

# Young Apprentices

A RESOURCE FOR THE RCIA

## CATECHUMENATE SESSION: THE TEN COMMANDMENTS

Third Sunday of Lent • Year B • March 3, 2024

Loving God,  
you gave us  
the Ten Commandments  
to help us live in love  
with you and with each other.

Help us to follow  
the Ten Commandments  
so that we may live together always  
in happiness and in peace.

Amen.



### Sunday Word

**Exodus 20:1-17**

**Psalms 19:8-9, 10, 11**

**1 Corinthians 1:22-25**

**John 2:13-25**

The above readings are available at  
[usccb.org/bible/readings](http://usccb.org/bible/readings).

### To Help You Remember



1. God gave us the Ten Commandments to help us live in right relationship with him and with each other.
2. The first three Commandments describe how we are to live in right relationship with God.
3. The remaining seven Commandments describe how we are to live in right relationship with others.

## Key Teachings



### The Ten Commandments

The Ten Commandments, also called the Decalogue (in Greek, *ten words*), are found in Exodus 20:1-3, 7-8, 12-17, and in Deuteronomy 5:6-21. They are the summary of the Law of God reflected in the first five books of the Old Testament.

### The Great Commandment

In Matthew 22:37, 39, Jesus stated that all the Commandments are summed up in the Great Commandment. The Great Commandment teaches us that all of God's Laws are based on love of God and love of neighbor.

## Faith Words



### Ten Commandments

The Ten Commandments are the Laws God revealed to Moses and the Israelites on Mount Sinai.



### Great Commandment

The Great Commandment is the teaching of Jesus telling us that love of God and love of neighbor are inseparable.

## My Commandment

## With My Family



### We Listen

God gave us the Ten Commandments as guidelines for living in good and right relationships. In the Gospel, we see Jesus getting angry because the people were not living rightly. They disrespected God's house. But Jesus talks about more than the bad behavior in the Temple. He is talking about his own Death and Resurrection.

### We Believe

All of God's Commandments are summed up in the one Great Commandment: love God and love your neighbor as yourself.

### We Live As Disciples

Parents often quote the Fourth Commandment, "Honor your father and your mother." What meaning does this hold for your family? Children, how do you honor your parents? Parents, how do you honor your children? During this third week of Lent, take time to discuss and identify three ways you can honor members of your own family.

### We Pray

Pray together, using these words from the First Scrutiny:

"[A]s children of God, [may we] openly admit our weaknesses and faults"  
(RCIA 299).

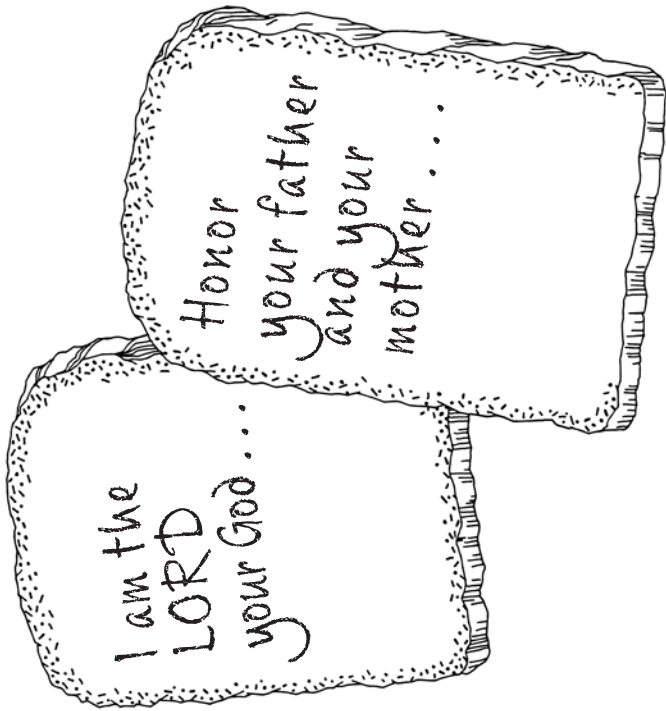
Allow time for each family member to quietly think about his or her weaknesses and faults, and then pray again the words from the First Scrutiny.

# The Ten Commandments

The Decalogue, or the Ten Commandments, literally means in Hebrew “the ten words.” These “ten words” exist in two forms, or versions, found in Exodus 20:1-17 and Deuteronomy 5:6-21.

The Ten Commandments give us guidelines for living good lives and having good relationships.

Work on memorizing the Ten Commandments. Read the explanations of each. Write in the third column one way you will honor, or live, that Commandment.



Commandment	Explanation	I Will...
<p>1. I am the LORD your God: you shall not have strange gods before me.</p>	<p>We put God first in our lives. We love God above all else in life. We talk and listen to him in prayer.</p>	
<p>2. You shall not take the name of the LORD, your God, in vain.</p>	<p>We are to speak with respect. We do not swear, curse, or use God's name in anger.</p>	
<p>3. Remember to keep holy the LORD's Day.</p>	<p>We worship God on Sundays and holy days. We rest from work on Sundays in honor of God.</p>	

Commandment	Explanation	I will . . .
4. Honor your father and your mother.	We love, respect, and obey our parents and those who care for us.	
5. You shall not kill.	We cherish God's gift of human life by honoring each person's dignity and caring for the human body.	
6. You shall not commit adultery.	We respect our bodies and the bodies of others. We practice the virtue of <b>chastity</b> by being pure in our minds, hearts, and actions.	
7. You shall not steal.	We never take things that belong to someone else. We do not cheat.	
8. You shall not lie.	We are truthful and honest in what we say and do.	
9. You shall not covet your neighbor's wife	We respect the promises that married people have made to each other.	
10. You shall not covet your neighbor's goods.	We are satisfied with what we have and are not jealous or greedy.	