



COMMANDMENTS: THE WAYS OF LIFE



The Israelites continued their journey from Egypt to Canaan. Moses was their leader. After a long journey they reached the desert of Sinai.

God came down from Mount Sinai and called Moses up to the mount. He climbed up. Then God said: Go down and tell the Israelites, that you have seen what great wonders I have performed to save you from Egyptian slavery. "You have seen what I did to the Egyptians, and how I bore you on eagles wings and brought you to myself. Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples"
(Exodus 19:4-5).

Moses came down from the mountain, assembled the elders of the people and told them whatever God said to him. The people unanimously said that we will do whatever the Lord has commanded. Moses told this to God.

After conversing with Moses, God wrote the ten commandments on two stone tablets and gave it to Moses. We call these commandments, The commandments of God. They are the following.

➡ **I**
I am the Lord your God. You shall have no other Gods before me.

➡ **II**
You shall not take the name of the Lord your God in vain

➡ **III**
Remember to keep holy of the Lord's day.

➡ **IV**
Honour 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 against your neighbour.

➡ **IX**
You shall not covet your neighbour's wife.

➡ **X**
You shall not covet your neighbour's goods.

These ten commandments can be contained in two commandments.

1. You shall love the Lord your God above all.
2. You shall love your neighbour as yourself.

God's commandments are ways of life. We must obey these commandments in life, then only we will grow in divine life.

Commandments help us to show the right way in our journey to heaven. Don't we see the pointers on our way? Similarly God's commandments teach us what we must do and what we must not do in life. Let us learn them and keep them and move along the path of life.

Let us find out the answers

1. Where did God give the ten commandments to Moses?
2. If we listen to God's words and keep his commandments what will we become?
3. In how many commandments are the ten commandments contained? What are they?
4. What are the ways of life?

Let us pray

God, our loving Father, who gave commandments to the Israelites, give us the grace to keep your commandments.



Bible reading

Exodus 20:1-17



My Favourite Bible sentence



Let us sing

God came down on Mount Sinai,
Made His covenant in love;
Saying you shall be my people,
If you keep my covenant.

God the Ten Commandments gave,
For to guard the human race;
You will reach the goal of life,
If you keep these ten commands.

Let us memorise

The ten commandments.

Riddle

Do you recognise me?

I am the loving gift of God.
I was given on Mt. Sinai.
There are ten instructions in me.
Give my name.

My decision

I will ever live obeying God's commandments.