

The First Three Commandments

Commandment 1 – *I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me. You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow to them or serve them.* (CCC)

Commands: Adoration, prayer, sacrifice, honouring promises, vows

Practices: regular prayer time, offering day to God, inviting God to work in our lives, being faithful to our vows and promises to God, helping our faith to grow by participating in the Eucharist and other sacraments, reading, guarding religious liberty in civil law

Forbids: Idolatry, superstition, magic, divination (the occult) irreligion, atheism (no God), agnosticism (not sure about God, indifferent to God), simony (buying or selling spiritual favours), syncretism (joining two opposing beliefs into one belief)

Lesser: slack prayer life, putting other things before God, purposeful distraction in prayer

Commandment 2 – *You shall not take the name of the Lord your God in vain.* (CCC)

- CCC 2142 – *The second commandment prescribes respect for the Lord's name. It governs our use of speech in sacred matter. The Lord's name is holy. For this reason he must not abuse it. He must keep it in mind in silent, loving adoration. He will not introduce it into his own speech except to bless, praise and glorify it.*

Commands: Respect for **God's name** (sacred, holy, same as his word), for saints, holy objects, confession of faith, promises and vows that honour God

Practices: naming our children after saints, only taking oaths in grave situations (court), acting in Jesus' name

Forbids: Blasphemy, cursing, perjury

Lesser: swearing - "I swear to God..." "Jesus Christ!", "God!", dishonouring saints (often Mary), dishonouring holy objects

Commandment 3 – *Remember the sabbath day, to keep it holy. Six days you shall labour and do all your work; but the seventh day is a sabbath of the Lord your God; in it you shall not do work.* (CCC)

Commands: observing Sunday as a day set aside for God, as a day of rest, day of prayer, Mass on Sunday and holy days of obligation.

Practice: attending mass on Sunday, spending time with family, in reading, prayer, or works of charity

Forbids: unnecessary work, non-observance of religious practice (missing Mass for a minor reason - MORTAL SIN), making unnecessary demands on others on the Lord's Day.

Lesser: shopping on Sunday, work on Sundays as opposed to hobbies, purposeful distraction at mass