

# The Ten Commandments

The Law was given through Moses; Grace and Truth came through Jesus Christ (John 1:17).

These are the Commandments which God gave to man to guide him to happiness in this life and the next:

## **I I AM THE LORD THY GOD: THOU SHALT NOT HAVE STRANGE GODS BEFORE ME.**

**COMMANDS:** faith, hope, love and worship of God, reverence for holy things, prayer.

**FORBIDS:** idolatry, superstition, spiritism, tempting God, sacrilege, attendance at false worship.

## **II THOU SHALT NOT TAKE THE NAME OF THE LORD THY GOD IN VAIN.**

**COMMANDS:** reverence in speaking about God and holy things; the keeping of oaths and vows.

**FORBIDS:** blasphemy, the irreverent use of God's name, speaking disrespectfully of holy things, false oaths, and the breaking of vows.

## **III REMEMBER THOU KEEP HOLY THE SABBATH DAY.**

**COMMANDS:** going to Church on Sundays and holy days.

**FORBIDS:** missing Church through one's own fault; unnecessary servile work; public buying and selling; court trials.

## **IV HONOR THY FATHER AND MOTHER.**

**COMMANDS:** love, respect, obedience on the part of children, care on the part of parents for the spiritual and temporal welfare of their children; obedience to civil and religious superiors.

**FORBIDS:** hatred of parents and superiors; disrespect, disobedience.

## **V THOU SHALT NOT KILL.**

**COMMANDS:** safeguarding of one's own life and bodily welfare of that of others.

**FORBIDS:** unjust killing, suicide, abortion, sterilization, dueling, endangering life and limb of self or others.

## **VI THOU SHALT NOT COMMIT ADULTERY.**

**COMMANDS:** chastity in word, and deed.

**FORBIDS:** obscene speech; impure actions alone or with others.

## **VII THOU SHALT NOT STEAL.**

**COMMANDS:** respect for the property and rights of others; the paying of just debts; paying just wages to employees; integrity in public officials.

**FORBIDS:** theft; damage to the property of others; not paying just debts; not returning found or borrowed articles; giving unjust measure or weight in selling; not paying just wages; bribery; graft; cheating; fraud; accepting stolen property; not giving an honest day's work for wages received; violation of contract.

## **VIII THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR.**

**COMMANDS:** truthfulness, respect for the good name of others; the observance of secrecy when required.

**FORBIDS:** lying, injury to the good name of others, slander, talebearing, rash judgment, contemptuous speech, and the violation of secrecy.

## **IX THOU SHALT NOT COVET THY NEIGHBOR'S WIFE.**

**COMMANDS:** purity in thought.

**FORBIDS:** willful impure thoughts and desires.

## **X THOU SHALT NOT COVET THY NEIGHBOR'S GOODS.**

**COMMANDS:** respect for the rights of others.

**FORBIDS:** the desire to take, to keep, or to damage the property of others.