

**Man has in his heart a law inscribed by God. His dignity lies in observing this law, and by it he will be judged.**

*(Vat II. Church in the modern world, no 16)*

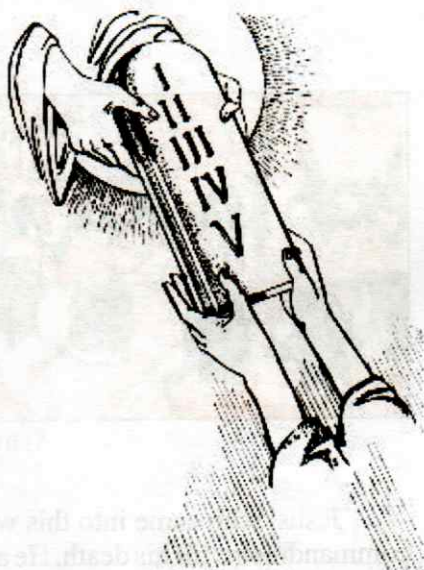
### 3. THE TEN COMMANDMENTS

God, who spoke to human beings through the natural law and the conscience, wanted them to grow more and more in human dignity. And so he solemnly spoke to the Israelites on the Mount Sinai. He made a covenant with them to strengthen his relationship with them. To make this relationship a lasting one, he gave them the Ten Commandments through Moses.

#### The Ten Commandments

1. *You shall honour no other God but me.*
2. *You shall not use the name of the Lord God in vain.*
3. *Remember to keep holy the Sabbath Day.*
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.*

*(Ref. Ex 20:1-17; Di 5:6-21)*



It is our duty to follow these Ten Commandments which God has given us. When we live according to them, we grow in our human dignity.

### 4. THE CHRIST-EVENT

God, who revealed his love and spoke to us through the natural law, the conscience and the Ten Commandments, spoke to us finally through his only Son Jesus Christ.

**In the past, God spoke to our ancestors many times and in many ways through the prophets, but in these last days he has spoken to us through his Son. He is the one through whom God created the universe, the one whom God has chosen to possess all things at the end. (Heb 1:1-2)**