

First Commandment

I am the LORD thy God, which brought thee out of the land of Egypt, from the house of bondage. Thou shalt have none other gods before me.
(Deuteronomy 5:6-7)

Commands

- Faith in God. Hope in God. Love of God
- Celebration of Prayer and Worship
- Fulfilling vows and promises to God
- Respect for sacred persons places or things dear to God

Forbids

- Heresy. Schism
- Atheism, Agnosticism Hatred of God.
- Presumption Despair
- Indifference, Ingratitude, Lukewarmness, Spiritual Sloth in our own relations with God
- Superstition, Divination, Black Magic
- Scalage, Simony
- Blasphemy - Intending to grossly insult God

Examples

- Believing in the power of fortune tellers to reveal the future
- Believing in the power of spiritualists to bring back the dead to bring messages from the dead
- Believing in the power of charms to avert evil or to bring “good luck..”

Mediums and Channelers - Those who reach and speak to the spirit world. This is usually to contact a deceased loved one who speaks through the medium in a different voice. Most of these are a fraud, but Satan himself, or one of his demons, have been known to take over these sessions for the ruin of souls or to get those attending to commit horrible evil acts.

Violent and Hateful Music - Music that promotes satanic practices, hatred for parents, lust, suicide, violence against others, and the desecrating of Catholic Sacraments has been the cause of many young people entering the satanic church; the complete worship of the devil and the world of darkness. Especially loud, dissonant music does violence to the mind and can do violence to the soul - deadening the conscience.

We Become Gods

Probably the most frequent way that this commandment is broken is when we place our individual beliefs above God's Law. In other words, we become our own god and we think we know more than the One True God.

Second Commandment

Thou shalt not take the name of the LORD thy God in vain: for the LORD will not hold him guiltless that taketh his name in vain.
(Deuteronomy 5:11)

Commands

- Speaking with reverence of God and of all the saints, and of all holy things
- Speaking with reverence of Jesus Christ and the Virgin Mary
- Keeping lawful oaths and vows.

Forbids

- Profanity - Taking 'God' name in a frivolous or disrespectful way
- To take a frivolous, disrespectful, false oath.
- Perjury is a grave offense against the Lord.
- Breaking of vows.

Example

When a person places his hand on the Holy Bible in a courtroom and testifies to tell the truth, he is making an oath.

What is meant by taking God's name in vain?

By taking God's name in vain is meant that the name of God or the holy name of Jesus Christ is used without reverence; for example, to express surprise or anger.

Blessed be the name of the Lord both now and forever. From the rising of the sun unto its going down, may the name of the Lord be praised. (Psalm 112:2-3)

Is it a sin to take God's name in vain?

It is a sin to take God's name in vain; ordinarily, it is a venial sin.

What is blasphemy?

Blasphemy is insulting language which expresses contempt for God, either directly or through His saints and holy things.

Amen I say to you, that all sins shall be forgiven to the sons of men, and the blasphemies wherewith they may blaspheme; but whoever blasphemes against the Holy Ghost never has forgiveness, but will be guilty of an everlasting sin. (Mark 3:28-30)

Third Commandment

Remember the sabbath day, to keep it holy.
(Exodus 20 8-11)

Commands

- Going to Church on Sundays and Holy Days of obligation, reverence in Church.

Forbids

- Missing Church through one's own fault
- Unnecessary servile work
- Unnecessary public buying and selling
- Whatever else may hinder the due observance of the Lord's day.

Why Sunday?

In the Catholic Church, St Peter and the Apostles exercise the authority given to them by Jesus:

"I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." (Matthew 16:19),... to change the day of worship and the rest from the Sabbath (The 7th day - Saturday) to the 1st day of the week, Sunday

The Apostolic Church did this for two reasons:

- To confirm that Christianity was not just a reform movement within Judaism, but was an entirely new Covenant.
- To honor and sanctify the day that Jesus rose from the dead, since his resurrection was and remains the most important event in the history of the world.

In Ancient times "Service Work" was "Work ordinarily done by slaves." In more recent times, theologians have recommended that people take off on Sunday from the job they usually do for a living

In today's world even this is not often possible. As some jobs (Police, Fire, Hospital workers) have to work on Sundays

Today Theologians say, people should still try to make Sunday more prayerful and less hectic and with more time for family sharing, it is recommended that people put off doing heavy work that they don't need to do.

Example

When a person drives 100 miles to go to his Summer cottage for the weekend but he will not drive 5 miles to the nearest Church on Sunday morning to attend Holy Mass, this person is breaking the Third Commandment. The Third Commandment is also broken when a mother is willing to drive her son the distance of 20 miles three times a week for his hockey practices, but she will not drive 10 miles to go to Church on Sunday. It becomes obvious that hockey practices are more important than honoring the Lord's Day.

Fourth Commandment

Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.
(Exodus 20:12)

Commands

- That we honor our parents, and by extension all family elders and those in authority in a family.
- Honoring all Public Authorities
- Honor our Country
- Supporting social justice and Human and Civil rights
- Children and to obey parents until they turn 18, or marry before 18
- Children are to show respect, honor, and assistance to parents throughout life
- Parents are to provide their children with physical care spiritual training and education both religious and secular. After 18, Parents are to strive to be kind, loving, caring and forgiving, and even helpful if possible, but no longer have the 4th Commandment parental obligation.

Forbids

- Hatred of parents and superiors
- Contempt, disrespect and disobedience towards our parents or lawful superiors.

Examples

A citizen must love his country, be sincerely interested in its welfare, and respect and obey its lawful authority.

A citizen shows a sincere interest in his country's welfare by voting honestly and without selfish motives, by paying just taxes and by defending his country's rights when necessary.

We must respect and obey the lawful authority of our country because it comes from God, the Source of all authority.

We are obliged to take an active part in works of good citizenship because right reason requires citizens to work together for the public welfare of the country.

The fourth commandment illuminates other relationships in society. In our brothers and sisters we see the children of our parents; in our cousins, the descendants of our ancestors; in our fellow citizens, the children of our country; in the baptized, the children of our mother the Church; in every human person, a son or daughter of the One who wants to be called "our Father." In this way our relationships with our neighbors are recognized as personal in character. The neighbor is not a "unit" in the human collective; he is "someone" who by his known origins deserves particular attention and respect.

Fifth Commandment

Thou shalt not kill.
(Exodus 20:13)

Commands

- We must respect the dignity of human life from conception to natural death.
- We must strive for moderation in eating and drinking.
- We must take normal, reasonable care of our health, and the health of those dependent upon us.

Forbids

- Murder, fighting, hurtful rage and anger against persons
- Slander - To say hurtful things about someone, even if true in order to injure them.
- Abortion, Euthanasia and Suicide are serious violations of the 5th commandment
- Extreme Anger
- Alcohol and Drug Abuse

Example

Murder (intentional homicide)—Direct and intentional killing is gravely sinful (CCC 2268). It is a sin that cries to heaven for vengeance, much like the murder of Abel at the hands of Cain. Indirect homicide can also be of grave nature (such as refusing to help a person in danger). However, the Church teaches that self-defense is permissible for the preservation of a one's life. If the attacker is mortally wounded or killed, then the death of the attacker is not a sin. Those who use unnecessary aggression in self-defense can sin mortally, if the attacker is killed or gravely injured.

There are a number of important social issues that relate to the 5th Commandment. Two of these are:

Warfare:

Traditionally Theologians have taught that a war can be justified under certain conditions:

- There must be a lawful reason for war. (Eg Self Defense, or to neutralized evil aggression.)
- There must be a reasonable hope of success
- Death and destruction of innocent people must be prevented if at all possible

Today many modern Theologians hold that conditions for a justified war are no longer possible. But other disagree.

Recent Popes have taught that in any case, modern warfare is so terrible that nations must try peacefully negotiations to solve difficulties and that warfare ought to be the last resort.

Care of Sick and Dying:

The fundamental principle today is: artificial means should be used if there is reasonable hope of success. Artificial means need not be used if there is no reasonable hope of success. The decision should be made by the patient or their proxy after receiving sound medical advice. Any patient who is still naturally alive should not be denied ordinary care, nor directly put to death.

Sixth Commandment

You shall not commit adultery
(Exodus 20 14)

Commands

- Chastity and modesty in all our looks, words, and actions
- Avoiding occasions of sin.

Forbids

- Unchaste freedom with another's wife or husband
- Pornography, bad movies or books, obscene speech
- Impure actions alone or with others
- Masturbation, fornication, homosexuality, incest, bestiality, pedophilia
- All immodesty with ourselves or others in looks, dress, words, or actions.

Examples

Adultery—Adultery is marital infidelity. A married person who has sexual relations with anyone but their lawful spouse, even transient sexual relations, commits adultery (CCC 2380).

Divorce—The grave sin of divorce condemns those who divorce and remarry (Matthew 5:32) and those who divorce in the civil sense (except by grave dispensation). Hence divorce between two baptized Christians is a mortal sin (CCC 2384).

Fornication—Fornication is carnal union between an unmarried man and an unmarried woman and is a grave sin (CCC 2353). Jesus said, "I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart" (Matthew 9:28). If lustful looks are adulterous, how much worse is lustful physical contact?

Pornography—Pornography is the display of intimate real or simulated sexual acts to a third party. Because it removes the marriage act from within the sacramental sanctity of marriage, and perverts sex, it is gravely contrary to charity (CCC 2354). The display of pornography to children and other parties is especially gravely sinful because it is gravely scandalous.

Prostitution—Prostitution reduces a person to an instrument of sexual pleasure and lust. It is gravely contrary to charity and chastity and defiles the body, the temple of th(CCC 2355).

Rape—A person who commits rape violates the respect, freedom, physical and moral integrity of the victim. It is a brutal crime of violence that can physically and psychologically scar a person for life. It is thus a grave sin (CCC 2356).

Homosexual acts—Although it remains to be determined if homosexuality is a genetic, social or personal stigma, homosexual acts are condemned by God and can NEVER be approved by the Church (1 Corinthians 6:9-10, Genesis 19:1-29, Romans 1:24-27 and CCC 2357).

Masturbation—"Masturbation is the deliberate stimulation of the sexual organs in order to derive sexual pleasure" (CCC 2352). The Church teaches that sex has two main purposes that must be sought in the marriage act: sex is for reproduction of children within a valid marriage, and it is a loving, unifying act between husband and wife. Masturbation violates both aspects of the natural law and is thus a grave sin.

Seventh Commandment

Thou shalt not steal.
(Exodus 20:15)

Commands

- Respect for people private ownership of property
- Responsible Stewardship of the environment
- Valuing Labor and the dignity of the Labor
- Paying taxes as required by Civil Law
- Paying a just wage to employees
- Giving Alms to the poor

Forbids

- Theft, embezzlement, fraud, Vandalism
- Enslavement of human beings
- Discrimination
- Greed, Envy and Jealousy

Example

A clerk in the supermarket gives you a five dollar bill in change instead of a one by mistake. You are aware of the mistake but leave the store with the extra money. **That is stealing.**

A waitress in a restaurant bills you less for what you have ordered. You do not point out the error and leave paying the lesser amount. **That is stealing.**

An employer takes advantage of an over supply of labor and pays his employees a less than livable wage. He not only harms his employees, but also their families or dependents. **That is stealing.**

An employee does not put in a just day's work for a just day's pay. Or takes home paper clips, pens, pencils, stationary, and other items without his employer's permission. Or uses the computer and telephone when he should be putting in productive efforts. **That is stealing.**

Theft—All persons have a right to lawful private property obtained by legitimate work, inheritance or gift. To violate a person's right to property by theft is a grave sin, especially if the loss of the property will severely hurt the victim (CCC 2408). The gravity of theft is determined by the harm it does to the victim. A poor beggar who steals a loaf of bread commits a less grave sin than a rich man who steals the savings of a destitute person. St. Paul tells us that thieves shall not inherit the kingdom of God (1 Corinthians 6:9-10).

Cheating—A cheater defrauds his victim of their property. It is morally of grave matter unless the damage to the victim is unusually light (CCC 2413).

Defrauding a worker of his wages—This is one of the sins that cry to heaven for vengeance. Defrauding a worker of his wages withholds and impedes his ability to sustain basic needs for himself and his family. It is a sin that cries to heaven for vengeance (CCC 1867).

Eighth Commandment

Thou shalt not bear false witness against thy neighbor.
(Exodus 20:16)

Commands

- We are obligated to tell the truth.
- We must respect the truth, and give witness to the truth.
- Martyrdom is to give witness to the truth of our faith by giving our lives
- People who broadcast by media have a more serious obligation to the truth, because when falsehoods are broadcast they can do more harm.

Forbids

- Lying - Making false statements in speech and writing
- Calumny - making of false and defamatory statements in order to damage someone's reputation; slander
- To reveal professional secrets

"Then you will know the truth, and the truth will set you free" - John 8:32

Example

False witness and perjury—False witness is a public statement in court contrary to the truth. Perjury is false witness under oath. Both acts are gravely sinful when they condemn the innocent, exonerate the guilty or increase punishment of the accused. They are of grave matter because they contradict justice (CCC 2476).

Adulation—Adulation is verbal speech or an attitude that encourages or confirms another in malicious acts and perverse conduct. It is a grave sin if it makes one an accomplice in another's vices or grave sins (CCC 2480).

Lying—Lying is the most direct offense against the truth. It is gravely sinful when it significantly degrades the truth. The gravity of this sin is measured by the truth it perverts, the circumstances, intentions of the liar and harm done to the victims (CCC 2484). Lying is a sin that originates from the devil, Satan, who is "the father of all lies" (John 8:44).

Ninth Commandment

Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's. (Exodus 20:17)

*The sixth commandment says "Do not commit adultery".
The ninth commandment says, "Don't even think about it".*

Commands

- Purity in thought and desire.

Forbids

- Unchaste or impure thoughts, desires of another's wife or husband
- All other unlawful impure thoughts and desires.

Example

"Everyone who looks at a woman lustfully has already committed adultery with her in his heart" (Mt 5:28).

Lust is disordered desire for or inordinate enjoyment of sexual pleasure. It is disordered because sexual pleasure must not be isolated from its true, natural place: within the Sacrament of Matrimony that is ordered to procreation of children and a unifying love between husband and wife (CCC 2351). Lust, a sin and vice of the flesh, is often a difficult vice to overcome. Human weakness of will and lack of conformity to God is a result of the fall of mankind that causes a disorder between soul and body (called concupiscence) which is often manifested in lust. Yet, lust is a sin that can be overcome through prayer and grace through the Christian sacraments. Christ wills that we overcome lust and replace it with Christian love and purity of heart (Matthew 9:28).

The sixth beatitude proclaims, "Blessed are the pure in heart, for they shall see God." (Matthew 5:8) "Pure in heart" refers to those who have attuned their intellects and wills to the demands of God's holiness, chiefly in three areas: charity; (1 Timothy 4:3-9, 2 Timothy 2:22) chastity or sexual rectitude; (1 Thessalonians 4:7, Colossians 3:5, Ephesians 4:19) love of truth and orthodoxy of faith. (Titus 1:15, 1 Timothy 1:3-4, 2 Timothy 2:23-26) ... The "pure in heart" are promised that they will see God face to face and be like him. (1 Corinthians 13:12; 1 John 3:2) Purity of heart is the precondition of the vision of God. Even now it enables us to see according to God, to accept others as "neighbors"; it lets us perceive the human body - ours and our neighbor's - as a temple of the Holy Spirit, a manifestation of divine beauty.

— Catechism of the Catholic Church

Tenth Commandment

You shall not covet your neighbor's goods.
(Exodus 20:17)

Commands

- Be content with what we have
- Respect for the rights of others
- Rejoice in our neighbor's welfare

Forbids

- Desires to take or keep wrongfully, or to damage, what property belongs to another.
- Greed
- Envy

Example

It forbids merchants from desiring a shortage of a certain supply so their selling price may rise.

It forbids wishing that someone will become poor so that his belongings can be purchased at a very low price because of the poor person's need for money.

It forbids doctors from wishing that disease will spread.

It forbids lawyers who are eager for many important cases and trials.

The tenth commandment unfolds and completes the ninth, which is concerned with concupiscence of the flesh. It forbids coveting the goods of another, as the root of theft, robbery, and fraud, which the seventh commandment forbids. "Lust of the eyes" leads to the violence and injustice forbidden by the fifth commandment. Avarice, like fornication, originates in the idolatry prohibited by the first three prescriptions of the Law. The tenth commandment concerns the intentions of the heart; with the ninth, it summarizes all the precepts of the Law. (CCC 2534)

The tenth commandment requires that envy be banished from the human heart. When the prophet Nathan wanted to spur King David to repentance, he told him the story about the poor man who had only one ewe lamb that he treated like his own daughter and the rich man who, despite the great number of his flocks, envied the poor man and ended by stealing his lamb. Envy can lead to the worst crimes. (CCC 2538)

Note: While the Ninth and Tenth Commandments appear to repeat the Sixth and Seventh Commandments, they refer to thoughts rather than to one's actions.