

THE TEN COMMANDMENTS

The Ten Commandments help us to live in response to God's love. They were part of God's covenant made with the Israelites on Mt. Sinai. They were given to Moses.

The Ten Commandments are:

1. I, the Lord, am your God. You shall not have other gods besides Me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor 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 neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

THE SACRAMENTS

The sacraments are signs of grace, instituted by Christ and entrusted to the Church by which divine life is dispensed to us. God actually DOES something in the sacraments. He gives us grace, forgives sins, imbues us with the Holy Spirit and, in many cases puts an indelible mark, or character, on our souls.

The seven sacraments are:

St. Gregory the Great Church Religious Education
NOVEMBER STUDY GUIDE
The Commandments & Sacraments

Baptism

To be baptized means to be born anew, to share in Christ's life. Through Baptism we become children of God, all our sins are forgiven, and we receive God's grace.

Confirmation

Confirmation seals us with the Holy Spirit, strengthening and deepening the grace received at Baptism.

Eucharist

Holy Eucharist is the sacrament of Christ's Body and Blood. For the rest of our lives we will be nourished, and our life will be sustained, when we receive Holy Communion.

Reconciliation

Reconciliation (Penance) is a sacrament of healing.

Anointing of the Sick

Anointing of the Sick is a sacrament of healing.

Holy Orders

Men are ordained bishops, priests, and deacons to serve as God's ministers to the Church.

Matrimony

A man and a woman commit themselves to each other.

The sacraments help us to grow in holiness, to build up the body of Christ, and give worship and praise to God.