

THE TEN COMMANDMENTS

Exodus

Deuteronomy

A Traditional

20:2-17

5:6-21

Catechetical

Formula or list

I am the Lord your God who brought you out of the land of Egypt out of the house of the house of bondage.

I am the Lord your God who brought you out of the land of Egypt, out of the house of bondage.

I am the Lord your God

You shall have no other gods before me. You shall not make for Yourself a graven image or any likeness of anything that is in heaven above, or that is in the earth beneath or that is in the water under the earth; you shall not bow down to them or serve them....

You shall have no other Gods before me...

1. You shall not have strange gods before me.

You shall not take the name of the Lord your God in vain; for the Lord will not hold him guiltless who takes his Name in vain.

You shall not take the Name of the Lord your God in vain....

2. You shall not take the Name of the Lord your God in vain

Remember the Sabbath day to keep it holy. Six Days you shall labour, and do all your work; but the seventh day is a Sabbath to the LORD your God; in it you shall not do any work, you or your son, or your daughter, your man-servant, or your maid-servant, or your cattle

Observe the Sabbath day, to keep it holy...

3. Remember to keep holy the Lord's day.

or the sojourner who is within your gates; for in six days the Lord made heaven and earth, the sea and all that is in them and rested the seventh day; therefore the Lord blessed the Sabbath day and hallowed it.

Honour your father and your mother, that your Days may be long in the land which the Lord your God gives you.

You shall not kill.

You shall not commit adultery.

You shall not steal

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not Covet your neighbour's wife,

or his manservant,

or his maidservant. his ox, or his ass, or anything that is your neighbour's.

Honour your father and your mother...

You shall not kill

Neither shall you commit Adultery.

Neither shall you steal

Neither shall you bear false witness against your neighbour.

Neither shall your covet your neighbour's wife ...

You shall not desire anything that is your neighbour's.

4. Honour your father and your mother.

5. You shall not kill

6. You shall not commit adultery.

7. You shall not steal.

8. You shall not bear false witness against your neighbour.

9. You shall not covet your neighbour's wife.

10. You shall not covet your neighbour's goods.

It is essential that every Catholic has access to good Catechesis to be able to deepen their faith. The Diocese of Plymouth recommends the many Catechetical Workshops from 'Franciscan at Home,' for more information on access to these and online or real group sessions contact deborah.vankroonenburg@prcdtr.org.uk

