

TURN AWAY FROM SIN AND BE RECONCILED TO THE FATHER

The Ten Commandments and Jesus' Sermon on the Mount
as a means to form and examine one's conscience

1. I, the Lord am your God. You shall not have other gods besides me.

Sins against Faith:

- a. **Sacrilege** - treating unworthily or with disrespect the sacraments and other liturgical actions, as well as persons, things, or places consecrated to God (A Very Serious Sin, especially when committed against the Eucharist)
- b. **Denying all or any of the truths** which God teaches through the Church.
- c. **Deliberate doubt** about any truth of faith
- d. **Failure to profess the faith** when obliged to do so
- e. **Failure to obtain necessary religious instruction**
- f. **Reading books** or using other materials that are dangerous to our faith
- g. **Refusal to accept the authority** of the pope as visible head of the Church
- h. **Worship of some created thing** instead of the true God (money, power, Satan)
- i. **Superstition** (Tarot cards, astrology, belief in good luck charms, fortune tellers)
- j. **Participation in spiritualistic séances** or the consultation of mediums
- k. **Santeria, voodoo, etc.**

Sins against Hope:

- a. **Presumption** - taking for granted that salvation can be obtained by one's own efforts without God OR
by God's help without one's own cooperation
- b. **Despair** - a refusal to trust that God will forgive our sins and give us what we need for salvation

Sins against Love:

all sins are sins against love, but specifically the sins under the Fifth Commandment are sins against Love.

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

- a. **Blasphemy** - mocking, ridiculing, despising God, his Church, the saints, or holy objects (A Very Serious Sin)
- b. **Irreverence** in using the name of God, Jesus or the saints
- c. **Cursing** - calling down evil upon another person
- d. **Swearing** - calling upon God to witness to the truth of what we are saying, when what we are saying is not true
or
when there is no sufficient reason to call upon God
- e. **Breaking a vow** - a deliberate promise made to God to do something which is particularly pleasing to him

3. Remember to keep holy the Sabbath day.

Sins against the 3rd Commandment

1. **Failing to attend Mass** on Sunday or a Holy Day of Obligation
(unless it is due to serious illness or conditions make it impossible)
2. **Refusing to participate fully in Mass** or other liturgies
3. **Doing unnecessary work on Sunday**
4. **Failing to use adequate time for prayer** and reflection on God's Word and will

4. Honor your father and your mother.

Sins against the 4th Commandment

1. **Disobeying** parents, teachers, other adults who care for us
 - talking back
 - refusing or failing to do what they ask
 - fooling around and disrupting class or other activities
2. **Failing to respect and care for parents**, particularly in their old age
3. **Disobeying the Church**
4. **Refusing to support the Church** through support of and involvement in parish life
5. **Disobeying lawful authorities** like police and government officials
6. **Neglecting our duties as citizens** of a country
 - cheating on taxes
 - refusing to serve in the military or other community service when required to

5. You shall not kill.

RESPECT LIFE

Sins against Life:

1. **Murder**
2. **Abortion** – obtaining, assisting someone obtain or providing abortion
3. **Mercy Killing / Euthanasia**
4. **Suicide**
5. **Physical or emotional abuse of others**, including spouse and children
6. **Mutilation of one's body** without a sufficient reason (tattoos, piercings, unnecessary plastic surgery)
7. **Risking one's life without a sufficient reason**, like careless driving or driving after drinking
8. **Failure to care for one's Health** - Excessive eating or drinking, inadequate nutrition, poor diet, smoking,
9. **Unjust anger**, which leads to hatred, revenge, fighting, and quarreling
10. **Abuse of the body and mind by drugs and alcohol**

6. You shall not commit adultery.

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RESPECT SEXUALITY

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

The Gift of Sexual Love

Purpose:	<ol style="list-style-type: none"> 1. To Express the Deep Love & Union of Spouses 2. To Create New Life
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The ONLY proper Use is in the Union of Marriage between Husband & Wife

Sins against the Gift of Sex

1. **Adultery** – sexual relations by a married person with someone other than their spouse
2. **Fornication** – sexual relations by 2 people who are not united by God in marriage. Catholics only marry by receiving the Sacrament of Marriage
3. **Prostitution**
4. **Rape** – seriously wrong for it violates the dignity of another by force
5. **Sexual abuse of children**
6. **Pornography**
7. **Homosexual Acts** – the behaviors, not the orientation is sinful
8. **Use of Artificial Contraception** – this closes the person to openness to new life being created
9. **Sterilization** (when chosen to avoid conceiving a child) –vasectomy, tubal ligation, etc.
10. **Masturbation** –turns a gift of self-giving to a spouse into a self-centered act
11. **Lustful Fantasy and Imagination**

7. You shall not steal

RESPECT PROPERTY

10. You shall not covet anything that belongs to your neighbor

Sins against Property

1. **Stealing**
2. **Accepting stolen goods**
3. **Cheating**
4. **Vandalism**
5. **Accepting bribes**
6. **Using false weights, measures, or descriptions in commerce**
7. **Charging very high prices**
8. **Wasting time, especially at one's job**
9. **Careless work**
10. **Breaking contracts or agreements**
11. **Envy of another's possessions**

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

RESPECT THE TRUTH

Sins against the Truth

1. **Perjury** – lying under oath
2. **Lying** – speaking falsehoods
3. **Calumny** - Damaging another's reputation by lying
4. **Detraction** – revealing another's faults without good reason
5. **Gossip**
6. **Rash judgment** – assuming the worst about another
7. **Revealing certain secrets**

+ + + + Jesus' Sermon on the Mount + + + +

amplifies the Commandments by breathing into them the clear Spirit of Love
Matthew 5:1 – 7:29

THE BEATTITUDES

How Blessed are the poor in spirit: the kingdom of Heaven is theirs.

Blessed are the gentle: they shall have the earth as inheritance.

Blessed are those who mourn: they shall be comforted.

Blessed are those who hunger and thirst for uprightness: they shall have their fill.

Blessed are the merciful: they shall have mercy shown them.

Blessed are the pure of heart: they shall see God.

Blessed are the peacemakers: they shall be recognized as children of God.

Blessed are those who are persecuted in the cause of uprightness: the kingdom of Heaven is theirs.

Works of Mercy

Spiritual Works of Mercy

- Counsel the doubtful
- Instruct the ignorant
- Admonish sinners
- Comfort the afflicted
- Forgive offenses
- Bear wrongs patiently
- Pray for the living and the dead

Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Visit the imprisoned
- Shelter the homeless
- Visit the sick
- Bury the dead