

# THE TEN COMMANDMENTS

The Ten Commandments are a description of the basic freedom from sin that is necessary to live as a Christian. Please see below for many references that can help us understand more clearly the meaning of the Ten Commandments and how we can better follow them, beyond memorizing them in word.

## WHERE ARE THE TEN COMMANDMENTS IN THE BIBLE?

While the account of God handing down the Ten Commandments to Moses is greatly outlined in both [Exodus 20:2-17 \(the Ten Commandments\)](#) and [Deuteronomy 5:6-21 \(the Decalogue\)](#), references to the Laws of I Am can be found in endless Scriptures throughout the Old and New Testaments.

## CATECHISM OF THE CATHOLIC CHURCH REFERENCES

The Commandments express man's fundamental duties to God and neighbor. As such, they represent grave obligations. To violate them knowingly & willingly in a significant way is to commit mortal sin ([CCC #1854- 1864](#)).

Also explore our Seven Deadly Sins link (<http://www.cmvic.net/7-deadly-sins>).

[CCC #2056](#) states "The word "Decalogue" means literally "ten words." <sup>11</sup> God revealed these "ten words" to his people on the holy mountain. They were written "with the finger of God," <sup>12</sup> unlike the other commandments written by Moses. <sup>13</sup> They are pre-eminently the words of God. They are handed on to us in the books of Exodus <sup>14</sup> and Deuteronomy. <sup>15</sup> Beginning with the Old Testament, the sacred books refer to the "ten words," <sup>16</sup> but it is in the New Covenant in Jesus Christ that their full meaning will be revealed."

<sup>11</sup> *Exodus 34:28; Deuteronomy 4:1 and 10:4.*

<sup>12</sup> *Exodus 31:18; Deuteronomy 5:22.*

<sup>13</sup> *cf. Deuteronomy 31:9-24.*

<sup>14</sup> *cf. Exodus 20:1-17.*

<sup>15</sup> *cf. Deuteronomy 5:6-22.*

<sup>16</sup> *cf. for example Hosea 4:2; Jeremiah 7:9; Ezekiel 18:5-9.*

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# THE TEN COMMANDMENTS\*

## EXODUS 20:1-17

1 Then God spoke all these words:

2 a I am the LORD your God, who brought you out of the land of Egypt,b out of the house of slavery.

3 You shall not have other gods beside me.\*

4 You shall not make for yourself an idolc or a likeness of anything\* in the heavens above or on the earth below or in the waters beneath the earth;

5 you shall not bow down before them or serve them.d For I, the LORD, your God, am a jealous God, inflicting punishment for their ancestors' wickedness on the children of those who hate me, down to the third and fourth generation\*;

6 but showing love down to the thousandth generation of those who love me and keep my commandments.

7 You shall not invoke the name of the LORD, your God, in vain.\* e For the LORD will not leave unpunished anyone who invokes his name in vain.

8 Remember the sabbath day—keep it holy.\*

9 Six days you may labor and do all your work,

10 but the seventh day is a sabbath of the LORD your God.f You shall not do any work, either you, your son or your daughter, your male or female slave, your work animal, or the resident alien within your gates.

11 For in six days the LORD made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested.g That is why the LORD has blessed the sabbath day and made it holy.\*

12 \* h Honor your father and your mother, that you may have a long life in the land the LORD your God is giving you.i

13 You shall not kill.\* j

14 You shall not commit adultery.k

15 You shall not steal.l

16 You shall not bear false witness against your neighbor.m

17 You shall not covet your neighbor's house. You shall not covet your neighbor's wife, his male or female slave, his ox or donkey, or anything that belongs to your neighbor.n

# THE DECALOGUE

## DEUTERONOMY 5:6-21

6 **d** I am the LORD your God, who brought you out of the land of Egypt, **e** out of the house of slavery.

7 **f** You shall not have other gods beside me.

8 You shall not make for yourself an idol or a likeness of anything in the heavens above or on the earth below or in the waters beneath the earth;

9 **\*** you shall not bow down before them or serve them. For I, the LORD, your God, am a jealous **\*** God, bringing punishment for their parents' wickedness on the children of those who hate me, down to the third and fourth generation,

10 but showing love down to the thousandth generation of those who love me and keep my commandments.

11 You shall not invoke the name of the LORD, your God, in vain. **g** For the LORD will not leave unpunished anyone who invokes his name in vain.

12 **h** Observe the sabbath day—keep it holy, as the LORD, your God, commanded you.

13 Six days you may labor and do all your work,

14 but the seventh day is a sabbath of the LORD your God. You shall not do any work, either you, your son or your daughter, your male or female slave, your ox or donkey or any work animal, or the resident alien within your gates, so that your male and female slave may rest as you do.

15 Remember that you too were once slaves in the land of Egypt, and the LORD, your God, brought you out from there with a strong hand and outstretched arm. That is why the LORD, your God, has commanded you to observe the sabbath day.

16 **i** Honor your father and your mother, as the LORD, your God, has commanded you, that you may have a long life and that you may prosper in the land the LORD your God is giving you.

17 **j** You shall not kill. **\***

18 **k** You shall not commit adultery.

19 **l** You shall not steal.

20 **m** You shall not bear dishonest witness against your neighbor.

21 **n** You shall not covet your neighbor's wife. You shall not desire your neighbor's house or field, his male or female slave, his ox or donkey, or anything that belongs to your neighbor.

# THE GREATEST COMMANDMENT

## The Holy Gospel according to [Matthew 22:34-40](#)

34 [i](#) When the Pharisees heard that he had silenced the Sadducees, they gathered together,

35 and one of them [a scholar of the law] [\\*](#) tested him by asking,

36 “Teacher, [\\*](#) which commandment in the law is the greatest?”

37 [i](#) He said to him, [\\*](#) “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.

38 This is the greatest and the first commandment.

39 [k](#) The second is like it: [\\*](#) You shall love your neighbor as yourself.

40 [\\* i](#) The whole law and the prophets depend on these two commandments.”

## The Holy Gospel according to [Mark 12:28-34](#)

28 One of the scribes, [i](#) when he came forward and heard them disputing and saw how well he had answered them, asked him, “Which is the first of all the commandments?”

29 Jesus replied, “The first is this: ‘Hear, O Israel! The Lord our God is Lord alone!

30 You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’ [i](#)

31 The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” [k](#)

32 The scribe said to him, “Well said, teacher. You are right in saying, ‘He is One and there is no other than he.’

33 And ‘to love him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself’ is worth more than all burnt offerings and sacrifices.” [l](#)

34 And when Jesus saw that [he] answered with understanding, he said to him, “You are not far from the kingdom of God.” And no one dared to ask him any more questions. [m](#)

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## THE TEN COMMANDMENTS

I

I, the Lord, am your God. You shall not have other gods besides me.

II

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

III

Remember to keep holy the Lord's Day.

IV

Honor your father and your mother.

V

You shall not kill.

VI

You shall not commit adultery.

VII

You shall not steal.

VIII

You shall not bear false witness.

IX

You shall not covet your neighbor's wife.

X

You shall not covet your neighbor's goods.

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