



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### CALLED TO LOVE: THE ADVENTURE OF LIFE IN CHRIST

#### TOPIC: The Call to Love of Neighbor

The Fourth Commandment – Family & Community Life

The Last Six Commandments – Loving Yourself and Others

#### MATERIALS

##### Ice Breaker:

- I Have, Who Has 10 Commandments – Catholic Game
- [free printable](#) (1 game per family)
- Bible
- 10 Commandments Poster for reference & games to be displayed/ [Weeks 1 & 3 free printable](#)

##### Family Conversation:

- pencil/pen
- [“How Our Family follows the 10 Commandments”](#) handout (1 per family)

#### GOALS

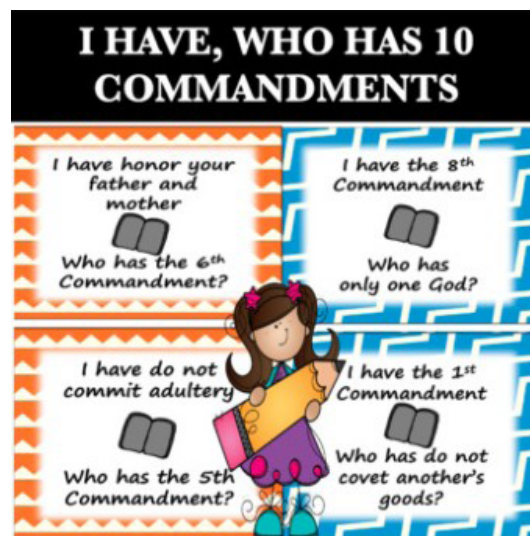
- Families will review the first three Commandments.
- Families will share something from their homes that show that God is first in their lives.
- Families will reflect, discuss, and list ways that they can live God’s order of love in the 4th-10th Commandments.

#### OPENING PRAYER

Lord Jesus Christ, we entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples. Amen.

#### ICE BREAKER

*I Have, Who Has 10 Commandments*



# FAMILY SHARING

The last time we gathered your family made a list of special things you have displayed in your homes that show something about who you are and what your family likes.

Then you made a list of holy items you have in your home that show that your family lives the First Commandment of loving God and giving Him first place in your lives and in your homes.

**What item did your family bring from your home?**

**Why is it important to you?**

(Give families time to share with the larger group. If a family did not bring an item, ask them to describe something that they have in their homes and why it is important to them.)

# MAIN CONCEPT

**Review:**

**Ask:** In the Ten Commandments, the first three commandments are all about the ways in which we should show our love for whom?

**Answer:** God

**Ask:** What are the first three commandments?

Answer:

- I. I am the Lord your God. You shall have no other gods before me.
- II. You shall not take the name of the Lord your God in vain.
- III. Remember to keep holy the Lord's Day.

\*Provide each family with a copy of "How Our Family follows the 10 Commandments" handout.

# FAMILY CONVERSATION

Make a list of ways that your family can follow each of the first three commandments to show your love for God.



**Explain:** The last seven commandments are all about the ways in which we should show love for our neighbor and for ourselves. This is God's Order of Love.

**Watch:** The Fourth Commandment / Columbia Catholic Ministry



Or

CATECHISM OF THE CATHOLIC CHURCH #28  
The 4th Commandment (4:43)



## FAMILY ACTIVITY

**Invite** families to open their bibles to [Ephesians 6:1-3](#) and read along:

“Children, obey your parents in the Lord, for this is right. ‘Honor your father and mother.’ This is the first commandment with a promise, ‘that it may go well with you and that you may have a long life on earth.’”

**Explain:** These words were written by St. Paul, and they still apply to all of us today. God put parents and guardians in authority to care for and protect us, His children. The fourth commandment not only instructs children to obey their parents, but also instructs adults to care for and show respect for their children as well as for their elderly family members. It even extends to the respect that we should give to people in authority, teachers, caregivers, leaders, and others in our community. Those with authority have the duty to exercise it with justice, truth, and charity. Respect for authority never means that we overlook sin, injustice, and harm caused by people in such positions of responsibility. Respect and obedience to human authorities presupposes that God's law of love is being followed.

## FAMILY CONVERSATION

(Adapted from <https://www.catechist.com/teach-ten-commandments-children/>)

Make a list of ways that your family can follow the fourth commandment to **honor your father and mother** to live God's order of love.

**READ:** The 5th Commandment is **You shall not kill**. This commandment is not just about murder. Have we “killed or hurt” someone's feelings with unkind words or actions?

*Make a list of ways that your family can choose loving words or actions to live God's order of love.*

**READ:** The 6th Commandment is **You shall not commit adultery**.

God created marriage, and it is very important that husbands and wives love one another and are faithful. God also wants us to remember that our bodies are temples of the Holy Spirit, so we must respect our bodies, dress modestly and live in God's order of love.

*Make a list of ways that your family can be faithful to one another and show respect for the holy gift of our bodies that are temples of the Holy Spirit to live God's order of love.*

**READ:** The 7th Commandment is **You shall not steal.**

Taking something that does not belong to us is dishonest and wrong. It is also the opposite of being generous and loving.

*Make a list of ways that your family can be generous and give to one another and others outside your family to live God's order of love.*

**READ:** The 8th Commandment is **You shall not bear false witness against your neighbor.**

Gossip and bullying are hurtful, and words can really harm. Often what is said or written about others on social media is unkind or even cruel. But loving, kind words are also powerful!

*Write a compliment or words of praise about each family member and then make a list of ways that your family can be kind to one another and careful with your words at home and outside your family to live God's order of love.*

**READ:** The 9th Commandment is **You shall not covet your neighbor's wife.**

The 10th Commandment is **You shall not covet your neighbor's goods.**

What does covet mean? Covet means that you are jealous and, even more, envious of (saddened by) what someone else has. Do you look at others and wish you had their things? Why do you feel that way? Do you really trust that God loves you and gives you what you need? It is okay to see something that someone else has and decide, if of course it is God's will for you, to work to get something good like that for yourself, but it is not okay to want the exact thing or person that belongs to another. That is coveting.

*Make a list of the beautiful gifts God has given to your family so that you can live God's order of love.*

## CLOSING PRAYER

Ask a member from each family to read one of the paragraphs below:

- I. "Dear God, help us to put You first. Remove all the distractions that stop us from focusing all of our attention upon You. Help us to recognize Your power and majesty in the world around us."
- II. "Dear God, we know that the words we say are powerful and can have a huge impact. Help us to control the words we say and to think before we speak. Help us to not misuse Your name and to value it above all other names. Show us how we can glorify Your name, respect it and share it with other people."
- III. "Dear God, thank you for the rest that You provide us. Help us to take time out of our busy weeks to spend time with You. We know that we need rest, help us to keep a regular time of sabbath rest and to use it well."

- IV. “Dear God, thank You for the people who care for me. Thank You for my family and those people who have helped me to grow and learn. Help me to care and respect each of these people. Guide the world to take better care of the elderly, stopping them from becoming isolated and lonely. Help us to remember that they have much to share with us.”
- V. “Dear God, be with those people who have been hurt by others and those who have harmed others too. Help them to see alternative solutions and to work for peace and help them to repent and turn to You for forgiveness. Comfort those who have lost loved ones; may they know your peace and presence with them.”
- VI. “Dear God, thank You for the gift of Holy Matrimony. Thank You that You bring people together in love and for the commitment that they make to each other and to You. Watch over and protect all marriages. Help all families to remain focused upon You and upon each other; protect them from the temptations that try to pull them away. Help them to see the beauty in their relationships and give them the wisdom and courage to work to maintain them.”
- VII. “Dear God, thank You for all the things that You have given to us. Be with those who feel that they need to steal in order to survive. Provide them with the help and resources that they need. Bless them with people to support them and fair employment.”
- VIII. “Dear God, thank You that you are the truth. Help us to remain honest, even when it takes great courage. Help us to admit our mistakes and to confess our sins before You. Guide us towards what is right and help us not to lie, whether for deception, personal gain or self-preservation.”
- IX. “Dear God, thank You for the many blessings that we receive each day from Your hands. Help us to be grateful and content with the wondrous gifts we have. Keep our eyes fixed upon You, not upon the possessions of other people. Help us not to compare ourselves to other people, but help us to remember who we are, Your beloved children.”
- X. We ask this in the Holy Name of Jesus. Amen.

Adapted from [www.arnoldprays.co.uk](http://www.arnoldprays.co.uk)

## REMIN



Remind families about the next meeting date and time.

