


The Ninth Commandment

22

WE GATHER

 **Leader:** Let us ask God to look into our hearts and fill them with his goodness and love.

Reader: A reading from the Book of the Prophet Ezekiel

"I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts and giving you natural hearts. I will put my spirit within you and make you live by my statutes, careful to observe my decrees. You shall live in the land I gave your fathers; you shall be my people, and I will be your God." (Ezekiel 36:26-28)

The word of the Lord.

All: Thanks be to God.

Leader: Glory to the Father,
and to the Son,
and to the Holy Spirit:

All: as it was in the beginning,
is now,
and will be for ever. Amen.

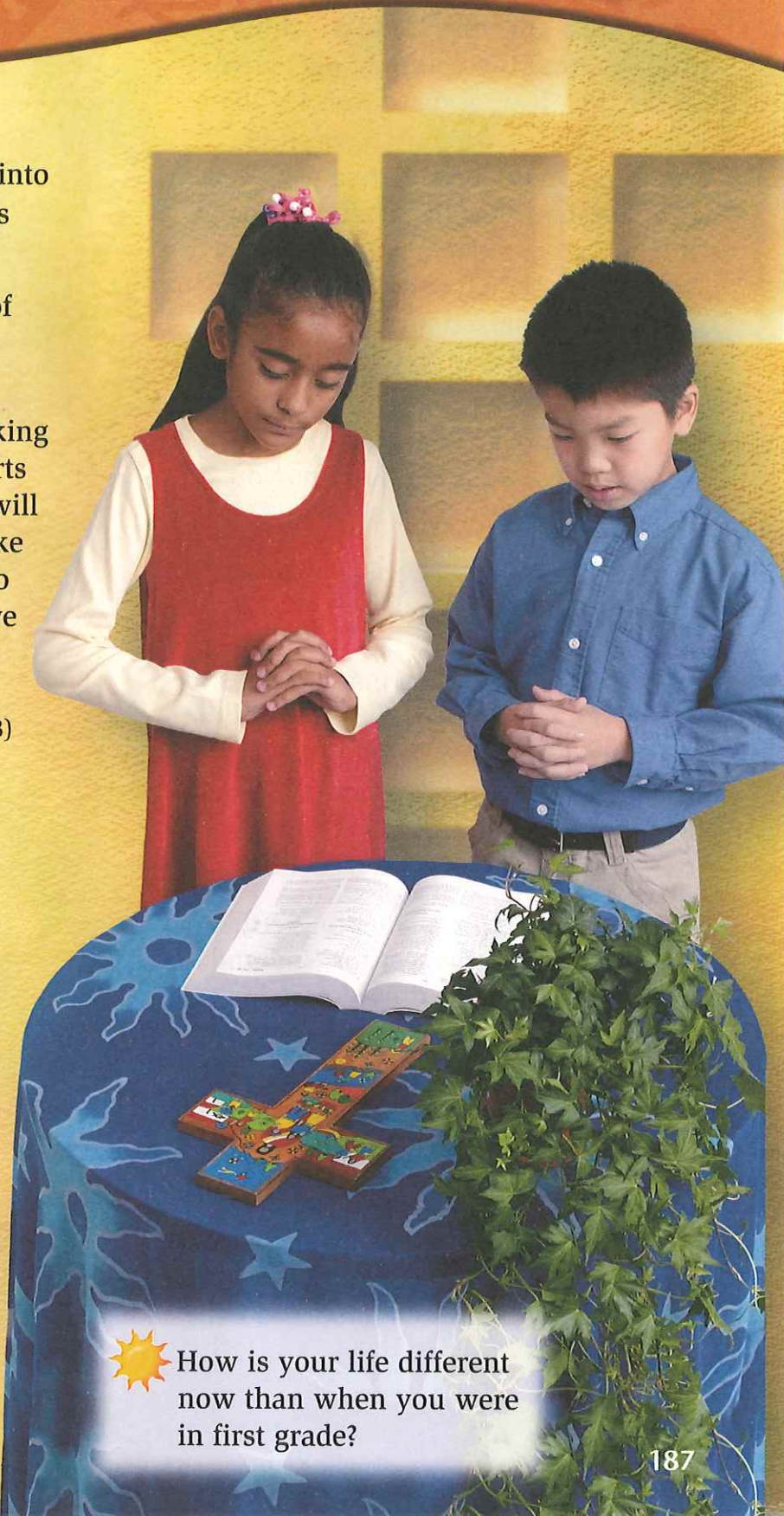
We Are Yours, O Lord

Refrain:

Help us to remember who and
what we are:

We are yours, O Lord.

Teach us in your ways for all
of our days. Let us hear your
unspoken voice. (Refrain)



How is your life different
now than when you were
in first grade?

WE BELIEVE

Feelings are a gift from God.

As we grow older we begin to understand more about the ways we think and feel. Feelings are natural. They are a gift from God. We all have feelings from the youngest age. Love, anger, joy, fear, and sadness are some of the feelings we may have. It is important to understand that people can have different feelings about the same thing. For example, a ride on a roller coaster may make one person happy and another person afraid.



Jesus had feelings, too.

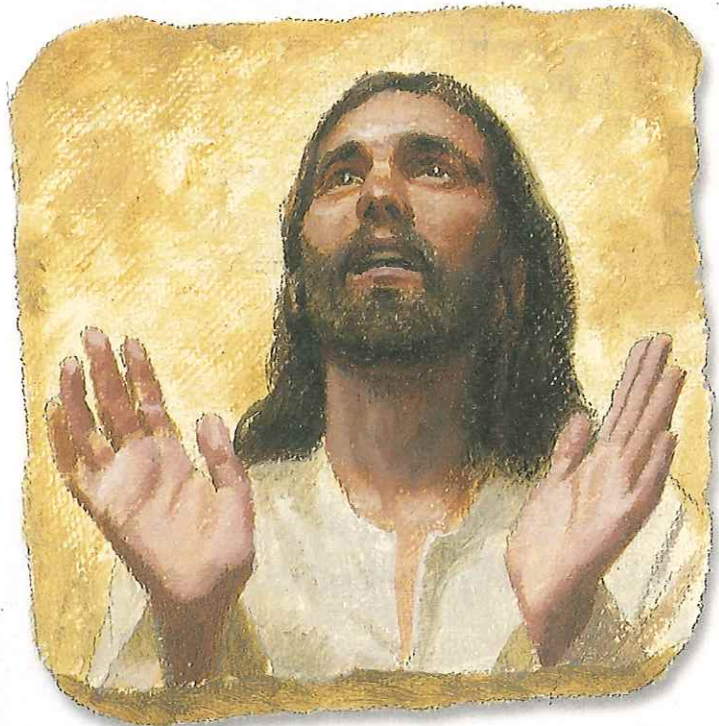
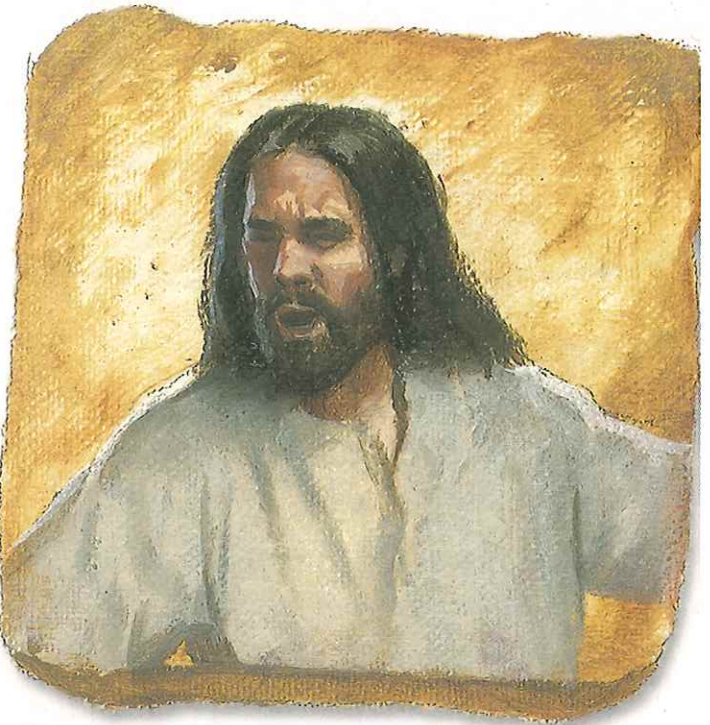
Look at these pictures. How do you think Jesus felt in each situation?

Why?

As we grow the things that cause us to feel certain ways may change. And the ways we express our feelings change, too. Feelings themselves are not good or evil, but the way we deal with or act on our feelings can be good or evil.

The way we express a feeling either shows love and respect for God and others, or does not show love and respect. We should not express feelings that might lead us to act in unloving or disrespectful ways.

We can call on the Holy Spirit to strengthen us and guide us to make good choices about the ways we act. The gift of conscience, the ability to know the difference between good and evil,



helps us to choose actions that show love for God, ourselves, and others. We can also call on people we trust to help us to make good decisions.

God created us to share love.

Part of growing up is becoming more aware of the gift of human sexuality that God has given us. God creates each of us male or female. He gave us this gift of human sexuality so we can show others love and affection.

The Sixth Commandment teaches us the proper ways to show love and affection. It teaches us to respect and be in control of our bodies.



Name your favorite song.

Why do you like this song?

Does this song respect both women and men? How does it make you feel about yourself?



cove (p. 259)

YOU SHALL NOT COVET YOUR
NEIGHBOR'S WIFE.

The Ninth Commandment is also about love and affection. The Ninth Commandment is, "You shall not covet your neighbor's wife." To **cove** means to wrongly desire something that is someone else's. When we desire, or want, something unreasonably, our thoughts and feelings can lead us to do things we should not do. Husbands and wives are called to be faithful to one another. They are asked to be loyal to each other.

The Ninth Commandment calls all people to respect the love between a husband and a wife. It helps all of us to know the proper ways to feel and think about loving others.



YOU SHALL NOT COVET YOUR
NEIGHBOR'S WIFE.

God calls us to be pure of heart.

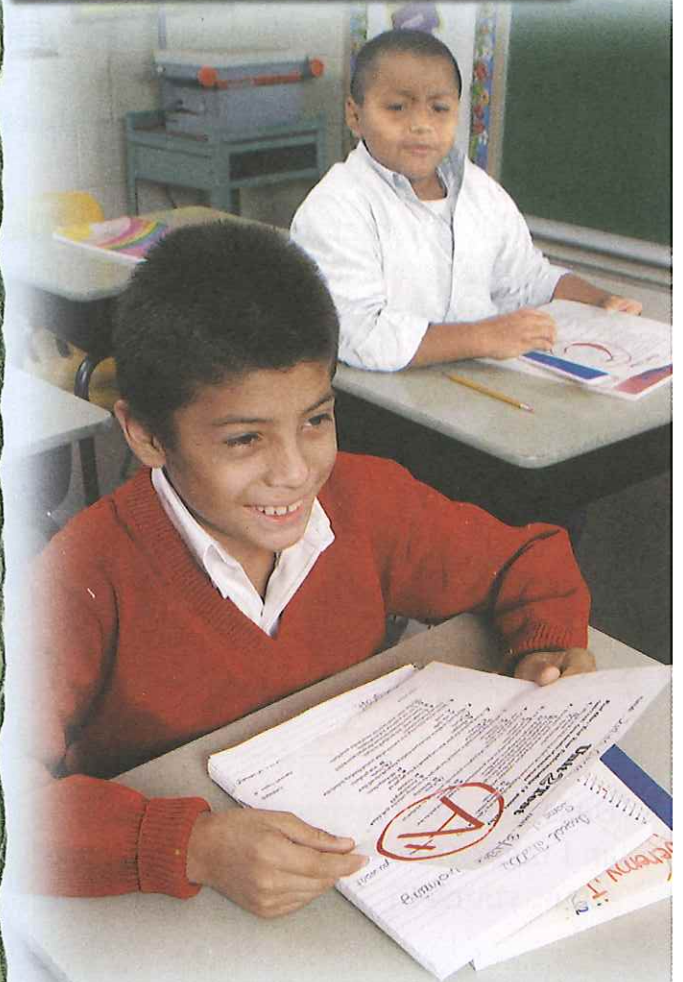
By his words and actions, Jesus taught us how to focus our hearts on God. In the Beatitudes Jesus promises us happiness if we love God and trust in God. One of the Beatitudes is: "Blessed are the clean of heart, for they will see God" (Matthew 5:8).

Living by the Ninth Commandment means being clean of heart, or pure of heart. When we are pure of heart, we live as God calls us to live. We love others and believe in God's love for us. Our thoughts and feelings lead us to trust in God's ways and to value our human sexuality.

How can our hearts be made pure? God first gives us a pure heart in Baptism. Throughout our lives we work to make our hearts pure by:

- practicing the virtue of chastity, which helps us to show love for others in an honest and faithful way
- trying to know and follow God's will
- avoiding thoughts and feelings that lead us away from following God's commandments
- praying, celebrating the sacraments, and keeping our hearts focused on God.

In all these ways, God's grace strengthens us to be pure of heart.



RECIPE



On the recipe card, write your own recipe for a pure heart.



As Catholics...

Mary was pure of heart. She lived as God wanted her to live. She was ready to do what God asked. Mary said yes when God asked her to be the Mother of his Son because her heart was open to God's call.

Mary shows us how to speak and act with a pure heart. She was a loving wife to Joseph. She was a loving mother to Jesus.

As Catholics we believe that Mary is our mother, too. Mary wants us to live as devoted children of God.


This week ask Mary to help you.

The virtue of modesty helps us to be pure of heart.

Being pure of heart requires modesty.

Modesty is the virtue by which we think, speak, act, and dress in ways that show respect for ourselves and others.

Being modest is an important part of living out the Ninth Commandment. Modesty is about honoring our own dignity and the dignity of others. When we are modest we protect our bodies. Modesty guides how we look at others and behave toward them.

 In a group discuss how you think the virtue of modesty could be practiced in each situation.

Barry has just received his grade on a very difficult test. He is very happy because he did very well. His best friend did not do as well.

Yana is going to a birthday party. Her mother lets her pick out a new outfit for the party.

WE RESPOND

How would you explain the Ninth Commandment to someone who has never heard about it?

Ask God for the courage to respect yourself and others always.

Key Word

modesty (p. 260)



PROJECT

Show What *you* Know

Complete the word web by writing phrases that explain ways of following the Ninth Commandment.



What Would *you* do?

Imagine that you have been put in charge of a TV network. What would you do to promote living out the Ninth Commandment?

Saint Stories

Born to a wealthy family, Katharine Drexel answered God's call to educate and help children, especially African-American and Native-American children.

➡ **DISCIPLE CHALLENGE** What ways can fourth graders help children throughout the world?



More to Explore

Catholic Relief Services (CRS) helps people around the world who are in need. In times of flood, famine, earthquake, or war, CRS is there to help. They help the hungry and those who have to move because of war. This group gives Catholics the chance to work for laws that end poverty around the world. The U.S. Conference of Catholic Bishops sponsors Catholic Relief Services.



DISCIPLE CHALLENGE

- Circle ways that CRS helps people in need.
- Visit Catholic Relief Services at www.crs.org.

Picture This

Sometimes people do good deeds just to show off. Their hearts are not filled with love for God and others. This is what Jesus has to say:

"Hypocrites, well did Isaiah prophesy about you when he said: 'This people honors me with their lips, but their hearts are far from me' " (Matthew 15:7-8).

Choose a photo from this chapter. Tell the way it shows someone whose heart is filled with love for God and others.

Reality Check

Check one way you will live out the Ninth Commandment.

- ☐ practice the virtue of chastity
- ☐ try to know and follow God's will
- ☐ avoid thoughts that go against God's commandments
- ☐ pray, celebrate the sacraments, and stay focused on God
- ☐ other _____

Take Home

With your family, check your local movie listings. Together, investigate the various story lines. Decide if any movie would be a good one to see based on what you have learned about living out the commandments.

CHAPTER TEST

Choose a word or phrase from the box to complete each sentence.

1. _____ is a gift from God so that we can show others love and affection.
2. We can be _____ by loving others and believing in God's love for us.
3. _____ are a gift from God and should be respected by ourselves and others.
4. It is important to show _____ for God and the feelings of others.

feelings

pure of heart

respect

human sexuality

Write the letter of the phrase that defines each of the following.

- | | |
|----------------------------|--|
| 5. _____ covet | a. "Blessed are the clean of heart for they will see God." (Matthew 5:8) |
| 6. _____ a beatitude | b. calls all people to respect the love between a husband and a wife |
| 7. _____ Ninth Commandment | c. the virtue by which we show respect for ourselves and others |
| 8. _____ modesty | d. to wrongly desire something that is someone else's |

Answer the following.

9–10. Write two ways we can work to make our hearts pure.
