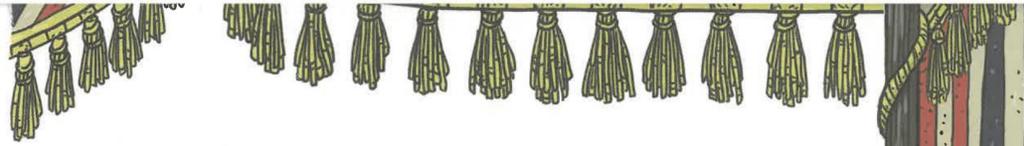


# Exploring the 10 Commandments



K-2





## The Meaning of the Ten Commandments

It is hard to do something when we don't know why we are doing it. In order to keep the Ten Commandments, we need to know what they mean in general and what they mean for us. We need to know why God cares about each commandment, and why we should care about keeping it.

Under each commandment is a short explanation or example of the commandment. Think about each commandment and try to come up with an example of your own. This will help you keep the Ten Commandments in your own life.



# 1

## The First Commandment

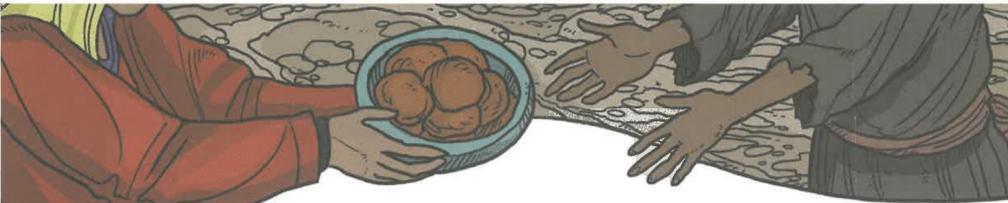
I am the Lord your God;  
you shall not have other gods before me.

God commands us to honor Him as number one in our lives. Why does God want this? Does God keep chanting, "I'm Number One! I'm Number One!" all the time? No. God wants us to honor him as the one, true God not for his sake, but for our sake.

The first commandment puts our lives in the right order. If we honor God as number one in our lives, then all the other parts will fall into place.

When we obey the First Commandment, we love God and pray to him like we should because he deserves that. God made everything and everybody. Especially you! When you have a good day or when you have a bad day. God wants you to know that he is there for you to help you deal with the bad and remind you of all the good things he has given you.





## The Old Law and the New Law

When Jesus taught people, he gave them a New Law. He said, "Love one another as I have loved you" (John 13:34). But Jesus also expected that people would keep the Old Law, that is, the commandments that God gave us long before Jesus arrived. When someone asked Jesus to say what the most important commandment in the Law was, Jesus answered that it was to love God and to love your neighbor as yourself (see Mark 12:28-34.) In this answer, Jesus was quoting from the Old Law. We call this commandment "the **Great Commandment**."

We can keep this Law of Love only through the new life and grace of the Holy Spirit, which we receive through our faith in Christ. This grace operates through love. Jesus taught this New Law of Love in his Sermon on the Mount (see the Gospel of Matthew, chapters 5, 6, and 7), and we receive the grace we need to live this Law of Love in the Sacraments. This new moral life of love will reach its fullness in the glory of Heaven.



## **2** The Second Commandment

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

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The phrase "in vain" means for no good reason. If we say something is "vain" it is empty and has no meaning. When we use the name of the Lord, we want it to have meaning. We want to use it with respect and love, because "the name of the Lord is holy."

"O God!" can be a short kind of prayer addressing God sometimes, but when we are using it just because it is something to say, are we really thinking about what you are saying?

We should also be very careful to never use the Lord's name as a swear word. We would never use anyone else's name in an angry way, so we certainly shouldn't be using God's name that way either.



# 3

## The Third Commandment

Remember to keep holy  
the Lord's Day.

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The Lord's Day is Sunday. God created the world in 6 days and on the 7th day He rested. That means that God set aside one day of the week for us to take some special time in our lives to remember all the good things that He has given us and to make sure we spend extra time with our family and friends.

Sometimes it is hard to take a break from everything we need to do and God understands this. That is why God made this commandment, because He knows that sometimes we forget to take the time to appreciate the gifts that He has given us. Draw a small picture below of something you want to remember to thank God for.

What does your family like to do on Sundays?

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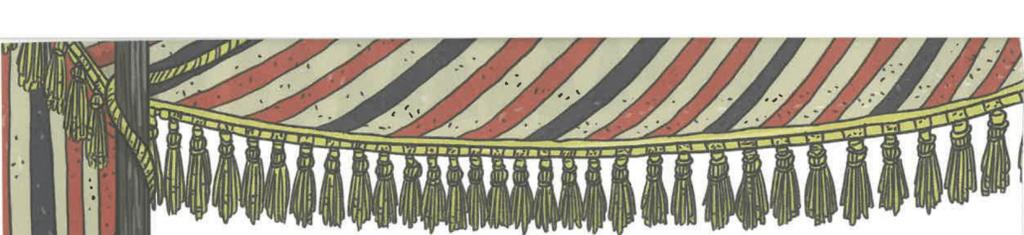
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# 10

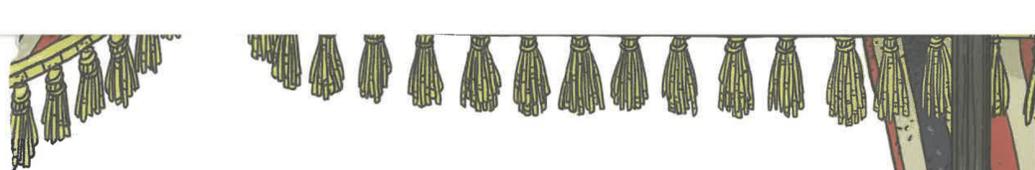
## The Tenth Commandment

You shall not covet  
your neighbor's possessions.

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This commandment means that you should not be sad because someone else has something that you want. We should always be grateful for the things we have and not worry so much about what we do not have. When we have everything we need, life is still good even if we aren't swimming in legos.

When your friend gets something new, do your best to be happy for them. Being glad starts in our thoughts, and then in our feelings. To be jealous doesn't help us out or the other person, but being happy with someone when good things happen or they get new stuff is a good way to be a friend and it will help you to live a grateful life too .



# 4

## The Fourth Commandment

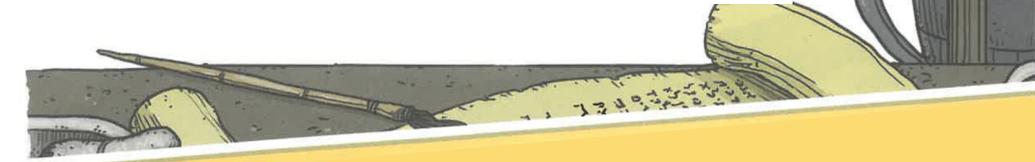
Honor your  
father and your mother.

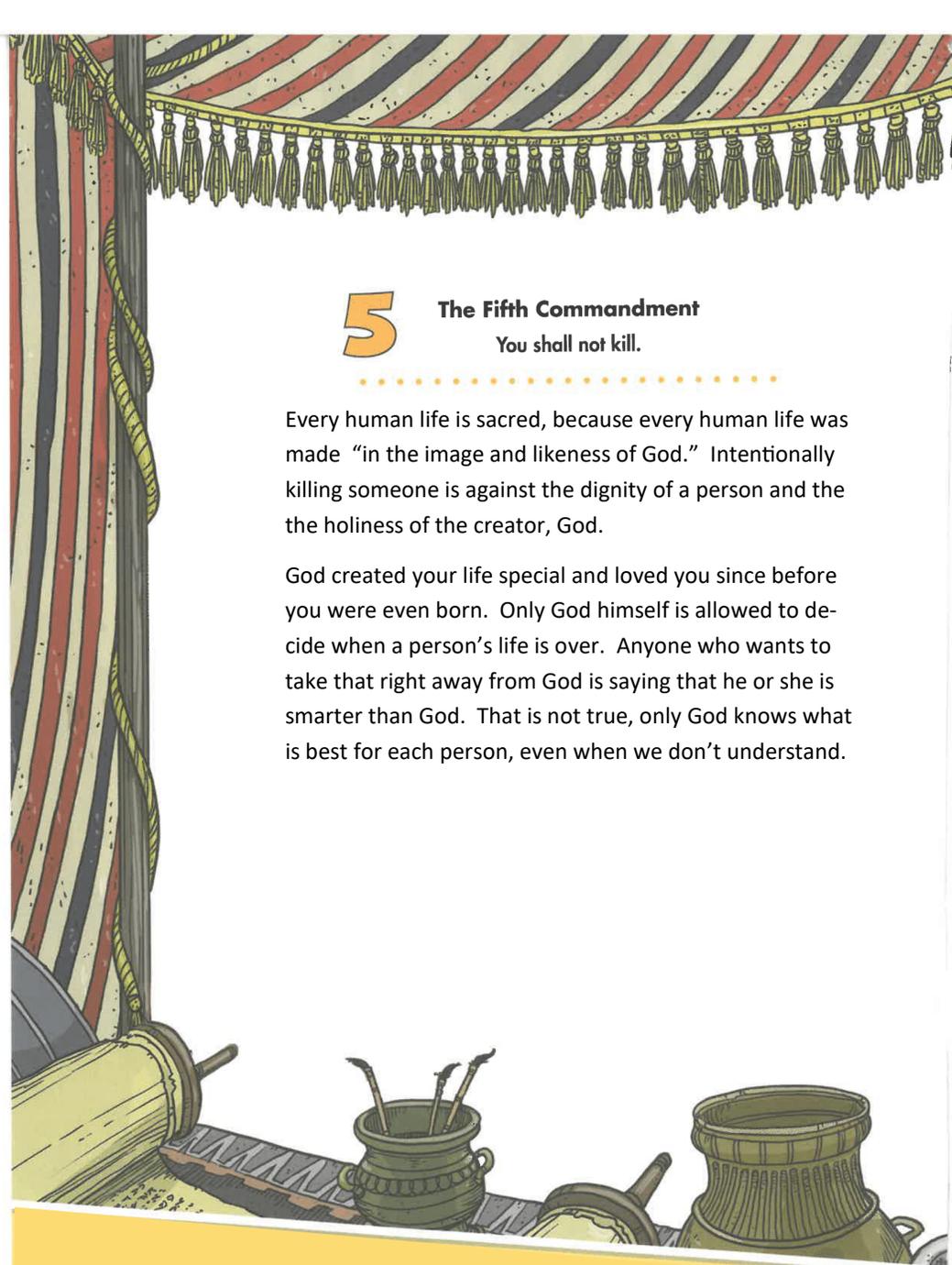
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You should always respect other people and treat them like you want to be treated. And with parents, that means extra. God gave us our parents as a gift of someone to love us unconditionally, that means they love us no matter what we do. Our parents are there to teach us how to be good people when we grow up and to make sure that we have everything we need to live and have a good life.

That is why we should always do the things our parents and Grandparents ask us to do. They are trying to teach us even when it means we have to help around the house or write our spelling words over again.

Honoring our parents does not just mean our parents sometimes. When God says to honor our parents, He is including anyone who cares for us like our teachers, the police, grandparents, our elders, and even our friends parents who are looking out for us. These people are all trying to help you grow to be the person God created you to be and they deserve your respect.





# 5

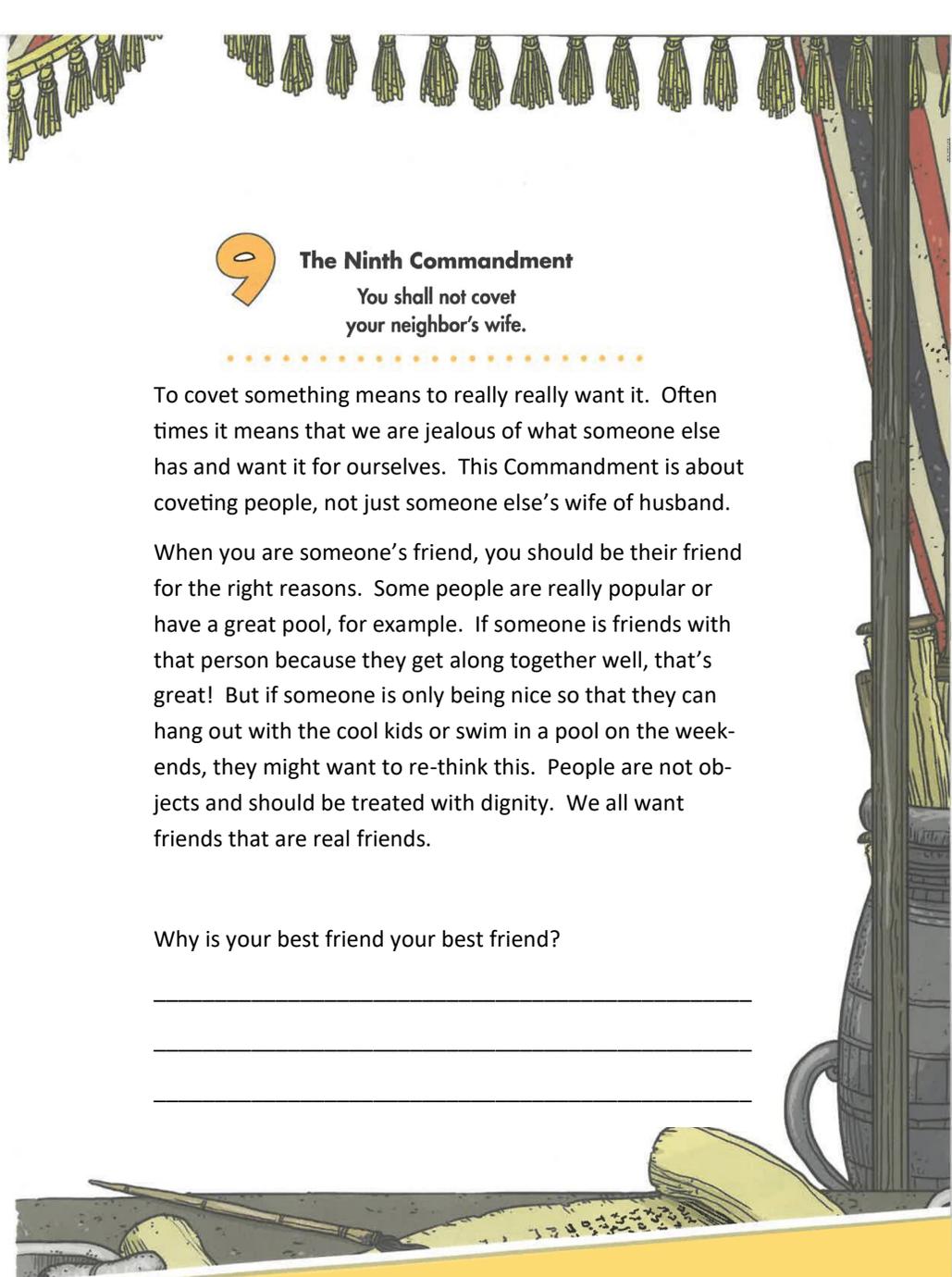
## The Fifth Commandment

You shall not kill.

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Every human life is sacred, because every human life was made “in the image and likeness of God.” Intentionally killing someone is against the dignity of a person and the holiness of the creator, God.

God created your life special and loved you since before you were even born. Only God himself is allowed to decide when a person’s life is over. Anyone who wants to take that right away from God is saying that he or she is smarter than God. That is not true, only God knows what is best for each person, even when we don’t understand.



# 9

## The Ninth Commandment

You shall not covet  
your neighbor’s wife.

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To covet something means to really really want it. Often times it means that we are jealous of what someone else has and want it for ourselves. This Commandment is about coveting people, not just someone else’s wife or husband.

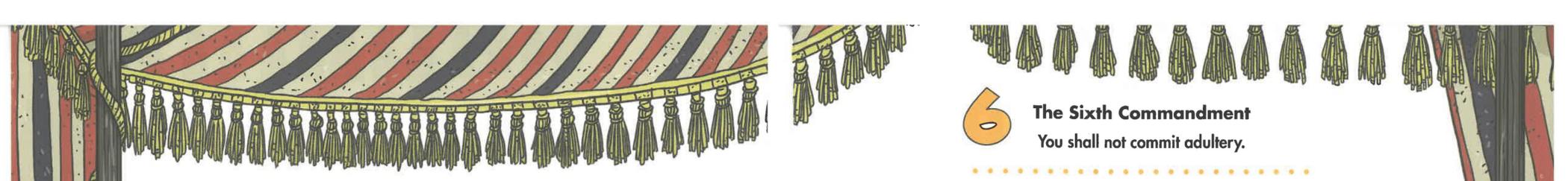
When you are someone’s friend, you should be their friend for the right reasons. Some people are really popular or have a great pool, for example. If someone is friends with that person because they get along together well, that’s great! But if someone is only being nice so that they can hang out with the cool kids or swim in a pool on the weekends, they might want to re-think this. People are not objects and should be treated with dignity. We all want friends that are real friends.

Why is your best friend your best friend?

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**Draw your favorite healthy food!**

6

## The Sixth Commandment

You shall not commit adultery.

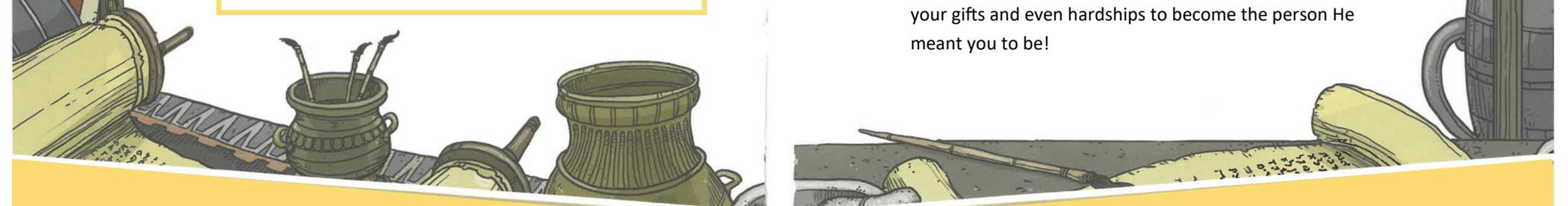
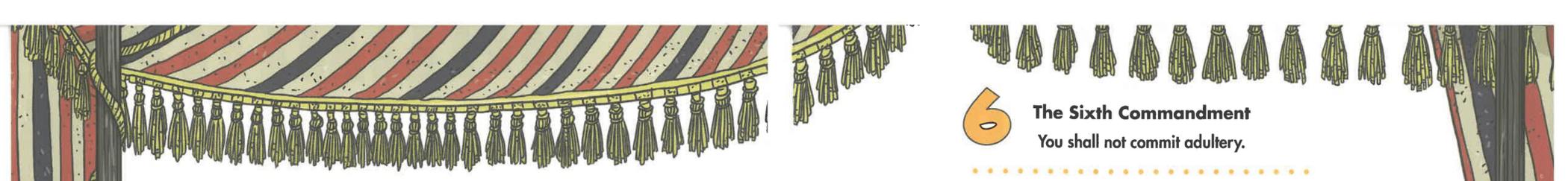
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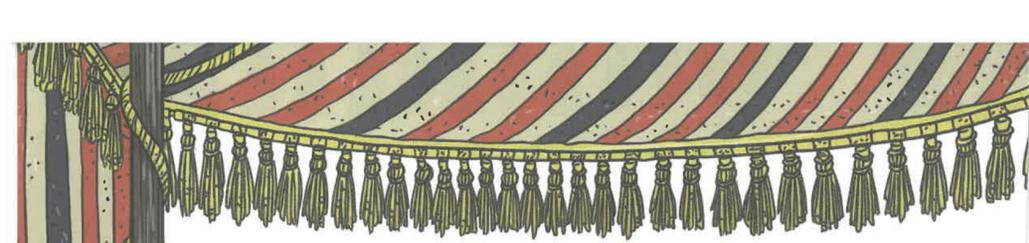
The Sixth Commandment is a reminder that marriage is a covenant of love, and married people are obligated to be faithful to each other.

But you might say, "I'm not married! The Sixth Commandment doesn't have anything to do with me!" That's only partly true. The Sixth Commandment also reminds us that we are special and created in God's own image. He created some of us boys and some of us girls and He wants us to respect his work.

It is important to take proper care of our bodies, too. That means trying to eat healthy foods, get enough sleep, make sure to keep yourself clean, study hard and don't forget to play. These are things we can do to make sure the gift of our bodies is taken care of. God wants us to take care of this special gift from Him to you.

Sometimes we might not like something about our body, maybe we wish we had blue eyes instead of brown, or maybe we have a body that doesn't seem to work quite right. But God made you the way you are for a reason, and even if things don't seem to be "just right" to you, God made you perfect and he knows that you can use all your gifts and even hardships to become the person He meant you to be!





## 7 The Seventh Commandment

You shall not steal.

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Very clearly, the Seventh Commandment forbids stealing. Stealing is taking something that does not belong to you without their permission.

Taking other people's thoughts and ideas is also stealing. Cheating on a test is stealing someone else's answers and pretending they are your own. Or copying part of a book or song and without telling anyone who really wrote it is also stealing.

Sometimes it is hard to remember this easy commandment, especially when we borrow without permission and forget to give the item back. Always remember to ask before you take something, even to borrow, and then remember to return it.



## 8 The Eighth Commandment

You shall not bear false witness against your neighbor.

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"Bearing false witness" means telling a lie. Why do we only tell the truth to our neighbor? Actually, this means everyone, not just the people next door. We are all brothers and sisters in God's family and our neighbors are close to us too.

There are many reasons someone might tell a lie. We might be tempted to tell a lie because we don't want to admit we have done something to make someone else upset. But a lie always makes things worse. When people find out we told a lie, they won't be able to trust anything that we say anymore. No one wants to be friends with someone that they can't trust. It is better to be honest with everyone. It is better to tell the truth, take the punishment, and try to do better next time. God will always forgive us when we say sorry, and so will most people.

Telling the truth is more than admitting when you've made a mistake, it also means that we should not talk bad about other people. Sometimes we hear bad things about someone and we tell someone else. That makes that person look bad and no one will like them because of what you said. Always try to use your words to build each other up.

