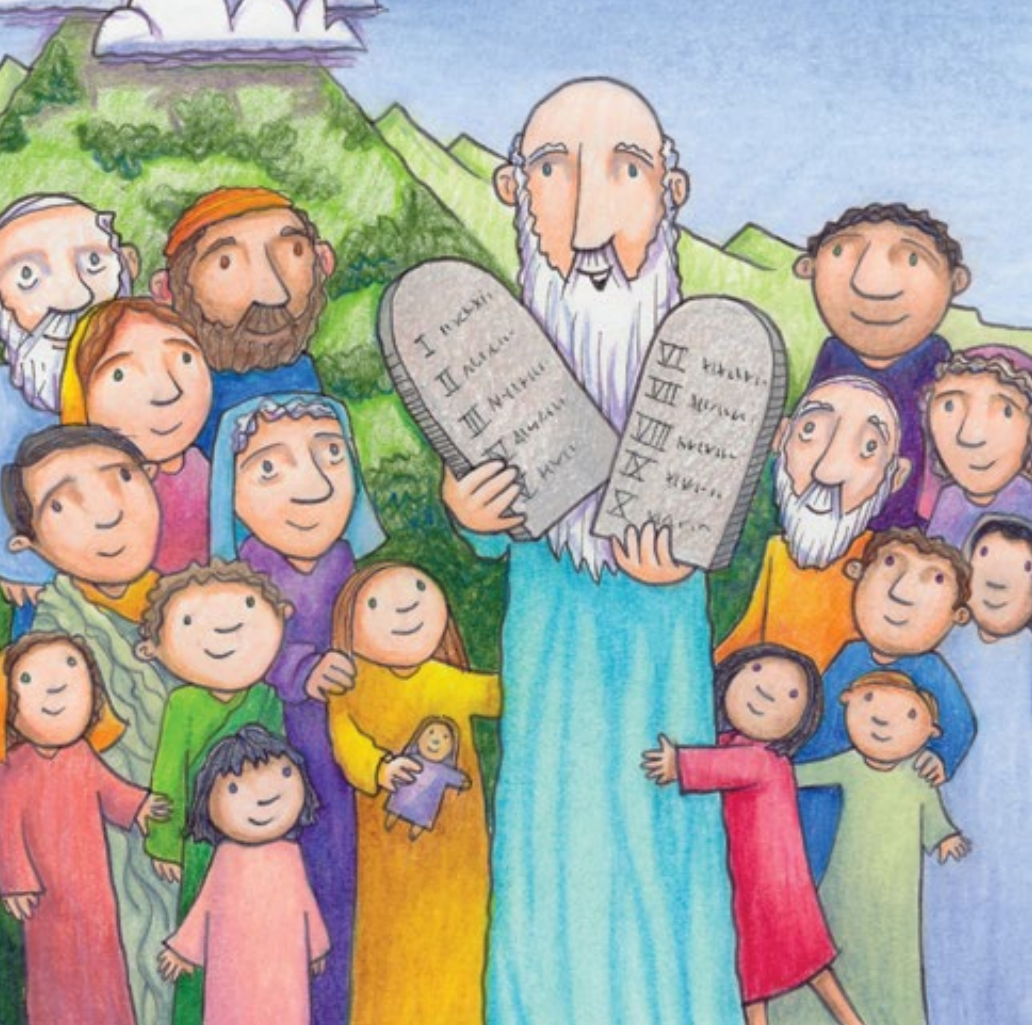


# Learning about the **TEN** Commandments





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

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

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

**Honor your father and your mother.**

**You shall not kill.**

**You shall not commit adultery.**

**You shall not steal.**

**You shall not bear false witness.**

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

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

**Here's a fun game. It has no rules, so you can do whatever you want! Ready? Get set! Go!**

**Hey, why aren't you playing?** Oh, right. You need to know how to play. You need rules. Otherwise, it isn't a game. Imagine

**I** soccer without rules: no referees, no whistles, no goal lines. You could kick and throw. It might be fun for a while, but how would you score or win?

**II** Rules and goal lines aren't just for games. Imagine walking past a house with a barking dog—and no fence to keep you safe. Imagine your parents trying to drive without traffic laws.

**III** To be safe and happy, we need rules and boundaries. Long ago, God gave Moses the Ten Commandments for the same reason. God loves us and cares about our safety and happiness. He wanted us to know how to be fair, loving, kind and holy. God wrote his laws on stone tablets to show that he is always with us.

**IV** But God didn't just give us rules. Have you ever played with someone who bosses you around? Not fun! God doesn't force us to do anything. Instead, he allows us the freedom to make our own choices. But to help us make the right choices, he gives us the Ten Commandments.

**V**

**VI**

**VII**

**VIII**

**IX**

**X**

God also gives us a **conscience** [KON-shenz] to help us know what's right and wrong based on the Commandments. Through our conscience, God guides us toward making loving choices.

## **conscience** [KON-shenz]

When we fail to follow the Commandments, our conscience also helps us see how we've damaged our relationship with God and hurt others by our sins. As we learn about each of the Commandments in this booklet, we'll examine our conscience to see how we may have failed to keep it properly. We'll also see the many good things we can do that help us follow God's Commandments.

Through our conscience, God shows us where we've gone wrong so we can say we're sorry and change. Imagine loving someone so much that you want to help them, even when they've disobeyed you! That's what God does.

God loves us so much, in fact, that he sent his only son Jesus to save us from sin and death. By Jesus' life, death and resurrection, we can ask God's forgiveness when we sin. We do this in the Sacrament of Reconciliation. When the priest says, "I absolve you," it's really Jesus speaking. God's forgiveness brings us closer to him. That's real love!

Read this book and put the stickers in their places. When you're finished, you'll know about the Ten Commandments and how they tell of God's love for us.



**God**, help me use the gifts you've given me to always make right choices.

# The First Commandment



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

When Moses climbed the mountain to get the Ten Commandments, the sky grew dark, thunder rumbled, lightning flashed and trumpets blared. Moses was gone for a long time, and people became frightened. Instead of trusting God, they put their trust in other things. They made up pretend gods and worshipped them.



Sometimes we think of God as “up there” in heaven and not here among us. We start thinking that other things—like having lots of friends or new stuff in our homes—are important. But God is always with us, loving us and guiding us. He gives us every gift—our families, homes, friends, food, pets, toys, talents—everything. We love God’s gifts, but we love God more!

## **I examine my conscience!**

Do I make time to pray to God every day?

Have I let anything—like sports, video games, clothes or even my friends—become more important to me than God?

Do I trust in good luck charms or superstitions instead of God?

If kids make fun of my Catholic faith, do I defend it or do I keep quiet?

**Dear God,** I love you above all things.  
Help me live by your laws so I can be happy always.

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here



# II

## The Second Commandment

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



Moses could barely believe his eyes. A bush was on fire—but it didn't burn up! God was using the flaming bush to show Moses that he'd heard his people's prayers and that Moses could trust in God's power and love. It was time for Moses to lead his people away from their slavery in Egypt. In the flaming bush, God also revealed his astounding and holy name: Yahweh. That means, "I am who am."

We can't begin to comprehend God's power, love and mercy. Even his name is mighty. So we never use the name of God or Jesus in a way that's unholy. The same goes for the names of Mary and all the saints.

### I examine my conscience!

Do I speak God's name with respect?

Have I used bad words?

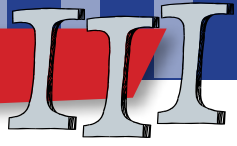
Do I pray for kids or adults when I hear them use God's name in anger?

Do I make the Sign of the Cross—In the name of the Father, and of the Son, and of the Holy Spirit—with reverence, that is, with care and respect?

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here

**Oh Lord, your name is so powerful and beautiful, on the earth and in the sky. I will praise your name forever.**

# The Third Commandment



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

When God led Moses and his people out of slavery in Egypt, he promised them a land "flowing with milk and honey." God told Moses that if people loved God by following his rules, they would lead long and happy lives in this Promised Land. This is called a **covenant** (KUV-e-nent). It's a sacred agreement between God and his people.



As one sign of this covenant, God asked his people to set aside a day to remember how they were set free. On Sundays, we remember this covenant at Mass. When we receive Jesus in Holy Communion, we remember and celebrate how Jesus sets us free from sin and death by his cross and resurrection. Sunday is truly the Lord's Day.

## Examine my conscience!

Have I missed Sunday Mass because I chose to go someplace else, like a party or a ball game?

Are my Sundays all about me? Or are they about God?

Do I remember that Jesus is with me at Mass? Do I listen to his words and pray with devotion?

Do I prepare myself to receive Holy Communion with reverence?

**Lord Jesus,** you suffered and died for me. Help me praise and thank you by spending Sunday with you.

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sticker  
here

# Learning about the **TEN** Commandments

More than just a bunch of “dos” and “don’ts,”

the Ten Commandments are God’s loving guidelines for living a safe and happy life.

By following them, we grow closer to God and to one another.

As you learn about each of the Ten Commandments, you will learn how to tell right from wrong and how to make loving choices.

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