

Tools For Discipleship

The Ten Commandments:

1. I am the Lord Your God: you shall not have strange Gods before me.

- God Should be your #1 priority; God comes first before anything else
- Nothing is more important than God or your faith
- We do not worship false “gods” such as popularity, power, money, leisure, or fame

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

- Do not use God’s name disrespectfully
- Avoid harsh or profane language

3. Remember to keep holy the Lord’s Day.

- We are obligated to attend Mass on Sundays and Holy Days of Obligation (Opportunity)
- Intentionally missing Mass on those days is a grave sin
- Use this day to “pray and play” but God always comes first
- Participate in activities that strengthen family bonds

4. Honor your father and mother.

- Honor and obey your parents at all times but especially when they are old, disabled, or in need
- Obey others who have legitimate authority over you; civil or school authorities such as teachers, police, first responders

5. You shall not kill.

- Be Pro-life. Life is sacred from conception until natural death
- Avoid the “Culture of Death” such as abortion, euthanasia, and contraception
- Let God determine when death happens, not flawed human beings regardless of any good intentions
- Avoid gossip and slander that “kills” someone’s reputation

6. You shall not commit adultery.

- Be faithful to marriage promises; sex outside of marriage is always wrong
- Same-sex relationships are not true marriages, and they are always wrong
- God designed marriage to be only between one man and one woman
- Do not purposely entertain lustful thoughts or fantasies
- Viewing, purchasing, renting pornography is always wrong and sinful

7. You shall not steal.

- Respect the property of others
- Do not take anything that does not belong to you without permission
- Cheating is another form of stealing

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

- Always tell the truth, otherwise you will lose credibility and people will not believe you even when you are telling the truth

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

- This is very similar to the 6th Commandment
- Do not treat people as sex objects
- Ideas have consequences, so does lustful thoughts and feelings
- Avoid temptations. Avoid the near occasion of sin, which means do not purposely place yourself where you know you will be tempted

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

- Be thankful for what God has given you
- Greed vs. Generosity. All good things come from God. Be generous, sharing what you have with others.
- Be happy (not envious or jealous) for others when they come upon good things or blessings

Corporal Works of Mercy:

1. Feed the hungry

- Don't waste food
- Donate to food drives, volunteer at a soup kitchen
- Share your good with others

2. Give water to the thirsty

- Don't waste water
- Donate to clean water projects; donate bottled water to food drives

3. Clothe the naked

- Organize a clothing drive
- Donate clothing to charity/ECCO

4. Shelter the homeless

- Support or volunteer at a shelter
- Volunteer your goods or service to Habitat for Humanity or other groups
- Refer those in need to a shelter

5. Visit the sick

- Send a note or a card to someone who is ill
- Do chores for an elderly neighbor
- Visit a person at a nursing home or other facility who does not have family
- Volunteer at facilities by being a friend to a resident

6. Visit the imprisoned, or ransom the captive

- Pray for those in jail and their families
- Offer help to those involved in Prison Ministry

7. Bury the dead

- Pray for the dead and for those who grieve them
- Attend a funeral or a graveside service
- Altar Serve at a Funeral Mass
- Visit a cemetery and pray at the grave

Spiritual Works of Mercy:

1. Instruct the ignorant

- Volunteer to help with a Religious Education Program or Bible Study
- Teach younger siblings about the faith

2. Counsel the doubtful

- Offer sound, Christian advice to those who have questions
- Be a good listener and encourage others to persevere and to seek guidance from competent sources
- Be a good Christian example for others to emulate
- Invite a friend to your Religious Ed Class or Youth Group
- Share with others your resources that explain and teach the faith; books, videos, websites, etc.

3. Admonish the sinner

- Without judging, tactfully and lovingly correct those who are doing wrong and sinful things
- Be humble and supportive of the good efforts of others

4. Bear Wrongs patiently

- Sometimes life is not fair. When you are wronged do not retaliate or seek revenge
- Pray for the grace to forgive others and pray for those who treat you wrongly
- Do not hold grudges
- Go to the Sacrament of Reconciliation regularly

5. Forgive offenses willingly

- Jesus always forgave others; we should do the same
- Pray for those who have harmed you either intentionally or unintentionally

6. Comfort the afflicted

- Be a friend to those who are hurting, be sympathetic and helpful

7. Pray for the living and the dead

- Pray every day
- Pray for those who are experiencing hard times
- Pray in thanksgiving for answered prayers
- Pray for the grace to accept what God give you and for those who have died and for those that mourn

Gifts of the Holy Spirit

1. Wisdom

- Applying knowledge in particular situations
- To determine what is appropriate

2. Understanding

- Knowing God's will
- Insight into the heart of things

3. Counsel

- Knowing the difference between right and wrong
- The ability to offer good Christian advice to others

4. Knowledge

- Being properly informed about God and our faith

5. Fortitude

- Having courage and endurance in doing good things

6. Piety

- Reverence to God as our Father
- Relating to all people as children of God

7. Fear of the Lord

- Profound reverence for God motivating us to avoid sin