**The Ten Commandments**

**1. I AM THE LORD THY GOD: THOU SHALT NOT HAVE STRANGE GODS BEFORE ME.**

**COMMANDS:** faith, hope, love, and worship of God; reverence for holy things; prayer.

**FORBIDS:** idolatry; superstition; spiritism; tempting God; sacrilege; attendance at false worship, horoscopes, physic consultation.

**2. THOU SHALL NOT TAKE THE NAME OF THE LORD THY GOD IN VAIN.**

**COMMANDS:** reverence in speaking about God and holy things; the keeping of oaths and vows.

**FORBIDS:** blasphemy; the irreverent use of God's name; speaking disrespectfully of holy things; false oaths and the breaking of vows.

**3. KEEP THE SABBATH HOLY.**

**COMMANDS:**  going to church on Sundays and holy days of obligation.

**FORBIDS:** missing church through one's own fault; unnecessary servile work on Sunday and holy days of obligation.

**4. HONOUR THY FATHER AND THY MOTHER.**

**COMMANDS:**  love; respect; obedience on the part of children; care on the part of parents for the spiritual and temporal welfare of their children; obedience to civil and religious superiors.

**FORBIDS:** hatred of parents and superiors; disrespect; disobedience.

**5. THOU SHALT NOT KILL (MURDER).**

**COMMANDS:**  safeguarding of one's own life and bodily welfare and that of others.

**FORBIDS:** unjust killing; suicide; abortion; sterilization; dueling; endangering life and limb of self or others.

**6. THOU SHALT NOT COMMIT ADULTERY.**

**COMMANDS:**  chastity in word and deed.

**FORBIDS:** obscene speech; impure actions alone or with others.

**7. THOU SHALT NOT STEAL.**

**COMMANDS:** respect for the property of rights and others; the paying of just debts; paying just wages to employees; integrity in public office.

**FORBIDS:** theft; damage to the property of others; not paying just debts; not returning found or borrowed articles; giving unjust measure or weight in selling; not paying just wages; bribery; graft; cheating; fraud; accepting stolen property; not giving an honest day's work for wages received; breach of contract.

**8. THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR.**

**COMMANDS:** truthfulness; respect for the good name of others; the observance of secrecy when required.

**FORBIDS:** lying; injury to the good name of others; slander; talebearing; rash judgment; contemptuous speech and the violation of secrecy.

**9. THOU SHALT NOT COVET THY NEIGHBOUR’S WIFE.**

**COMMANDS:**  purity in thought.

**FORBIDS:** willful impure thought and desires.

**10. THOU SHALT NOT COVET THY NEIGHBOUR’S GOODS.**

**COMMANDS:** respect for the rights of others.

**FORBIDS:** the desire to take, to keep, or damage the property of others.