Lesson 1: To Attain Eternal Life

Learn the 10 commandments

Greatest commandment or the two commandments which summarizes all the 10 commandments:
You shall love the Lord your God with all your heart, with all your soul and with all your mind. You shall love your neighbour as yourself.

Basis or essence of Gods commandments is Love. Love of God and love of neighbour

In the Old Testament, God gave the Ten Commandments in two stone tablets in Mount Sinai. St Pauls asks us to keep the commandments in our minds and write them in our hearts.

Hebrews 8:10 “I will put my laws in their minds, and write them on their hearts,”

Lesson 2: The Lord, Our God

First Commandement: I am the Lord your God: You shall not have strange gods before me.

Sins against the first commandment:

Atheism- denying or rejecting the existence of God
Idolatry- worshipping creations, celebrities, wealth, power, positions and comforts instead of God
Superstition - False beliefs like horoscopes, palmistry and omens
Blasphemy – abusive, contemptuous and irreverent acts against God
Devil worship – worshipping Satan
Sorcery – depending on evil powers by using witchcraft or black magic

3 divine virtues: Faith, Hope and Love

Veneration of saints is not idolatry and not a violation of the first commandment because purpose is to respect the saints and to help us to remember their holy lives

Lesson 3: God’s Name is Adorable

Second commandment: You shall not take the name of Lord in vain

Word Jesus used to address God – Abba (which means father)
Four sins against the second commandment:

Cursing
False witness
Impure talk
Blasphemy

Cursing someone is a sin against the second commandment. Cursing another human being who is also created in God’s image is like making fun of God. Our tongues are to be used to glorify God.

Learn the meaning of your baptismal name? Learn at least 5 facts about your baptismal name saint. Think about how you plan to follow your baptismal name saint in your own life.

**Lesson 4: The Day of the Lord**

Third commandment: Remember to keep holy the Lord’s day.

Sabbath means rest or to put an end. Israelites celebrated Sabbath from Friday sunset to Saturday sunset.

Jesus encourage us to do good things on the Sabbath day when he healed a man with a withered hand. (Matthew 12:12)

Why do Christians celebrate Sunday as the day of the Lord or the Sabbath day?

1. Resurrection of Jesus (when Jesus conquered death and sin) took place on a Sunday. So Sunday is the Easter day of every week.

2. Pentecost which is considered as the day when the church was inaugurated or born was on a Sunday.

We celebrate Sunday as the Day of the Lord in three important ways: as a day of worship, as a day of rest and as a day of mercy.

Think of ways in which you can observe Sunday as a day of worship, a day of rest and a day of mercy.

6 obligatory days of the Syro-Malabar church

1. Christmas. December 25

2. Dukrana – the day of commemoration of the death of St Thoams – July 3

3. The Assumption of our Lady – August 15
4. Danaha – January 6

5. Feast of St Peter and St Paul – June 29

6. The Ascension of our Lord – The Thursday after the 6th Sunday after Easter

**Lesson 5: Respect Your Parents**

Fourth Commandment: Honour your father and mother

We honour our parents and other authorities when we love them, pray for them, and serve and obey them in a spirit of love and respect

We must obey these authorities because God has placed them over us

The greatest blessings in this world come to us through our Christian home

The most important thing for parents to do for their children is to bring up their children to be dear to God.

Think about ways in which you can show love and respect to your parents.

**Lesson 6 Life: The Gift of God**

Fifth commandment: You shall not kill

Read about Cain and Abel and why Cain killed Abel (Page 36)

Jesus explains the fifth commandment “you shall not kill” in Matthew 5: 21-22

“You have heard that it was said to those of ancient times, “You shall not murder”; and “whoever murders shall be liable to judgement.” But I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, “You fool”, you will be liable to the hell of fire.

List 6 sins against human life.


Fifth commandment requires us to promote human life and protect our nature.
Things you can do to protect human life.


**Lesson 7: Sexual Holiness**

Sixth commandment: You shall on commit adultery

St Paul describe your body as a temple of the Holy Spirit within you which you have from God.

St Paul asks us to glorify God in our bodies.

What does it mean to say that man is a sexual being? (What is the basis of human sexuality?)

God created man as male and female. He created them for each other and for love. He created them with erotic desires and the ability to experience physical pleasure. He created them to transmit life.

Being a man or being a woman is very deeply imprinted on the individual human person; it is a different way of feeling, a different way of loving. Because he intended that they should be there for each other and complement one another in love, God made man and woman different. That is why man and woman attract each other sexually and intellectually. When a husband and wife express their love for each other in bodily union, their love finds its deepest sensual expression. Just as God is creative in his love, so too man can be creative in love and give life to children.

Think about how you can keep sexual purity.

**Lesson 8: Do Not Steal**

Seventh Commandment: You shall not steal

St Paul say about work in Ephesians 4:28

You should labour and work honestly with their own hands, so as to have something to share with the needy.

Public wealth is common to the society and everybody has the right to it. Eg natural resources, public property, public resources like roads and institutions.

Personal wealth is what a person can make on his own.
St. Thomas Aquinas describe the idea of justice:
Virtue which persuades each one to give each one his due.
Respect the rights of others.

Sins against the 7th commandment:

Stealing
Not giving the right wages
Unjustly amassing personal wealth
Destroying public wealth
Destroying natural resources
Polluting nature
Bribery
Black market

Lesson 9: Speak the Truth

Eighth commandment: You shall not bear false witness against your neighbour.

Sins against the 8th commandment

1. Spreading gossips or making false statements about another person to damage their reputation or to cause enmity with others.
2. Lying
3. Revealing secrets about others with the purpose of causing them distress or some damage.
4. Cheating in examinations and assessments
5. Flattery with the intention of encouraging evilness.
6. Invading someone’s privacy.

Lesson 10: Ninth Commandment

Ninth commandment: You shall not covet your neighbour’s wife.

Jesus teaching about marriage in Matthew 19:6

You are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.

St Paul instruction to husband in Ephesians 5:25

Husbands, love your wives, just as Christ loved the church and gave himself up for her.
Indivisibility of Marriage

Marriage is a life long relationship. In marriage, man and woman become one in Jesus. Since God binds them together, it cannot be broken.

**Lesson 11: The Tenth Commandment**

Tenth commandment: You shall not covet your neighbour’s goods

Greed or covetousness is the desire to own things namely money, power or positions beyond ones needs and abilities.

3 virtues that help you to conquer greed

1. Spirit of poverty
2. Thrift
3. Generosity

Destruction of nature a sin against the 10th commandment. Man is not the owner of nature but only a caretaker. Natural resources are for all.

Seven capital sins and the virtues opposed to them.

Pride Vs Humility
Greed Vs Generosity
Lust Vs Modesty
Anger Vs Patience
Gluttony Vs Self-control
Jealousy Vs Charity
Laziness Vs Enthusiasm

**Lesson 12: The Greatest Commandment**

During the last supper, Jesus gave his disciples a new commandment. A commandment of love which is the summary of all his teaching.

John 13:34 I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.

Jesus tells us that we should be able to love our enemies if we are to love all our neighbours. Jesus showed that he is able to love his enemies by forgiving those were crucifying him and praying for them.
Lesson 13: The Precepts of the Church

The 5 precepts of the Church:

1. Participate in the Holy Mass on all Sundays and other days of obligation. Do not do work that hinders us from keeping these days holy.

2. Receive the Sacrament of reconciliation at least once a year and receive Holy Communion during the pascal season.

3. Keep fast on the fixed days and avoid forbidden food during those days.

4. Do not celebrate marriage on forbidden days or marry certain persons whom the Church has forbidden.

5. Give the share and contributions fixed by the Bishops for the subsistence of the Churches and priests.

Lesson 14: Formation of conscience

Conscience is the powerful interior voice that inspires a person to do good. Conscience is the voice of God.

Christian conscience is the conscience formed according to the Word of God and the teaching of the Church.

4 things you can do to form a good Christian conscience:

1. Gain knowledge in Christian values.
2. Clear any doubts by reading good books or seeking guidance from right people.
3. Keep the mind free from selfishness and undue influence of other people.
4. Seek the assistance of the Holy Spirit.

Lesson 15: Evangelical Counsels

We find the Sermon of the Mount in St Matthew’s gospel Chapter 5 to 7.

Evangelical counsels is another name for the eight beatitudes.

8 beatitudes:

1. Blessed are the poor in spirit, for theirs is the kingdom of God.
2. Blessed are the meek, for they will inherit the earth.
3. Blessed are they who mourn, for they will be comforted.
4. Blessed are those who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure in heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Matthew 5:14 ‘You are the light of the world. A city built on a hill cannot be hidden.

Jesus asking you to be the light of the world and among your friends and family.

Matthew 6:31-33 So don’t worry. Don’t say, ‘What will we eat?’ Or, ‘What will we drink?’ Or, ‘What will we wear?’ People who are ungodly run after all those things. Your Father who is in heaven knows that you need them. But put God’s kingdom first. Do what he wants you to do. Then all those things will also be given to you.

Jesus asking us not to worry about food, clothes and various other things people always worry about.

In Matthew 7:24-27 Jesus uses the parables of two men who were building houses. Jesus compare somebody who listen to his words and obey them to someone who builds a house with strong foundation and on rocks. Jesus compare somebody who listen to his words and not obey them to someone who builds a house with no foundation and on sands. Think about what Jesus is asking you to do through this parable.