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# FOLLOWING THE COMMANDMENTS

*The following are suggestions of how middle school youth can live out and follow the Ten Commandments in their daily lives.*

1. I am the Lord your God; you shall not have strange Gods before me.
  - Put God first throughout your day.
  - Pray to God first thing in the morning and offer your day to Him.
  - Ask God for the grace to desire a relationship with Him more than you desire material things, friendships, or popularity.
  
2. You shall not take the name of the Lord your God in vain.
  - Only use God's name in a positive way.
  - Praise the name of Jesus always — out loud and in your mind.
  - Say the name of Jesus out loud when you are afraid or when you are praying — His name is powerful!
  
3. Remember to keep holy the Lord's day.
  - Go to Mass every Sunday.
  - Do your homework before Sunday.
  - Spend extra time with your family.
  
4. Honor your father and mother.
  - Listen to your parents, or guardians, and obey them when they ask you to do things.
  - Thank your parents, or guardians, for all they do for you.
  - Tell your parents, or guardians, that you love them everyday.
  
5. You shall not kill.
  - Say positive and uplifting things to the people you encounter every day.
  - Act in gentle and kind ways toward others.
  - Pray for the end of abortion, murder, war, and other things that lead to the end of life.
  
6. You shall not commit adultery.
  - Pray for your future husband or wife.
  - Pray for all marriages and married people.
  - Thank the married people you know for their commitment to each other.

7. You shall not steal.

- Always pay for everything that you buy.
- Be gracious whenever your parents give you money, and thank them.
- Pay back friends or siblings that loan you money.

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

- Always tell the truth.
- If you see someone do something wrong, tell someone right away.
- Stand up for those who are bullied or made fun of.

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

- Be happy for your friends if they have a good boyfriend or girlfriend.
- Thank the Lord for the blessings of the people He has put in your life.
- Like your friends posts about their good relationships without comparing your life to theirs.

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

- Thank the Lord for all the good things He has given to you.
- Be gracious to those who share their things with you.
- Share your things with those who are in need, and give to those who have nothing.