

God has given us free will



THE TEN COMMANDMENTS AND THE BEATITUDES

The Ten Commandments are the rules that God has given us to keep us on the path to what is right and good. Our **conscience** reminds us to follow these rules.

The Ten Commandments

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. Keep the Lord's Day holy.
4. Honour your father and your 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 neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

JESUS SHOWED US THE WAY TO TRUE FREEDOM

Jesus showed us that true freedom comes with doing good. The more we do what is good, the freer we become. Jesus called his followers to forgive those who hurt them, to pray for their enemies and to keep hatred out of their hearts. Jesus put this into practice when he forgave those who crucified him. It can be very difficult to forgive when someone hurts or offends us, but Jesus invites us to follow his example and forgive as he did.

A prayer to reflect

God our Father, forgive us for the times when we chose to treat others badly, rather than show them love and respect. Help us to follow the example of Jesus by forgiving those who have hurt or offended us. Help us to recognise that love of others is the path to true freedom. We cannot find that path without forgiveness. God our Father, help us to forgive. Amen.

Read the list of the 10 commandments shown here.

Q1. Are there any commandments you feel should be changed or taken out?

Q2. Would you suggest any commandments that should be added in?

Q3. Is there someone you haven't yet forgiven for something they did?

- Think about the example Jesus gave us of forgiving others.

Q4. Can you forgive someone who has hurt your feelings?