

**THE FIRST COMMANDMENT:**

I am the Lord your God.  
You shall have no other  
gods but Me.



God tells us that He  
deserves first place in our  
hearts. No thing and no  
one is to come before Him.

Ask yourself:

- Do I put God first in my life? Or do I love others more than I love God?
- Do I spend so much time playing that I never have time to pray?
- Did I refuse to believe something the Church teaches?

**THE FOURTH COMMANDMENT:**

Honor your father  
and your mother.



God tells us that our  
parents (or guardians) are  
always deserving of our  
respect and honor.

Ask yourself:

- Did I talk back to my parents?
- Did I speak or think badly about them?
- Did I disobey or ignore them when told to do something?

**THE SECOND COMMANDMENT:**

You shall not take the  
Name of the Lord your  
God in vain.



God tells us that His Name  
is a Holy Name; it should  
always be said with  
reverence and love.

Ask yourself:

- Did I use the Name of God in a mean way when I was hurt or angry?
- Did I swear or use bad words when I was with my friends?
- Did I ever talk badly about God or His Church?

**THE FIFTH COMMANDMENT:**

You shall not kill.



God tells us that all life is  
sacred and deserves our  
love and respect because  
He created life.

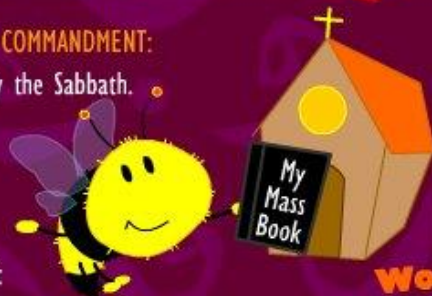
Ask yourself:

- Did I hurt or tease other people by my words or actions?
- Do I respect all life - unborn babies, the handicapped and elderly?
- Did I fight with or disrespect my loved ones or elders?

**All life is  
sacred!**

**THE THIRD COMMANDMENT:**

Keep holy the Sabbath.



God tells us that the  
Sabbath (today it is  
Sunday) is a day that we  
are to keep holy.

Ask yourself:

- Did I miss Sunday Mass on purpose for no good reason?
- Did I daydream or talk at Mass instead of pay attention?
- Did I fast one hour before receiving Holy Communion?

**Worship the Lord!**



**THE SIXTH COMMANDMENT:**

You shall not commit adultery.



God tells us that we must respect our own and each other's purity as children of God.

**Blessed are the pure of heart!**

Ask yourself:

Do I respect myself by dressing modestly?

Did I listen to impure music, read impure books or tell impure jokes?

Do I respect my friends by dressing modestly around them?

**THE NINTH COMMANDMENT:**

You shall not covet your neighbor's wife.



God tells us that husbands and wives belong together and that we are to be pure in thought and desire.

Ask yourself:

Did I have any immodest or impure thoughts?

Do I desire to dress in ways that would not be modest?

Do I remember to treat all people as children of God?

**THE SEVENTH COMMANDMENT:**

You shall not steal.



God tells us that we are not to take things from others, cheat, or destroy other people's things.

Ask yourself:

Did I take something from a store without paying for it?

Did I ruin something that belonged to someone else?

Did I cheat on any homework or tests?

**THE TENTH COMMANDMENT:**

You shall not covet your neighbor's possessions.



God tells us that we do not have the right to take from others what belongs to them.

Ask yourself:

Do I become jealous when others have more than I do?

Do I become angry when my parents don't give me everything I want?

Do I share what I have with others, or am I greedy and selfish?

**THE EIGHTH COMMANDMENT:**

You shall not tell lies to your neighbor.



**Bee honest!**

God tells us that the truth and being honest is very important. We are not to lie to anyone.

Ask yourself:

Did I lie to my parents or teachers?

Did I blame something on someone else when it was my own fault?

Did I gossip about my friends?