

The 10 Commandments - God's Revelation in the Old Testament

"And God spoke all these words, saying: 'I am the LORD your God..."

ONE: 'You shall have no other gods before Me.'

TWO: 'You shall not make for yourself a carved image--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.'

THREE: 'You shall not take the name of the LORD your God in vain.'

FOUR: 'Remember the Sabbath day, to keep it holy.'

FIVE: 'Honour your father and your mother.'

SIX: 'You shall not murder.'

SEVEN: 'You shall not commit adultery.'

EIGHT: 'You shall not steal.'

NINE: 'You shall not bear false witness against your neighbour.'

TEN: 'You shall not covet your neighbour's house; you shall not covet your neighbour's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbour's.'

The 10 Commandments - Christ's Summation in the New Testament

About 1,400 years later, the 10 Commandments were summed up in the New Testament at Matthew 22, when Jesus was confronted by the religious "experts" of the day:

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' All the Law and the Prophets hang on these two commandments" (Matthew 22:36-40).

A reflective reading of Christ's teaching reveals that the first four commandments given to the children of Israel are contained in the statement: *"Love the Lord your God with all your heart and with all your soul and with all your mind."* It continues that the last six commandments are enclosed in the statement: *"Love your neighbour as yourself."*



OUR FATHER PRAYER

Our Father, Who art in heaven
Hallowed be Thy Name;
Thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.



HAIL MARY

Hail Mary, full of grace, the Lord is with thee;
blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners now
and at the hour of our death.
Amen.



THE APOSTLES CREED

I believe in God,
the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ,
his only Son, our Lord.

He was conceived by the
power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into hell.

On the third day he rose again.
He ascended into heaven
and is seated at the right
hand of the Father.
He will come again to judge
the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.

"The Apostles' Creed is so called because it is rightly considered to be a faithful summary of the apostles' faith. It is the ancient baptismal symbol of the Church of Rome. Its great authority arises from this fact: it is 'the Creed of the Roman Church, the See of Peter, the first of the apostles, to which he brought the common faith.'"

