

Family Faith

Chapter 10

Moses and the Ten Commandments

God gave us the Ten Commandments. They teach us how to be holy. They teach us how to live a happy life.

Chapter Summary

After leaving Egypt, God's Chosen People had fallen into sin. Even though God had rescued them from the Egyptians, they were complaining and were not happy. God saw their unhappiness. Out of love and in order to show them how to live, He gave Moses the Ten Commandments. The Ten Commandments teach us how to be holy. By following God's commandments, we will be truly happy and fulfilled because we are doing what God created us to do—that is, to love Him and one another. If we break the commandments and fall into sin, we wound or even break our relationship with God and with one another. We were created to love God and one another—this is what makes us whole; this is what makes us authentically happy. When we go against God's commandments, we can never be happy and fulfilled because we are not living our lives as God intended us to do.

More for Parents

Parents can have a love/hate relationship with rules. Rules keep our home in order and reduce fighting, misunderstandings, messes, and injuries. However, having rules means that we have to enforce them, explain them, and provide consequences when the rules are not followed. It requires consistency on our part and the willingness to stand firm, even when we feel like we are being “the bad guy.” Parents make their rules reasonable and purposeful so that their children can learn that they are in place for their own benefit. Eventually, the rules feel less burdensome because the children have learned good habits and behavior. God gives us rules to help us know how to avoid sin and to be happy with Him and with one another. The Ten Commandments point toward actions that are good and away from actions that are bad for us. Do we trust that God is giving us rules to help His family be ordered, happy, and safe?

Our Family Prays Together

Dear God, thank You for giving us the Ten Commandments. Thank You for showing us how to live good and holy lives.

Help us know how to love You and others in the best way that we can. Amen.

Let's Talk about It as a Family

- **What did God give us to help us love Him and one another?** (*The Ten Commandments.*)
- **Whom does the Great Commandment tell us to love?** (*God and our neighbor/others.*)
- **What do we call it when we break one of the Ten Commandments?** (*Sin.*)
- **If we sin, do we hurt our relationship with God and others?** (*Yes.*)
- **Will God always forgive us if we are sorry?** (*Yes.*)
- **When we say we are sorry, will God always forgive us?** (*Yes.*)
- **Who is the Savior who came to save us from our sin?** (*Jesus.*)

Let's Live Our Faith

What does it mean to be holy? “Only in holiness does man become that for which God created him. Only in holiness does man find real harmony between himself and his Creator. Holiness, however, is not some sort of self-made perfection; rather, it is union with the incarnate love that is Christ. Anyone who gains new life in this way finds himself and becomes holy” (*YOUCAT*, 342).

- Talk about why being holy is important and how your family can be holy.

Family Faith Activities

Choose one or more of the following to do as a family:

- As you pray your night prayers with your children, help them think about how they may not have followed the commandments to love God and one another.
- Nurture the virtue of love by pointing out to your children when family members exemplify acts of loving God and one another.
- Pray the Prayer to One's Guardian Angel with your children, asking for help to show love in your family.
- Read and discuss the *Small Wonders* story as a family by going to the parent portal.