

UNIT THREE: HOW WE LIVE

LESSON 2: THE FIRST THREE COMMANDMENTS: Loving God

CONTENTS OF LESSON:

1. Since God has done so much for us and is so worthy of our praise, we respond by loving and obeying him. The first three Commandments tell us how we can love God. [CCC2083]
2. According to the first two Commandments, loving God means that :
 1. **We LOOK at him with**
 - Faith: I believe in God and in all he has revealed. [CCC2087-88]
 - Hope: I confidently expect God to bless and help me. [CCC 2090-91]
 - Love: I accept God's love and give him mine in return. [CCC2093-94]
 - ☺ - Respect: I respect God and his name in my heart and in my speech. [CCC2143]
 2. **We DO certain things like**
 - Adore: I praise and exalt him and humble myself before him. [CCC2097]
 - Pray: I speak to him often, praising, thanking and asking for help. [CCC2098]
 - Sacrifice: I offer God my actions, uniting them to the sacrifice of Jesus. [CCC22099-2100]
 - Fulfill promises: I do my best to fulfill promises made to God. [CCC2101]
 - Witness: I confidently and fearlessly share my faith with others. [CCC1816, 2087]
 3. **We DO NOT take part in**
 - Idolatry: To venerate or believe in other 'gods'; to give the place of God to money, power, pleasure etc. [CCC2112-13]
 - Superstition: To give 'magical' importance to external actions or signs. [CCC2111]
 - Divination and Magic: To try to find out something or get power by calling the dead or occult powers; use of horoscopes, palm-reading, wearing magic charms etc. [CCC2116-17]
 - Irreligion: Treating holy things in an unworthy way; testing God. [CCC2119-2120]
 - Atheism: Denying that God exists. [CCC2123-25]
 - False oaths: Swearing by God's name falsely. [CCC2150-51]
 - Blasphemy: Speaking or thinking words of hatred, disrespect, defiance against God. [CCC2148]
3. The Third Commandment asks us to keep the Lord's Day holy. This means that we
 1. Worship God by taking part in the Sunday Eucharist. [CCC 2177]
 2. Refrain from work that would prevent us from keeping the day for God. [CCC2185]
 3. Spend time with family, the sick and elderly. [CCC2186]
4. Sunday has taken the place of the Sabbath because of the Resurrection of Christ. It is the day of 'new creation'. [CCC2174]

REFERENCES: Exodus 20:2, 7-8. Luke 4:8; *Deus Domini* No7.

MATERIALS NEEDED: Handouts A (*photocopy according to the number of groups*) & B; ball; 'Sticker paper' (*Coloured paper: one side adhesive with a strip-away sheet*) OR poster paper in bright shades (*cut into assorted shapes: squares, circles, triangles*); felt pens.

I. STARTER:

[Divide the class into groups. Each group receives a handout (A). They fill in the Commandments using the words in the table, striking out the words as they are used. Make sure Bibles and previous handouts are put away. Prizes are awarded to the groups that finish within 5 minutes.]

After completing the exercise, the students revise the commandments.

GAME: A ball is thrown randomly from group to group. On receiving it the group has to recite the next Commandment and then throw the ball to another group. (The first to receive the ball recites the 1st Commandment, the next recites the 2nd etc.)

II. DEVELOPMENT:

- Today we will be looking at the first tablet received by Moses. What does it deal with?
[Our relationship with God OR How to love God.]
- The first 3 Commandments tell us how we can love God with all our heart, soul and mind. Before we look at what it means in everyday life, think once more: Why should we love God? *[Because he first loved us.]* God has done everything for us: created us and the whole universe for us; revealed himself to us; so that we have come to know how good, holy, powerful and loving he is; and best of all, he has saved us by sending Jesus. It is only right that we should respond to him with love and obedience.

[Give out handouts B.]

- The Church explains to us how we can keep each Commandment practically. Let's look first at the First and Second Commandments and try to understand what they mean. First we will try to guess the word by looking at the picture, and then we think of what the word would say if it were a person. E.g. The first word is FAITH. Faith says "I believe in you. I believe your word."

[[Students try to guess the words in each of the three sections and then give suggestions as to what the words 'say'. They enter the words and examples of what they 'say' as they are discussed:]]

Loving God means that

1. I LOOK at him with
 - FAITH: "I believe you are God, and I believe in your word."
 - HOPE: "I know you are with me! I know you will lead me to heaven."
 - LOVE: "How much you love me! I love you too!"
 - RESPECT: "Your name is great!" "Hallowed be Thy name!"
 2. I DO certain things like
 - ADORE: "You are my God.. I am your creature!"
 - PRAY: "Lord, thank you!" "I praise you!" "Bless me!"
 - SACRIFICE: "Lord, take my time. Take my life. I offer you my joys and sorrows."
 - FULFILL PROMISES: "I do what I have promised you!"
 - WITNESS: "Jesus is truly God! He is alive!"
 3. I DO NOT take part in
 - IDOLOTRY: "All I want in life is to be rich." "My career is my life!" "Ganpati bappa morya!"
 - SUPERSTITION: "If you send this letter to 10 people, you will get rich. If not, you will suffer."
 - DIVINATION & MAGIC: "Read my hand and tell me how long I will live." "Spirit of sickness, come upon my enemy."
 - IRRELIGION: "God, if you don't heal my mother, I won't believe in you!"
 - ATHEISM: "There is no God. I don't need God."
 - FALSE OATHS: "I swear by God I didn't steal it!" (When you did!)
 - BLASPHEMY: "God is mean. Let's see what he can do to me!"
- Let's look now at the 3rd Commandment: Remember to keep holy the Lord's Day. If you look at the commandment given to Moses it says Sabbath day not Lord's Day. (The Sabbath was celebrated on Saturday) Why did this change? *[Accept suggestions from students and bring out:]*
 1. *The Sabbath was the 7th day, the day God rested after creating everything. After Christ rose from the dead on Easter Sunday, Sunday became the most important day, the day of new life. This is known as the Lord's Day. It was also the day God began creation.*
 - What should we do to obey this Commandment: To keep the day holy?
 2. *Worship God by taking part in the Sunday Eucharist.* This is the most important way.
 3. *Refrain from work that would prevent us from keeping the day for God.* Our Father knows that we need to take a break and rest our bodies and minds. He asks us to obey for our own good.
 4. *Spend time with family, the sick and elderly.* Again we hear the loving words of God, reminding us that we need each other and must reach out to each other.

- The Church also tells us that just as we need rest and a day to worship God, so does every human being. It is our duty to make sure that those working for us also get to spend Sunday as a day of rest. It is something we may need to fight for.

III. INTERIORISATION/PRAYER:

- Let's do a short exercise in imagination.

Close your eyes and imagine yourself in a home. You could picture your own home, but make it much bigger. Imagine that God, who is the father, is seated at the dining table. On the other side is Jesus, your brother. Imagine a mother, who stands for the Church. Picture yourself sitting at the table next to Jesus and a lot of others round the table...

Focus your attention on your Father... Look at his loving face... Think about all he has done for you: the food he has provided for you at this table, the love and care he gives you day after day... Admire his strength and his wise and gentle face... How do you feel to have such a father?

Your father now begins to speak. He looks round the table and says, "How happy I am to have you here. It is so good for all of us to be together. But... where is the rest of the family? Some of my children are missing!

The mother, also looking sad, answers him: "Some of them are sleeping. Others are working. Some have gone for classes. Some say they don't trust you. Some say you don't exist."

You turn to look at the Father's face and see that he is looking very sad... Suddenly he turns to you and asks you, "What about you my child? Do you trust me? Do you believe in me? And are you ready to keep this day for me every week?"

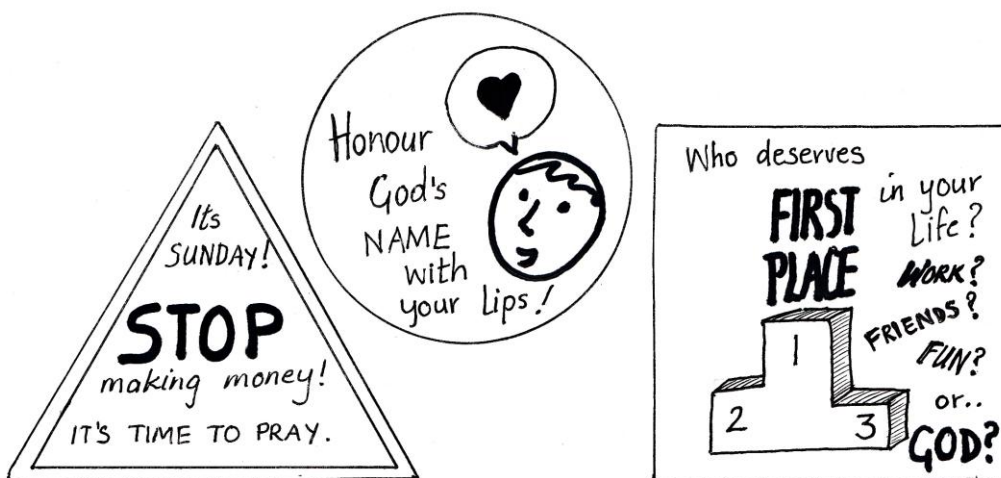
In your mind answer your Father. (If you like you can write your reply.)

IV. ACTIVITY:

- Is there anything you heard today that you feel is important? Is there anything that others also need to hear? [Students look through their handouts and share with the class what they found relevant.]
- Let us do something to remind ourselves and others of what God asks of us.

[Students note down the points that they want to focus on and then design a sticker using a simple slogan and a sketch if they like. After they have done this, a few students could share their ideas.]

[The teacher could draw a few examples on the blackboard to help students get an idea. Distribute materials for making stickers: assorted shapes of sticker paper and felt pens. Students could make as many stickers as they wish.]



HOME ASSIGNMENT:

⇒ Read the handout.

⇒ Put your stickers in a place where they will be seen OR present them to someone.