

God's Commandments

Let Us Pray

Leader: Loving Father, you made us to know you and your desire for us.

“I delight to do your will, my God;
your law is in my inner being!” **Psalm 40:9**

All: O God, help us to learn how to listen for your voice so that we will know how to follow you. Amen.

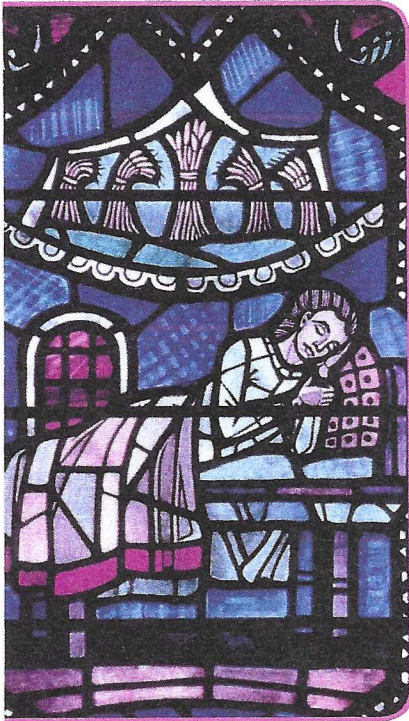
Scripture

“When [Moses] looked, although the bush was on fire, it was not being consumed. . . . When the LORD saw that he had turned aside to look, God called out to him from the bush: Moses! Moses! He answered, ‘Here I am.’ God said: Do not come near! Remove your sandals from your feet, for the place where you stand is holy ground.” **Exodus 3:4–5**

© Our Sunday Visitor

What Do You Wonder?

- How does God speak to people today?
- How do the Ten Commandments help you to know God and what he wants for you?



God gave Joseph the ability to interpret dreams. After he explained the Pharaoh's dreams, Pharaoh called Joseph "a man so endowed with the spirit of God" (Genesis 41:38).

From Slavery to Freedom

How does God give his people freedom?

God created human beings to be free. He asks us to use the gift of free will to answer his call to live as his People. Because of sin, we know that there are times when others try to take away our freedom. Here are two Bible stories about how God led his People from slavery to freedom.

Scripture

Joseph and His Brothers

Jacob, one of Abraham's descendants, had twelve sons. Jacob's older sons hated their younger brother Joseph because he was their father's favorite.

One day Joseph's brothers threw him into a dry well. Then, they sold him as a slave in Egypt. They told their father that wild animals had killed Joseph. Now, more of their father's goods would belong to them.

Over the years, Joseph's power to tell the meaning of dreams won him a place of honor with Pharaoh, the leader of Egypt. During a famine, Joseph's brothers came to the court to beg for grain. The brothers did not recognize Joseph, but Joseph knew them.

To test them, Joseph had servants fill the brothers' sacks with grain and put a silver cup into the sack of his brother Benjamin. Later, he had his servants follow them and discover the silver cup in the sack. Joseph then told the brothers that Benjamin was to be his slave.

Benjamin's brother Judah pleaded for him, saying that their father would be brokenhearted if Benjamin did not return. At this news, Joseph wept and told the men that he was their brother. He forgave them.

Based on Genesis 37:1-4, 42:6-8, 44:1-12, 45:4-5

➔ When have you forgiven someone as Joseph did?



God Calls Moses

When Joseph's brothers sold him as a slave, they caused problems for themselves as well. It was only when Joseph forgave his brothers that his family knew real freedom and happiness again.

Scripture

The Exodus from Egypt

Many years later, God's People, the Israelites, were slaves in Egypt. Their male children were being killed, so one Israelite mother hid her baby boy in a basket near the Nile River. When Pharaoh's daughter found the baby, she kept him and named him Moses. She raised him at court as her son.

When Moses grew older, God called him to be a leader of his people. God asked Moses to tell Pharaoh to stop hurting the Israelites, but Pharaoh did not listen.

Finally, Moses was able to lead the Israelites out of Egypt. At the Red Sea, Moses raised his staff and the waters parted for the Israelites to pass through.

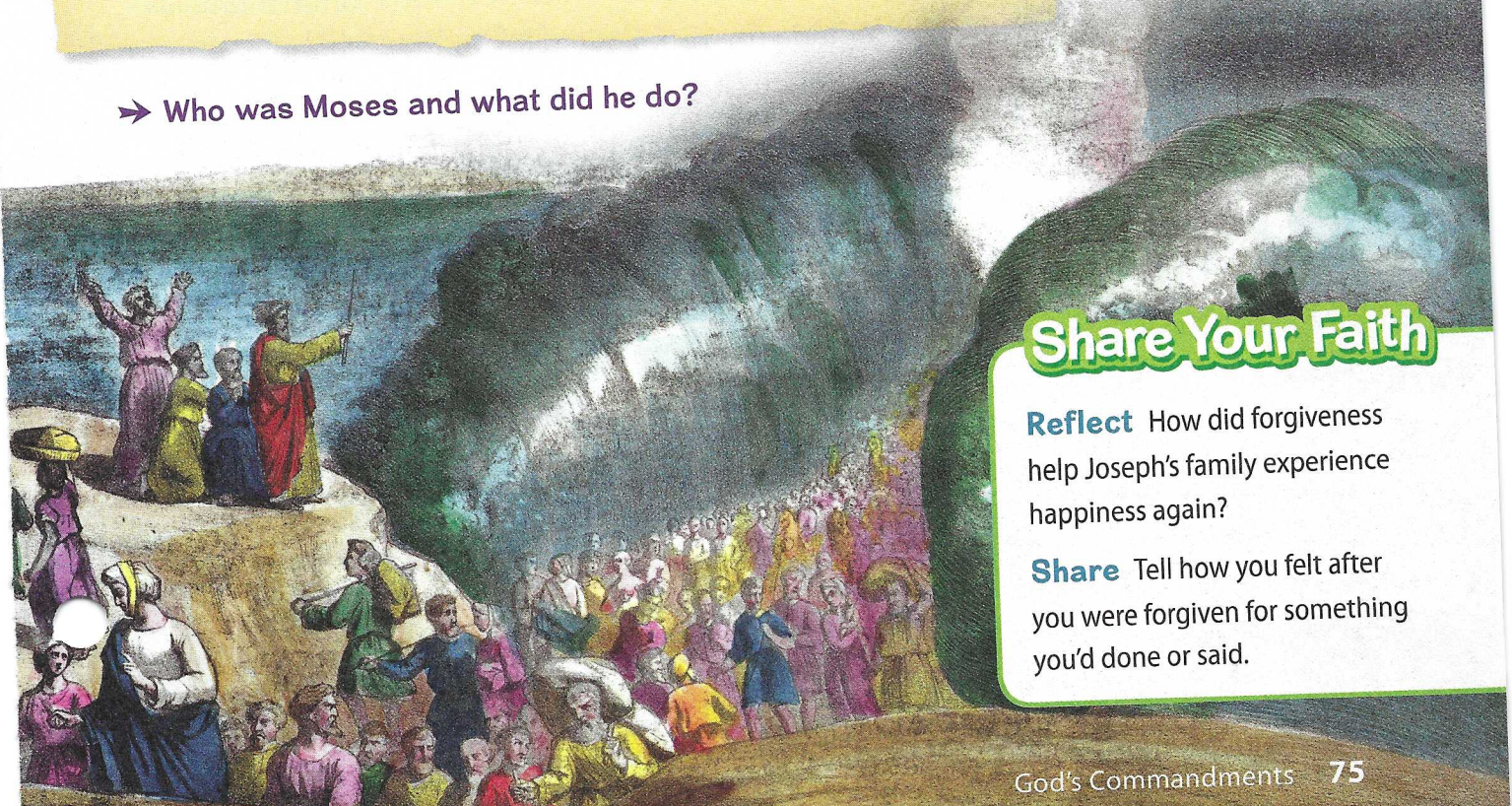
Based on Exodus 2:1–10, 14:10–31, 15:19–21

➔ Who was Moses and what did he do?

Share Your Faith

Reflect How did forgiveness help Joseph's family experience happiness again?

Share Tell how you felt after you were forgiven for something you'd done or said.



Catholic Faith Words

Ten Commandments the summary of laws that God gave Moses on Mount Sinai. They tell what is necessary in order to love God and others.

ark of the covenant a wooden chest that housed the tablets of the Ten Commandments. The Israelites carried it wherever they went as a reminder that God was with them.

Laws to Guide Us

How do the Ten Commandments help us to be faithful?

The Israelites were free from slavery, but they still needed God's help. After they crossed the Red Sea, they wandered in the desert for years. They forgot that God had saved them from slavery in Egypt. Moses struggled to keep order among God's People and to find food and water for them. He complained to God about his hard job, and God helped him.

In the desert, God called Moses up to Mount Sinai. After God showed his power with thunder and lightning, he gave Moses the **Ten Commandments** as laws to show the people how they were to live.

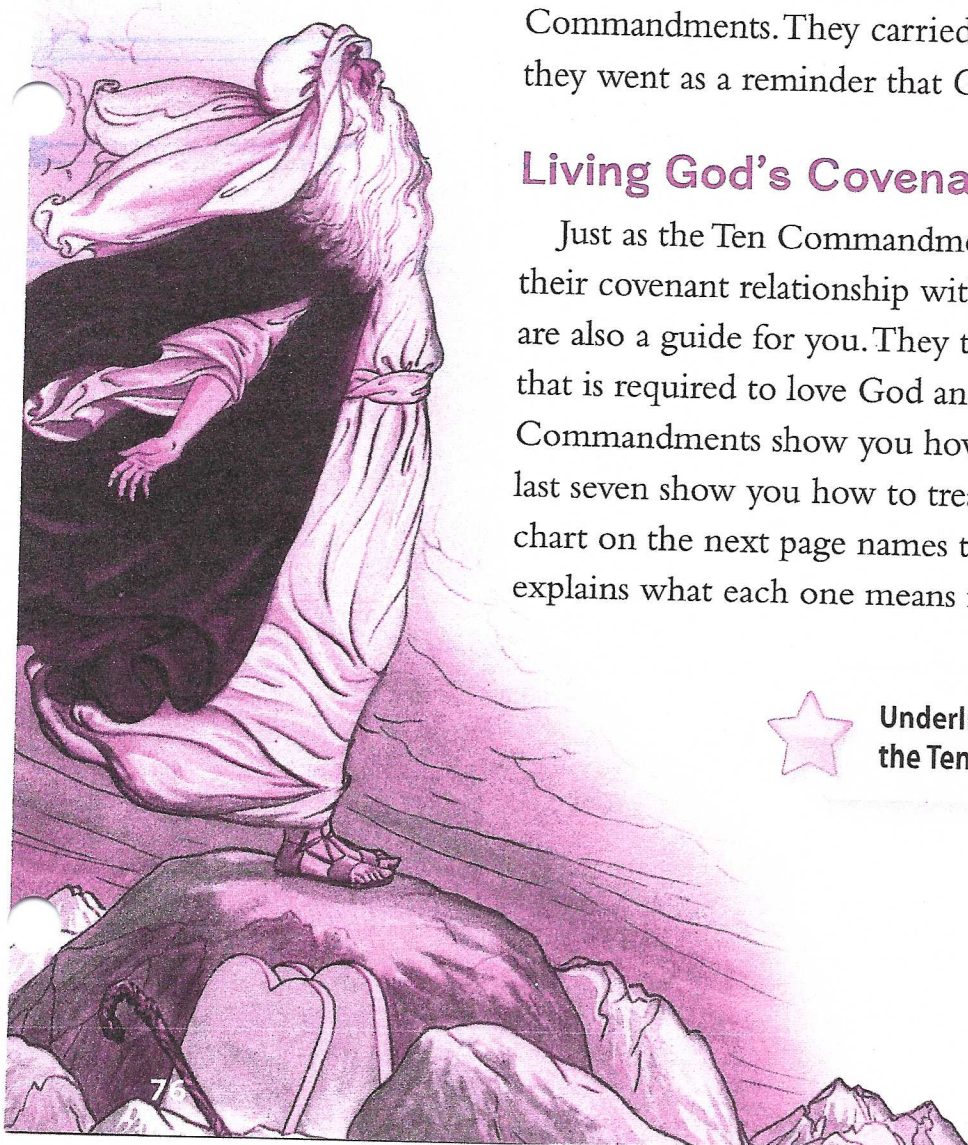
Moses and the Israelites built a special container, called the **ark of the covenant**, to house the tablets of the Ten Commandments. They carried the ark with them wherever they went as a reminder that God was with them.

Living God's Covenant

Just as the Ten Commandments helped the Israelites live their covenant relationship with God, the Commandments are also a guide for you. They tell you the minimum that is required to love God and others. The first three Commandments show you how to be faithful to God. The last seven show you how to treat other people with love. The chart on the next page names the Ten Commandments and explains what each one means for you.



Underline why God gave his People the Ten Commandments.

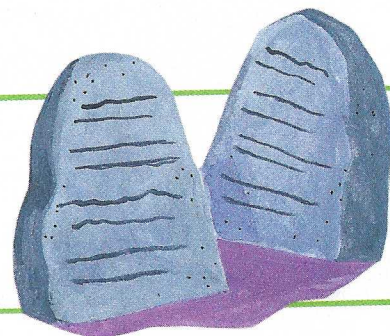


The Ten Commandments

The Commandment	What the Commandment Means
1. I am the Lord your God. You shall not have strange gods before me.	<ul style="list-style-type: none"> Place your faith in God alone. Worship, praise, and thank the Creator. Believe in, trust, and love God.
2. You shall not take the name of the Lord your God in vain.	<ul style="list-style-type: none"> Speak God's name with reverence. Don't curse. Never call on God to witness to a lie.
3. Remember to keep holy the Lord's Day.	<ul style="list-style-type: none"> Gather to worship at the Eucharist. Rest and avoid unnecessary work on Sunday.
4. Honor your father and your mother.	<ul style="list-style-type: none"> Respect and obey your parents, guardians, and others who have proper authority.
5. You shall not kill.	<ul style="list-style-type: none"> Respect and protect the lives of others and your own life.
6. You shall not commit adultery.	<ul style="list-style-type: none"> Be faithful and loyal to friends and family. Be pure and act appropriately to respect God's gift of sexuality.
7. You shall not steal.	<ul style="list-style-type: none"> Respect the things that belong to others. Share what you have with those in need.
8. You shall not bear false witness against your neighbor.	<ul style="list-style-type: none"> Be honest and truthful. Do not brag about yourself. Do not say untruthful or negative things about others.
9. You shall not covet your neighbor's wife.	<ul style="list-style-type: none"> Practice modesty in thoughts, words, and dress.
10. You shall not covet your neighbor's goods.	<ul style="list-style-type: none"> Rejoice in others' good fortune. Do not be jealous of others' possessions. Do not be greedy.

Connect Your Faith

Commandments and You Talk with a partner about a decision you made this week, and tell which Commandment you followed when you made that decision.



Our Catholic Life

How can you live as the Ten Commandments require?

God gave Moses the Ten Commandments to share with his People. These Commandments help us live in a way that is pleasing to God.

Page 77 lists explanations of each Commandment. Here are some other ways to live out the Commandments.



Write the correct Commandment number next to each example. Then fill in the last section with one way to live out the Fourth Commandment.

The Ten Commandments

Remember that religious holidays, such as Christmas and Easter, are about Jesus, not about gifts and candy.

When someone lends you something, treat it with great care. Always return it in good condition.

On Sunday, go to Mass and spend time in quiet reflection about your week.

Listen when your parents ask you to do something. Don't make them ask you repeatedly.

Use the names of God and Jesus with reverence and respect.

Treat people and animals with care.

Behave with decency.

Follow Jesus' example of respecting himself and his friends.

Be thankful for what you have, and share with others.

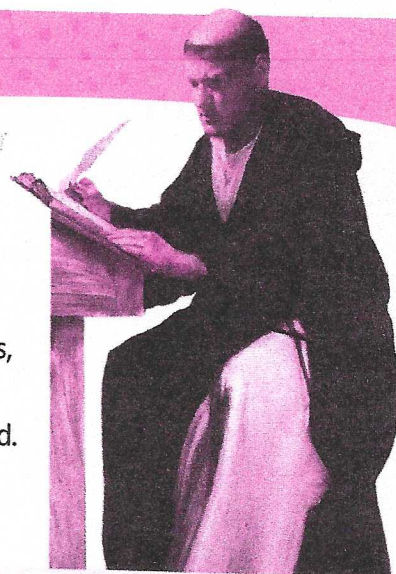
Speak honestly about others.

People of Faith

January 7

Saint Raymond of Peñafort, c. 1175–1275

Many of our Church laws are based on the Ten Commandments. Laws that are written for the Church are called “canon laws.” Saint Raymond of Peñafort was a priest who studied canon law. There were many canon laws, but they were not organized into one place. The Pope asked Raymond to put all the canon laws in one book. He had to make sure no law was repeated. It was a big job! When all the laws were in one book, Saint Raymond became the head of the Dominican Order. He lived about 800 years ago.



Discuss: How do you follow the Ten Commandments?

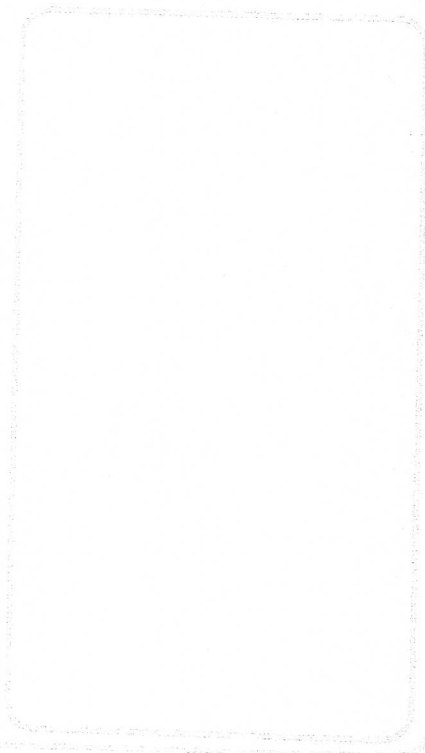


Learn more about Saint Raymond at aliveinchrist.osv.com

Live Your Faith

Write the number of the Commandment that is not being followed in each of the two pictures below.

Talk with a partner about what you would do in each situation. Then draw a picture of yourself keeping one Commandment.



Let Us Pray

Psalm Prayer of Praise

Gather and begin with the Sign of the Cross.

Leader: The Lord gives us the Commandments as a way of living. Let us praise God for the gift of salvation.

Reader 1: Then was our mouth filled with laughter,
on our lips there were songs.

All: God has done great things for us.

Reader 2: What marvels the Lord worked for us!
Indeed, we were glad.

All: God has done great things for us.

Reader 3: Those who are sowing in tears
will sing when they reap.

All: God has done great things for us.

Reader 4: They go out, they go out, full of tears;
they come back, they come back, full of song.

All: God has done great things for us.

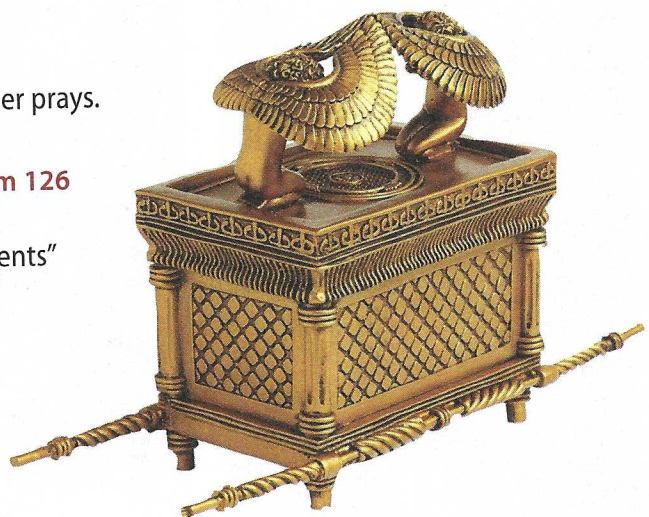
Leader: Let us pray.

Bow your head as the leader prays.

All: Amen. **Based on Psalm 126**



Sing "My Ten Commandments"



FAMILY + FAITH

LIVING AND LEARNING TOGETHER

YOUR CHILD LEARNED >>>

This chapter explains that the Ten Commandments teach us how to respond to God, who first loved us, and how to love others.

Scripture



Read **Exodus 3:2b, 4–5** to find out how God communicated to Moses through the burning bush.

Catholics Believe

- God gave you the Ten Commandments to help you be faithful to him and his covenant.
- The Commandments tell you ways to love God and others.

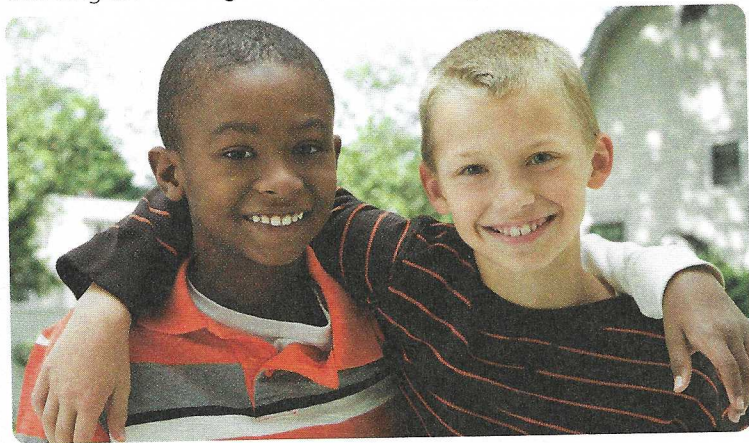
To learn more, go to the *Catechism of the Catholic Church* #2055, 2060–2061 at usccb.org.

People of Faith

This week, your child learned about Saint Raymond of Peñafort. Saint Raymond was known for compiling all the Church's canon laws into one book.

CHILDREN AT THIS AGE >>>

How They Understand the Ten Commandments Your child is probably a practical, concrete thinker, but children this age are also beginning to understand that morality involves more than what people see on the outside. Commandments of the heart such as "You shall not covet" are beginning to make sense as your child internalizes an understanding of living a Christian life. In this process, conscience formation and character building are moving toward the next stage of development.



CONSIDER THIS >>>

What does setting limits for your child teach him or her about love?

Out of love, we set limits for our children to keep them safe and healthy as well as teach them how to treat others with respect. As Catholics, we understand that "before God gave the Commandments at Sinai, he entered into a covenant of love with the community of Israel (cf. Exodus 19:3–6). Once the covenant was established, God gave the people the Ten Commandments in order to teach them the way to live the covenant of love" (*USCCA*, p. 325).

LET'S TALK >>>

- Ask your child to tell you about Joseph and his brothers.
- Talk together about what positive things we can do when we are feeling jealous.

LET'S PRAY >>>



Dear God, help us to always keep your Commandments. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.

Chapter 3 Review

A Work with Words Match each description in Column 1 with the correct term in Column 2.

Column 1

1. forgave his brothers
2. place of law-giving
3. Israelites' place of slavery
4. leader of Egypt
5. led Israelites to freedom

Column 2

- Moses
Pharaoh
Mount Sinai
Joseph
Egypt

B Check Understanding Circle True if a statement is true, and circle False if a statement is false. Correct any false statements.

6. God gave Moses the Ten Commandments on Mount Sinai.

True

False

7. The Third Commandment requires you to avoid gossip.

True

False

8. The Ten Commandments were only for Moses to keep for himself.

True

False

9. Moses led his followers out of Egypt.

True

False

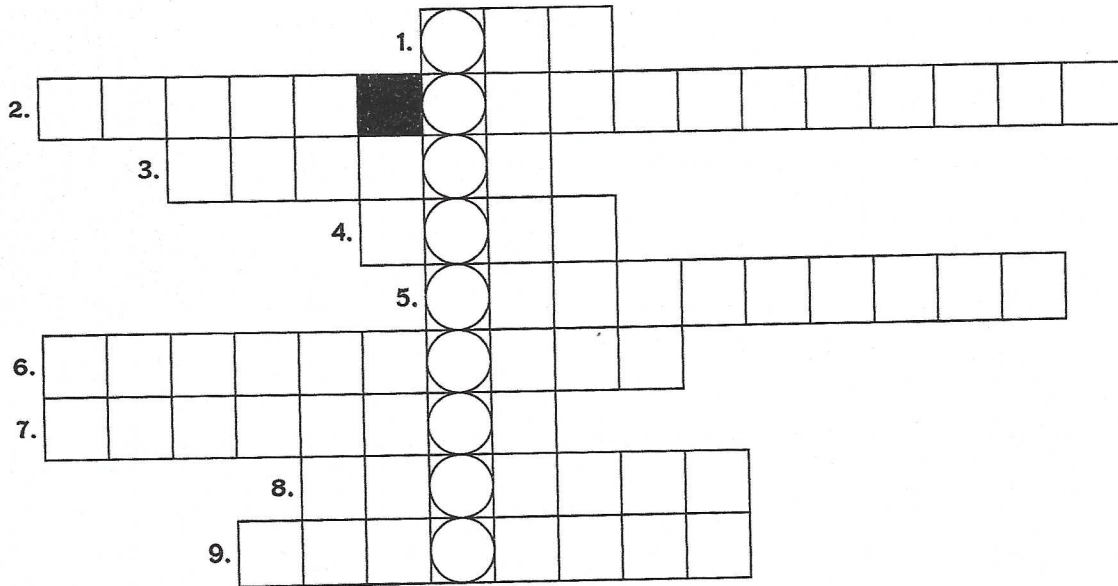
10. Joseph was the leader of Egypt.

True

False



A Work with Words Use the clues to solve the puzzle. Write the answer to each clue in the boxes. When you have finished, read down the column with the circles to find the hidden word you can use to answer number 10.



1. Original ____ is what we call Adam and Eve's choice to disobey God.
2. "You shall not have strange gods before me" is part of the _____.
3. ____ Tekakwitha is the first Native American to be canonized.
4. The Fifth Commandment forbids us to do this.
5. God's loving care for all things; his will and plan for creation
6. Divine ____ is the way God makes himself and his plan for humans known.
7. Steadfast and loyal in your commitment to God
8. What Joseph did after his brothers pleaded for Benjamin to be spared
9. A sacred promise or agreement between God and humans
10. Sacred _____ is another name for the Bible, or the inspired Word of God written in human words.

Word Bank

plan

Pharaoh's

journey

Moses

jealous

B Check Understanding Complete each sentence with the correct word from the Word Bank.

11. God asked Abram and Sarai to go on a long _____ and live in a new land called Canaan.
12. God has a _____ for all of his People.
13. Joseph's brothers sold him into slavery because they were _____.
14. God gave the Ten Commandments to _____ to share with his People.
15. As a baby, Moses was left in a basket by the Nile River, where he was found by _____ daughter.

C Make Connections Write a response to each question.

16. Why is it important for you to find a quiet place to pray?

17. What is the lesson of the story of Abraham and Sarah's waiting many years to have a child?

Use the terms in the Word Bank in a paragraph to explain how you keep the Third Commandment.

18-20. _____

Word Bank



Sunday

worship

rest

Lord's Day