

Exodus 20, The 10 Commandments, together with a short adult reflection

1. **I am the Lord your God, Who brought you out of the land of Egypt, out of the house of slavery.**

You shall have no gods except Me

Have I thought about God today? Have I talked to Him in prayer? Have I thanked Him for His love and care of me today? Have I sought God's will for my life? What have I done to show my love for Him?

You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father's fault in the sons, the grandsons and the great grandsons of those who hate Me; but I show kindness to thousands of those who love Me and keep My commandments.

Have I thought about something or someone more than I have thought about God?

What do I want most at the moment? If I had a choice between this and God, what would I choose?

2. **You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters His name to misuse it.**

Have I used the name of Jesus or God properly, and not as a swear word?

Have I looked after the things that belong to God eg my Bible, holy pictures, the church, priests, religious and have I shown respect for these things and His representatives?

3. **Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work that day, neither you nor your son nor your daughter nor your servants, men or women, nor your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day He rested; that is why the Lord has blessed the sabbath day and made it sacred.**

How have I made Sunday a special day, a day that would make God especially happy? Have I failed to worship God at Sunday Mass? Have I stopped to be present with God and with my loved ones?

4. **Honour your father and your mother so that you may have a long life in the land the Lord your God has given you.**

Have I prayed for my parents? Have I spoken respectfully to them and about them? Have I kept in contact with them on a regular basis? What have I done to show gratitude to my parents for all the ways that have helped, loved and protected me? Do I carry any unforgiveness towards my parents in my heart?

5. **You shall not kill.**

Have I been violent or abusive towards anyone? Have I called anyone names? Have I wanted revenge against anyone? Have I done anything to make life unpleasant for another person?

6. **You shall not commit adultery.**

This commandment is about our responsibility to help married couples stay happily married. It is God's will that we not treat marriage lightly. Love between couples is designed to reflect the tenderness, loyalty, permanence, and fruitfulness of God's love toward us. Have I taken time to be with my spouse? How much does my spouse's happiness mean to me? Have I shared my heart with someone not my spouse?

7. **You shall not steal.**

Have I borrowed something and not returned it? Have I broken something belonging to someone else and not replaced it? Have I taken something without asking for it, or without paying for it?

8. **You shall not bear false witness against your neighbour?**

Have I told lies? Have I told stories about someone without checking whether the stories were true? Have I talked about people behind their backs? Have I passed on a story about someone else that wasn't nice?

9. **You shall not covet your neighbour's wife.**

This commandment is about not treating other people as things to serve me, but as unique people to love and respect. Before we belong to ourselves, we belong to God, our Creator; and He wants us to look after our bodies and not misuse them sexually out of respect for Him. Do I watch or read material in order to feel a sexual response? Do I care for the welfare of another's soul and mind more than my own pleasure?

10. **You shall not covet your neighbour's house, or his servant, man or woman, or his ox, or his donkey, or anything that is his.**

Am I content with the things I have been given? Do I pester those in authority for things I want, which aren't really necessary? Do I thank God for all the gifts and talents and possessions I have? How jealous am I? How ambitious am I? Am I generous in sharing with others and giving to others in need?