The Ten Commandments
1. I AM THE LORD THY GOD: THOU SHALT NOT HAVE STRANGE GODS BEFORE ME.
Commands: faith, hope, love and worship of God, reverence for holy things, prayer.
Forbids: idolatry, superstition; spiritualism, seances, astrology, fortune telling, ouija boards and all occult practices; tempting God, sacrilege, attendance at false worship.
2. THOU SHALT NOT TAKE THE NAME OF THE LORD THY GOD IN VAIN.
Commands: reverence in speaking about God and holy things; the keeping of oaths and vows.
Forbids: blasphemy, the irreverent use of God's name, speaking disrespectfully of holy things, false oaths and the breaking of vows.
3. REMEMBER THOU KEEP HOLY THE SABBATH DAY.
Commands: going to Church on Sundays and Holy Days.
Forbids: missing Church through one's own fault; unnecessary servile work; public buying and selling; court trials.

4. HONOR THY FATHER AND MOTHER.
Commands: love, respect, obedience on the part of children; care on the part of parents for the spiritual and temporal welfare of their children; obedience to civil and religious superiors.
Forbids: hatred of parents and superiors; disrespect and disobedience.
5. THOU SHALL NOT KILL.
Commands: safeguarding of one's own life and bodily welfare of that of others; controlling one's anger.
Forbids: unjust killing, suicide, abortion, euthanasia, artificial contraception, sterilization, fist fights, endangering life and limb of self or others.
6. THOU SHALT NOT COMMIT ADULTERY.
Commands: chastity in word and deed; avoiding occasions of sin.
7. THOU SHALT NOT STEAL.

8. THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR.

9. THOU SHALT NOT COVET THY NEIGHBOR'S WIFE.
10. THOU SHALT NOT COVET THY NEIGHBOR'S GOODS.

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