

Appendix 'E'

THE COMMANDMENTS

God gave us His commandments so that we may have a good life and stay in His grace. The Ten Commandments, Jesus' commandments of love and life, and the precepts and teachings of the Church are all given to us by the Lord. As Catholics, we are required to examine our conscience, in the light of all of God's commandments, on a daily basis and more specially before approaching the sacrament of reconciliation.

THE TEN WORDS OF GOD

Decalogue (cf. Ex 20:2-17, Deut 5:6-21) ^{38b}

CCC 2067 "The Ten Commandments state what is required in the love of God and love of neighbor. The first three concern love of God, and the other seven love of neighbor."

Love of God

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.

Love of neighbor

4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.³⁹

CCC 2056 "... the word 'Decalogue' means literally 'ten words' " (cf. Ex 34:28; Deut 4:13; 10:4).

CCC 2057 "...the 'ten words' point out the conditions of a life freed from the slavery of sin. The Decalogue is a path of life."

THE SCHEMA: fundamental truth and duty of Judaism.^{39a}
(Deut 6:4)"...the LORD is our God, the LORD alone." (Truth)
(Deut 6:5-9)"You shall love the LORD your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates." (Duty)

38b. Decalogue, related texts CCC 2083-2557.

39. The Ten Commandments, Traditional Catechetical Formula, CCC pp. 496, 497.

39a. Schema: also see Par Five, Catholic Glossary.

JESUS' COMMANDMENTS OF LOVE AND LIFE

Jesus says that He did not come to abolish the law or the prophets, but to fulfill it (cf. Mt 5:17). Jesus has elevated the law of the Old Testament to a higher commandment that teaches **charity, mercy, and life.**

(Mk 12:33)"To love [the Lord your God] with all the heart, and with all the understanding, and with all the strength,' and 'to love one's neighbor as oneself,'--this is much more important than all whole burnt offerings and sacrifices."

(Mt 7:12)"Whatever you wish that men would do to you, do so to them; for this is the law and the prophets."

Jesus teaches that it is better to give life, rather than not to kill, to act out of love, rather than out of obligation. Some of Jesus' most significant teaching on the commandments of love and life are found in **'The Sermon on the Mount'** (cf. Mt 5-7), which includes the eight **'Beatitudes'** (cf. Mt 5:3-12). Here are some excerpts.

(Mt 5:11-12)"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven. ..."

(Mt 5:39-42.44)"...Do not resist one who is evil. But if any one strikes you on the right cheek, turn to him the other [cheek] also; and if any one would sue you and take your coat, let him have your cloak as well; and if any one forces you to go one mile, go with him two miles. Give to him who begs from you, and do not refuse him who would borrow from you. ...Love your enemies and pray for those who persecute you."

(CCC 1966)"The New Law is the grace of the Holy Spirit given to the faithful through faith in Christ. It works through charity; it uses the Sermon on the Mount to teach us what must be done and makes use of the sacraments to give us the grace to do it:... ."

Jesus calls us to holiness!

(Mt 5:48)"Be perfect, therefore, as your heavenly Father is perfect."

(Lk 6:35.37-38)"Do good, and lend, expecting nothing in return.... "Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together ...for the measure you give will be the measure you get back.""

(Mt 25:34-36)"Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.""

(2 Pet 3:14)"Therefore, beloved, while you are waiting for these things, strive to be found by him at peace, without spot or blemish."

Other bible references for examination of conscience: Mt 5:21-22; 27-28; Mk 7:21-23; Lk 16:13; Rom 13:13-14; 1Cor 6:9-11; Ep 4:25-27; 5:3-5; 6:1-4; Col 3:12-14.

THE [5] PRECEPTS OF THE CHURCH

“The precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. ... [These positive laws are] meant to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor:

- [1.]...“You shall attend Mass on Sundays and on holy days of obligation.”^{39b} ...
- [2.] ... “You shall confess your sins at least once a year.”...
- [3.] ... “You shall humbly receive your Creator in Holy Communion at least during the Easter season.”...
- [4.] ... “You shall keep holy the holy days of obligation.”...
- [5.] ...“You shall observe the prescribed days of fasting and abstinence.”...

The faithful also have the duty of providing for the material needs of the Church, each according to his abilities.”^{39c}

VIRTUES

4 CARDINAL
Prudence
Justice
Fortitude
Temperance

3 THEOLOGICAL
Faith
Hope
Charity

see CCC 1805-1809, 1812-1829.

VICES

7 CAPITAL SINS
Pride
Avarice
Envy
Wrath

Lust
Gluttony
Sloth,
or Acedia

see CCC 1865-1869, 2534-2540.

“The human [cardinal] virtues are stable dispositions of the intellect and the will that govern our acts, order our passions, and guide our conduct in accordance with reason and faith. / The theological virtues dispose Christians to live in a relationship with the Holy Trinity. / The gifts of the Holy Spirit... complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations. / The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory.”^{39d}

7 GIFTS OF THE HOLY SPIRIT

Wisdom
Understanding
Counsel
Fortitude
Knowledge
Piety
Fear of the Lord

see CCC 1831, 1266, 1299;
cf. Isa 11:1-2.

12 FRUITS OF THE SPIRIT

Charity
Joy
Peace
Patience
Kindness
Goodness
Generosity
Gentleness
Faithfulness
Modesty
Self-control
Chastity

see CCC 1832, 736;
cf. Gal 5:22-23.

39b. Holy days of Obligation: Sundays and other feasts as listed by the Church (cf. CCC 2177); see, Part Five, Church Norms, II, Liturgical Seasons & Feasts.

39c. CCC 2041-2043, cf. CIC, cann. 1246-1248; CCEO, can. 881§1, §2, §4.; CIC, can. 989; CCEO, can. 719.; CIC, can. 920; CCEO, cann. 708; 881§3; CIC, can. 1246; CCEO, cann. 881§1, §4; 880§3.; CIC, cann. 1249-1251; CCEO, can. 882.; CIC, can. 222.

39d. Excerpts taken from CCC 1834, 1840, 1831, 1832.