

Lesson Eleven Preparation: Matthew 5:17-26

The Ten Commandments

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- To understand the Ten Commandments lead to true happiness and freedom.
- To know and understand the Ten Commandments.

Read

From the Bible: Matthew 5:17-26

From the *Catechism of the Catholic Church*

The Decalogue [or Ten Commandments] must first be understood in the context of the Exodus, God's great liberating event at the center of the Old Covenant. Whether formulated as negative commandments, prohibitions, or as positive precepts such as: "Honor your father and mother," the "ten words" point out the conditions of a life freed from the slavery of sin. The Decalogue is a path of life: The "ten words" are pronounced by God in the midst of a theophany ("The LORD spoke with you face to face at the mountain, out of the midst of the fire."). They belong to God's revelation of himself and his glory. The gift of the Commandments is the gift of God himself and his holy will. In making his will known, God reveals himself to his people. (*Catechism of the Catholic Church*, paragraphs 2057-2059)

From the *Compendium to the Catechism of the Catholic Church*

Read questions [434-533](#). This will take 15 minutes.

Watch

[The 10 Commandments](#) (8:46) [what are the 10 commandments](#) (5:32) [7 deadly sins](#) (2:43)

Note: parents should preview videos in case it goes too deep into the 10 commandments for your child.

Reflect

Jesus' approach to the Ten Commandments is a bit intense. He says that anger is the same thing as murder and lust is the same thing as adultery. There is perhaps some level of hyperbole here. But it is important to note that Jesus is as concerned with the internal dispositions of the heart as he is with the external, legal violation of a command. You may not have killed anyone, but no murder ever happened without anger happening first. You may not have committed adultery, but not act of adultery every happened without lust first.

We are used to reading the Ten Commandments as a list of Thou-shalt-nots. It is worth while to look at the good thing that each Commandment protects. These are things so important to God that he felt the need to protect them with a commandment. God values knowing him, respecting the sacred, the Sabbath rest, honoring legitimate authority (especially within the home), life, sexuality, marriage and family life, the truth, possessions, purity of heart, and simple living. Those values show us a lot about who God is and how we can be happy.

Lesson Eleven: Matthew 5:17-26

The Ten Commandments

Lesson Summary

Following the Ten Commandments leads to true Freedom.

To know and understand the Ten Commandments.

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Pray the Creed and Hail Mary (*Catholic Children's Bible* page 1992)

Read

Matthew 5:17-26 Teaching About the Law

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the [suggested journal prompts](#) if you need help.

Reflect

Have you ever played a game where there are no rules? It might sound fun at first, but pretty quickly the game gets boring or even scary.

Imagine you are playing soccer with your friends. Suddenly, someone picks up the ball and runs away with it. Is that fun for the kids left standing on the field? Without rules, that would be just fine.

Every game we enjoy is fun because of the rules. Rules are meant to keep us safe and happy. God gave us a set of rules, the Ten Commandments, to help us be safe and happy too. Game rules help us to enjoy the game more, and God's rules help us to enjoy life more.

Watch

- [The 10 Commandments](#) (8:46)
- [What are the 10 Commandments](#) (5:32)
- [7 deadly sins](#) (2:43)

Note: parents should preview videos in case it goes too deep into the 10 commandments for your child.

Discuss

- What is your favorite game? What is one rule that makes that game fun?
- Describe a time when following the rules has kept you safe.
- Describe a time when you broke a rule and it ended up hurting you.

Salvation History

Sometime this week, read **God Gives His People the Ten Commandments (Exodus 19:16-20:17)**, pages 132-133 in the *Catholic Children's Bible*.

This is the story of God giving the Ten Commandments on Mt. Sinai right after the Exodus from Egypt.

Live

- Create your own household Ten Commandments. Write them down and hang them up where everyone can see them.
- Go bowling as a family and turn it into a review of the Ten Commandments. After you throw your first ball, whatever pins are left standing, try to recite the Commandment for that pin number (i.e. if you leave the 10th pin up, recited the 10th Commandment).
- Jesus summarized the Ten Commandments as "Love God, and love others." One way to love others is through [The Kindness Rocks Project](#). Gather some rocks, paints, and markers and decorate your rocks with uplifting Bible verses.

Lesson Eleven Supplemental Materials

The Ten Commandments

Lesson Summary Statements

- The Ten Commandments were given after God freed the Israel from slavery in Egypt.
- The Ten Commandments were given so we can love and live in freedom and peace with God and neighbor.
- The first three commandments help us to love God.
 - I am the Lord your God; you shall not have other Gods before me.
 - God does not want us to worship anything that is not Him. This could be money, power, pleasure, or fame.
 - You shall not take the Lords name in vain.
 - You shall keep holy the sabbath day.
 - We must go to mass on Sunday and not do work that interferes with the worship of God and time as a family.
- The remaining seven commandments help us to love our neighbor.
 - Honor your father and mother.
 - Thou shall not kill.
 - Thou shall not commit adultery.
 - Thou shall not steal.
 - Thou shall not bear false witness (lie).
 - Thou shall not covet thy neighbor's wife.
 - Thou shall not covet thy neighbors' goods.
- The Ten Commandments help preserve human freedom and flourishing.
 - Sin enslaves us, just like an addiction.
 - Sin breaks relationships and robs us of inner peace.
 - The Seven capital sins are conditions of the heart that lead to other sins. They are: pride, covetousness, lust, anger, gluttony, envy, sloth.

More Resources to Answer Your Questions

Videos

- [10 commandments as a sign of God's love](#) (5:28)
- [Bishop Robert Barron on the Ten Commandments](#) (13:07)
- [What Constitutes a Practicing Catholic?](#) (6:44) – the Precepts of the Church

Websites

- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)

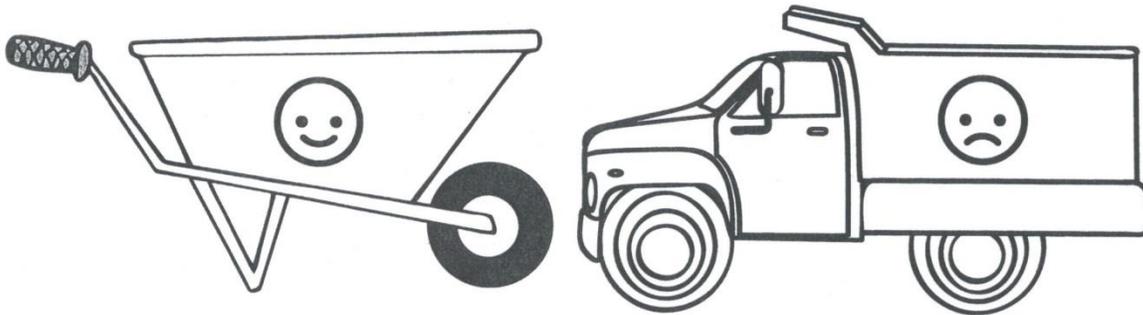
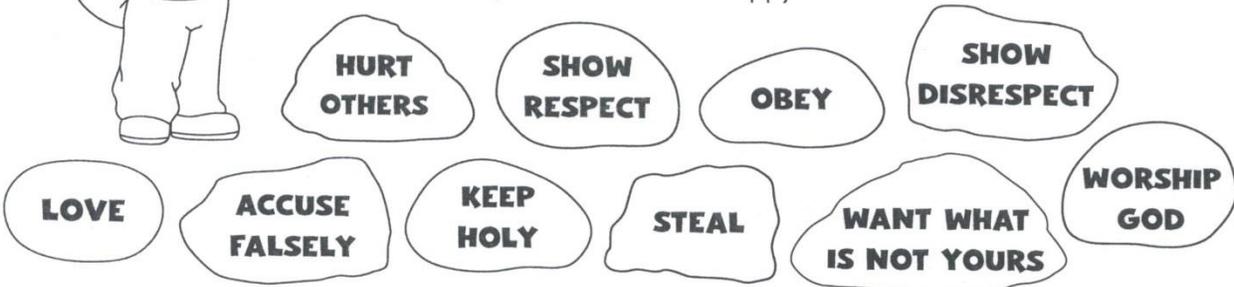
Name: _____

Follow the Leader



Rules are made to keep us safe and happy. When we follow God's Commandments, we are strong and happy. Simon needs help to follow God's Laws.

Find and read Exodus 20:2-17 in your Bible. Cut and paste into the wheelbarrow the stones that will help Simon follow the Commandments. Cut and paste into the dump truck the stones that will not keep Simon safe and happy.



 **Seek and Find:** Look at pages 132 and 133 of your Bible. What is coming down from the clouds on these story pages?

Name: _____

Ten Laws for a Good, Happy Life

God told us why we must obey his Commandments. Use the code at the bottom of the page to discover what God said.

" _____ , _____ ,
Y V T N Q H Y V X Z J L V S

_____ ,
K T V Q N M W H N J M U N W

_____ ." (Leviticus 19:2)
Z P T N Q H

" _____ ,
N Y V H P H Q Z I L

_____ ,
Y V X Z J L V S Z P K T V

_____ ,
Q N M W Z O W S P Z R V H N J

_____ ." (Leviticus 20:8)
T N Q H

Code:

Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H
a	b	c	d	e	g	h	i	k	l	m	n	o	r	s	t	u	w	y



Seek and Find: Look at pages 132 and 133 of your Bible. At the bottom of the page, find the person with the purple hat. What color is that person's sash?