

# The Ten Commandments - Part I

## Teaching:

- For Grades 1-2, watch this video to help you memorize the [Ten Commandments](#)
- For Grades 3-8, watch this video from 3-Minute Catechism: [What are the 10 Commandments?](#)
- For Adults, watch this video from Bishop Barron on [The Ten Commandments](#)

As a way to explore the ten Commandments, below are five different activities (one for each of the first five commandments) to delve deeper into the meaning of this centuries-old moral code.

## 1<sup>st</sup> Commandment: I am the Lord your God: you shall not have other gods before me.

Think of the things we put before God—friends, money, cell phones, TV, sports, activities, etc. Choose one of the things you spend more time with in a day than God (i.e. cell phone, TV, etc.) and go one whole day without it. Each time you think about the item you have given up, say a short prayer of praise to God as a reminder to put God first in your life.

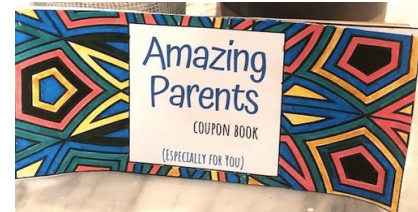


## 2<sup>nd</sup> Commandment: You shall not take the name of the Lord, your God, in vain.

A person's name is directly connected to who they are. We use names to get someone's attention, to recognize them, to give them respect. We should always use God's name with respect and reverence. Find the names of God in this [Word Search](#).

## 3<sup>rd</sup> Commandment: Remember to keep holy the Lord's Day.

Resting on Sundays is an important way to start/end the week, but how do we "rest" with such busy lives? Check out these [ideas](#) for keeping holy the Sabbath.



## 4<sup>th</sup> Commandment: Honor your father and your mother.

There are many ways you can honor your parents. Make a book of coupons they can redeem. Click here for some [ideas](#) and/or come up with your own!

## 5<sup>th</sup> Commandment: You shall not kill.

Play the Marshmallow (or Sock) Game to illustrate how this commandment challenges us daily. Jesus says we don't have to kill someone to break this commandment. To play the game and learn more, click [here](#).

