The 10 Commandments

The Ten Commandments

> **Ex 20:3** *Thou shall have no other gods before me, nor make any graven images nor bow down to them. 1 Chr 29:20 - bowing Bronze serpent Num 21:8-9 | Jn 3:14 | 2 Kgs 18:4 [1300 BC to 800 BC] 2 Kgs 6&7 – cherubim, palm trees, lions, 12 oxen*

> **Ex 20:7** *Thou shall not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that takes his name in vain.*

> **Ex 20:8** *Remember the Sabbath day, to keep it holy. The sabbath was made for man (Mk 2:27) to enter into communion with God through a covenant.*

> **Ex 20:12** *Honor thy father and thy mother: that thy days may be long upon the land which the LORD thy God gives thee.*

> **Ex 20:13** *Thou shall not kill (ratsach – murder. To kill is harag.)*

> **Ex 20:14** *Thou shall not commit adultery. Includes any distortion of the conjugal act in general.*

> **Ex 20:15** *Thou shall not steal.*

> **Ex 20:16** *Thou shall not bear false witness against thy neighbor.*

> **Ex 20:17** *Thou shall not covet thy neighbor's house, thou shall not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that [is] thy neighbor's.*

The Commandments can be summed up with 2 commandments:

> **Mark 12:30-31** *And you shall love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this [is] the first commandment. And the second [is] like, [namely] this, Thou shall love thy neighbor as thyself. There is none other commandment greater than these.*

> **Luke 10:27** *And he answering said, Thou shall love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself.*

WHY ARE THE COMMANDMENTS IMPORTANT?

The Moral Life

Holiness/Sanctification

> **Rom 6:22** *now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life.*

> **Eph 4:24** *And that you put on the new man, which after God is created in righteousness and true holiness.*

1Ti 2:15 … she shall be saved in childbearing, if they continue in faith and charity and holiness with sobriety.

> **Heb 12:10** *For they for a few days chastened [us] after their own pleasure; but he for [our] profit, that [we] might be partakers of his holiness.*

> **Heb 12:14** *Follow peace with all [men], and holiness, without which no man shall see the Lord:*

HOW ARE WE SANCTIFIED/MADE HOLY? Primarily through the SACRAMENTS, especially the Eucharist.

The Eucharist as the Source and Summit of the Christian Life . . . in the Eucharistic sacrifice, the source and summit of the Christian life. . . (Lumen Gentium 11)

> **John 6:53** *Then Jesus said unto them, Amen, Amen, I say to you, unless you eat the flesh of the Son of man, and drink his blood, you have no life in you.*

> **John 6:54** *Whosoever eats my flesh, and drinks my blood, has eternal life; and I will raise him up on the last day.*