



Week Leading up to 3.7.21: Commandments

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: Jn 2:13-25

After the Reading Conclude with this prayer:

We thank You, Jesus, for clearly showing us an example of God's justifiable anger. God the Father has given us commandments that help us to understand how to properly live. Open our eyes to how we offend You, dear Lord, so that we may repent and worship You properly. Amen.

Reflection or Discussion Question:

1. Why do you think Jesus was so angry about what was happening in the Temple area?

YouTube Video: Bishop Barron on the Ten Commandments (13:07) <https://youtu.be/pFemAFXCO9Q>

Reflection or Discussion Questions:

2. Was there anything new or interesting you heard from Bishop Barron's talk about the commandments that you would like to discuss?
3. What do you think/feel it means to worship? What do you think/feel it means to worship only God?
4. Do you think/feel there is a difference between worshipping God in an interior way versus with your faith community?
5. What does the second commandment "Do not take the name of Lord Your God in Vain" mean to you?
6. Why do you think/feel Bishop Barron says that loving your neighbor should begin with those closest to you (e.g. parents, siblings, children)?
7. Do you feel that actively following the 10 Commandments would be transformative? Was there a particular commandment that spoke to you?

Session Challenges: {Choose one, two, or all}

- God calls us to listen to Him to be transformed. God gave us the 10 Commandments to know Him and to become like Him. Memorize them this next week. For a list of the commandments, please use the link referenced on the next challenge.
- Use this guide to reflect on the 10 Commandments and identify where you struggle: <https://mycatholic.life/catholic-prayers/examination-of-conscience/>
- Review your day and ask yourself how often you attacked, undermined someone, or spoke poorly of someone else.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear God the Father, You have given us commandments to follow so that we may know You better and learn to overcome the weaknesses in our human nature. Open our eyes to the sins we commit and give us repentant hearts so that we may turn to You more fully and be transformed by Your redeeming love. Amen

{Optional additional Readings} Sunday Reading 1: [Ex 20:1-17](#) Sunday Reading 2: [1 Cor 1:22-25](#)