

FAMILY FAITH

Chapter 11: The Gift of the Ten Commandments

God's commandments teach us how to be happy and holy.

Chapter Summary

Moses received the Ten Commandments from God on Mount Sinai. God gave His people the Ten Commandments out of love to show them how to love Him and one another. When we follow the Ten Commandments, we are loving God and others in the way that God created us to love. God gives us His grace so that we can have the strength to be holy by following the commandments. Even when we sin, God will always forgive us if we are sorry and confess our sins.

More for Parents

All families have rules, and God's family is no different. As parents, we know that our rules for our family are reasonable and intended to help each person in the family become a holy person and to keep the family as a whole working well together. As a good Father, God's laws are intended for the same purpose. His laws are for our good. They keep us from harm—both spiritual and physical—and help us live in communion with God and others. Just as our family rules are aimed at the happiness of all, so it is with God's laws. Do we trust that God gives us His laws for our happiness?

Virtue in the Family

God gives us His grace and the virtues to make us holy. The virtues make it possible for us to obey God's commandments out of love for Him.

Learning to Obey Out of Love

- Prayer activity
 - Read this passage: "If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full" (John 15:10–11).
 - Reflect on these points in prayer:
 - What joy do I have in my life?
 - How does Jesus model obedience to God's commandments?
 - Conclude by praying together, **"Dear God, strengthen us in charity, that we may obey You because we love You."**
- Talk about family rules with your children. Ask them how each rule is there to keep all members of the family happy and living together well.
- Talk about other activities that have rules (sports, driving, music, etc.). How are those rules aimed at helping people excel and keeping one another safe?

Vocabulary Words for Your Children to Review

• Ten Commandments

Find digital flash cards to help your children review on the parent portal.



For more family faith formation resources, go to the parent portal.