

# theTEN

## COMMANDMENTS

### *Laws of the Heart*

## OPENING ACTIVITY

In The Ten Commandments: Laws of the Heart educational DVD program, Sister Joan Chittister will bring to light fresh interpretations of ancient words that are at the core of many a debate in modern times. Before delving into Sister Chittister's examinations of the Ten Commandments, let's read each commandment and make note of our own interpretations of these laws. In the chart below, read each commandment and, in the column to the right, write down what you think the commandment means. Be sure to write down any other thoughts, insights or questions you have about each commandment. As you continue with the program, be sure to re-visit your notes on this page for comparison and reflection.

COMMANDMENT		YOUR INTERPRETATION
1	I, the Lord, am your God. You shall not have other gods besides me. - Exodus 20:3	
2	You shall not take the name of the Lord, your God, in vain. - Exodus 20:7	
3	Remember to keep holy the Sabbath day. - Exodus 20:8	
4	Honor your father and mother. - Exodus 20:12	
5	You shall not kill. - Exodus 20:13	

COMMANDMENT		YOUR INTERPRETATION
6	You shall not commit adultery. - Exodus 20:14	
7	You shall not steal. - Exodus 20:15	
8	You shall not bear false witness against your neighbor. - Exodus 20:16	
9	You shall not covet your neighbor's wife. - Exodus 20:17	
10	You shall not covet your neighbor's goods. - Exodus 20:17	
<p><b>The First Law of Love:</b> You shall love your God with all your heart and with all your soul and with all your mind. - Matthew 22:36-37</p>		
<p><b>The Second Law of Love:</b> You shall love your neighbor as yourself. - Matthew 22:39</p>		