

# The Ten Commandments - Study Guide

## **Diving Deeper:**

Did any of the commandments or their explanations surprise you today? Which ones?

Which of the commandments are easy for you to follow? Which ones are harder? Discuss this in your group or in a journal. Why do you think this is?

Choose one of the 10 Commandments to focus on this week. Brainstorm some ideas with your family and friends and make a list of ways to deepen your practice of following this commandment.

Why do you think that God makes commandments for us? Think about different rules/commandments that are part of your daily life - the traffic laws, your family's rules, your school's rules - how does knowing these help you to live and function in the world? How could following God's commandments to love God and your neighbor make you happier?

## **Activity**

### ***Classroom Activity***

Write down each of the commandments on a separate piece of paper and divide the class into 10 groups - this may mean 2 students per group. Or if your group is smaller, give a couple of commandments per group. Then have the students work on a list of ways they can live out these commandments in everyday life this week. After about 10-15 minutes, have each group present their ideas. If possible, have them re-write them neatly and colorfully or have the moderator type them up and hang them up around the classroom as a reminder throughout the week!

### ***Everyday Life Activity***

Pick one of the commandments from Christ - love of God or love of neighbor. Work together to create a collage with words and images of how you could live this out as a family or group of friends. Think of at least five concrete ways you could do this and display your ideas in this collage. Hang somewhere where you will be reminded of living out this commandment. As you work together, discuss how connected these two commandments are - can you live one without living the other?

## **Resources**

- Podcast: The Catechism in a Year Podcast with Father Mike Schmitz  
<https://www.youtube.com/watch?v=Ne2DREYOnYg>
- Crossword and Word Search: The Religion Teacher

<https://www.thereligionteacher.com/ten-commandments-word-search-crossword-puzzle/>

- Article: Where did the 10 Commandments Come From? - Aleteia Article  
<https://aleteia.org/2013/01/18/where-did-the-ten-commandments-come-from>
- Chart: In the *Catechism of the Catholic Church*, after the paragraph 2051, there is a helpful chart showing the wording of the 10 Commandments in Deuteronomy, Exodus, and the traditional formulations of the 10 Commandments.  
<https://www.usccb.org/sites/default/files/flipbooks/catechism/498/>