

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

COMMANDS: Faith; hope; charity; love; worship of God; reverence for Holy things and prayer.

FORBIDS: Idolatry; superstition; seances; astrology; fortune-telling; ouija boards; and all occult practices; tempting God; sacrilege; and attendance at false worship.

2. THOU SHALT 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 (i.e. the name of Jesus, Jesus Christ's name etc.), speaking disrespectfully against Holy things; false oaths and the breaking of vows.

3. REMEMBER THOU KEEP HOLY THE SABBATH DAY.

COMMANDS: Going to church on Sundays and Holy days.

FORBIDS: Missing church through one's own fault; unnecessary servile work; public buying and selling; court trials, etc.

4. HONOR 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 well being of their children; obedience to civil and religious authorities.

FORBIDS: Hatred of parents, and superiors, disrespect and disobedience.

5. THOU SHALT NOT KILL.

COMMANDS: Safeguarding of one's own life and bodily welfare of others; controlling one's anger.

FORBIDS: Unjust killing; abortion; suicide; euthanasia, artificial contraception; sterilization; fist fights; endangering life and limb of self or others.

6. THOU SHALT NOT COMMIT ADULTERY.

COMMANDS: Chastity in word and deed; avoiding occasions of sin.

FORBIDS: Pornography; bad movies; obscene speech; impure actions alone or with others; masturbation, fornication; homosexuality; incest; bestiality; cohabitation without marriage, etc.

7. THOU SHALT NOT STEAL.

COMMANDS: Respect of the property and rights of others; the payment of just debts; paying just wages to employees; integrity in public officials.

FORBIDS: Thefts; damage to the property of others; not paying just debts; not returning found or borrowed articles; giving unjust measures or weight in selling; not paying just wages; bribes; graft; cheating; fraud; accepting stolen property; not giving honest days work for wages received; violation of contract; etc.

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; tale bearing; rash judgement; contemptuous speech; the violation of secrecy.

9. THOU SHALT NOT COVET THY NEIGHBOR'S WIFE.

COMMANDS: Purity in thought.

FORBIDS: Willful impure thoughts and desires.

10. THOU SHALT NOT COVET THY NEIGHBOR'S GOODS.

COMMANDS: Respect of the rights and property of others.

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