

**THE FIRST COMMANDMENT:** I am the Lord your God. You shall have no other gods before me.

Materials:

- Magnet
- Piece of metal
- Clump of safety pins

Script

***The first commandment is “I am the Lord your God. You shall have no other gods before me.” I’m going to do a demonstration on the first commandment using a magnet, a piece of metal, and some pins.***

<show the piece of metal> ***Imagine that this piece of metal represents us.***

<show the magnet> ***And that this magnet represents God.***

<show how the magnet attracts the metal> ***Each of us has a natural attraction to God who is always seeking to pull us closer to him.***

<place the clump of pins on top of the piece of metal> ***Unfortunately, we often let a lot of other things come between us and God. We are attracted to many things that we think will bring us happiness in life.***

<place the magnet over the clump of pins> ***When that happens, we are unable to connect with God as we should. The first commandment reminds us that we shouldn’t let anything else get in the way of our relationship with God.***

<remove the clump of pins> ***Lent is a good time for us to remove the things that distract us from God.***

<show again how the magnet attracts the metal> ***We are faithful to the first commandment, when we allow God to be the center of our lives, drawing us closer to him every day. “False gods” refers to any of those things that we allow to get in the way of our relationship with God: money, material things, power, popularity, success, and so on. They are false gods because we turn to them to find happiness only to realize that they can’t deliver. Only God can fulfill us. That’s why we should have no other gods other than our loving God: Father, Son, and Holy Spirit.***

**THE SECOND COMMANDMENT:** You shall not take the name of the Lord your God in vain.

Materials:

- Pens/pencils
- 2 small index cards for each student

Script

***The second commandment is “You shall not take the name of the Lord your God in vain.” We’re going to play a simple matching game to learn about the second commandment.***

<distribute 2 index cards and a pen/pencil to each student> ***Each of you should have 2 cards. Print your first name on one card and your confirmation name on the other card.***

<when they’re done, collect the cards in 2 separate piles. Mix each pile up> ***Next, I’m going to turn all of the cards upside down and place the cards with your first names in one column and the cards with your confirmation names in another column.***

<place the cards in the columns as described> ***Next, we’ll take turns trying to match the first names with the confirmations names. When it’s your turn, you can turn over a card in the real name column and then turn over a card in the confirmation name column to see if it matches. Of course, if your first name is called, you need to let us know if the match is correct or not. If the match is incorrect, the cards are returned to their place. If the match is correct, the player removes the cards and keeps going.***

<play the game as directed above until it is finished> ***Over the past few months, each of us took the time to think of a name to take for our Confirmation. These names mean a lot to us. Names are very important. A name is a symbol of a human being. It represents the person to whom it belongs. For that reason, names are to be treated with respect because to disrespect a name is to disrespect the person that name represents. In the same way, God’s name is to be treated with respect because God is deserving of our love and respect. God loves us and respects each of us. He calls us by name. The second commandment calls for us to do the same: to show our respect for God by using his name and the names of Mary and the saints with respect. The second commandment calls us to show respect for God and for all that God stands for.***

**THE THIRD COMMANDMENT:** You shall keep holy the Sabbath day.

Materials:

- a space large enough for participants to do push-ups.

Script

***The third commandment is “You shall keep holy the Sabbath day.” We’re going to do a little demonstration to learn more about the third commandment. Actually, this will be a little competition to see who can do the most push-ups in one minute. Let’s first see which of the boys can do the most push-ups. Who thinks they can do the most push-ups?***

<invite the boys who are participating to take their space> ***Ready. Set. Begin!***

<keep count of pushups done in 60 seconds> ***Congratulations to our boys’ winner:***  
\_\_\_\_\_.

<do the same with the girls> ***Congratulations to our girls’ winner:*** \_\_\_\_\_.

***Doing exercises such as pushups helps our muscles to grow. The interesting thing, however, is that muscles do not grow while we’re exercising, but afterwards when we’re resting. The exercise causes small fibers in our muscles to tear. When we are resting, the muscle fibers repair themselves and grow. That’s how muscles get bigger. It’s the rest that helps muscles grow. In the same way, the third commandment teaches us that the only way we will grow spiritually is by taking a day of rest from our normal routine. To keep holy the Sabbath day is to set aside one day a week – Sunday for Christians – to rest and to worship God. This day of resting in God’s presence allows us to grow spiritually. So if you want to become spiritually strong, be sure to keep the third commandment: keep holy the Sabbath day.***

**THE FOURTH COMMANDMENT:** You shall honor your father and mother.

Materials:

- a space large enough to play “Simon Says.”

Script

***The fourth commandment is “You shall honor your father and mother.” To learn more about the fourth commandment, we’re going to play a game that we all learned a long time ago: “Simon Says.” I need everybody to stand up.***

<wait for everyone to stand and face you before you begin> ***OK, you all know how to play “Simon Says,” so, here we go:***

***Simon says raise your right hand***

***Simon says raise your left hand***

***Simon says nod your head up and down***

***Simon says spin around once***

<speed up your pace>

***Simon says clap your hands once***

***Simon says clap your hands twice***

***Clap your hands three times!***

<eliminate those who clapped three times! Do another round if you want, following the same pattern. Then have everyone sit back down.>

***Games, like “Simon Says,” teach kids to follow rules and directions. In particular, “Simon Says” teaches kids about the issue of listening to a voice of authority. The message is clear: if you don’t listen closely to the voice of authority, you’re out! The fourth commandment teaches us to honor the authority of our parents as well as all people who have legitimate authority. God is the author of all life and he has given his authority to parents to raise children to live according to his will. Parents are not perfect but they are deserving of our respect. The fourth commandment teaches us to honor our parents by respecting them, even if, at times, we may disagree with them. To honor our parents is to honor God.***

**THE FIFTH COMMANDMENT:** You shall not kill.

Materials:

- a space large enough to have participants stand in a circle
- a large potato chip
- CD player and CD with music

Script

***The fifth commandment is “You shall not kill.” To learn more about the fifth commandment, we’re going to play another game that we all learned a long time ago: “hot potato,” except this game has a slight variation: it’s called hot potato chip!” Everybody stand up and form a circle.***

<wait for everyone to stand and form a circle before you begin. Show the potato chip.>  
***OK, here’s our hot potato chip! The goal of the game, of course, is to pass the potato chip quickly from one person to the next and to not be caught with it when the music stops. In this game, however, you need to be very careful not to crack the potato chip...it is very fragile. Let’s begin!***

<turn the music on and begin passing the potato chip. Allow the potato chip to be passed around a few times before stopping the music. Each time the music is stopped, the student holding the potato chip is eliminated. Continue until you have a winner.>

***Congratulations to our winner: \_\_\_\_\_ . You may be wondering what this game of “Hot Potato Chip” has to do with the fifth commandment: “you shall not kill.” It’s pretty simple. I mentioned before that the potato chip is very fragile and that it needs to be handled with care so as not to break it. The fifth commandment teaches us that human life is also very fragile and that it must be handled with care and respect. Not only is human life fragile, it is also very precious, because all human life is created by God. The fifth commandment, “You shall not kill,” is not only about not committing murder. It is about having a deep respect for all human life and handling it with care because life comes from God.***

**THE SIXTH COMMANDMENT:** You shall not commit adultery.

Materials:

- Several cotton balls or rolled up paper towels
- A transparent barrier (a wire screen, a piece of clear plastic, etc.)

Script

***The sixth commandment is “You shall not commit adultery.” To learn more about the sixth commandment, I’d like to do a simple demonstration to show you what a REFLEX is. I need a volunteer.***

<have the volunteer stand facing the group and hand him/her the transparent barrier>  
***I want you to hold this barrier in front of your face and keep your eyes wide open.***

<pause for a few seconds and then quickly throw a cotton ball (or rolled up paper towel) directly at the volunteer’s face, hitting the barrier.>

***You blinked! That’s an example of a reflex. Let’s try with another volunteer.***

<get ready to repeat the process, but this time, just before you are about to throw the cotton ball, your catechist will slam a heavy book on a table top, making everyone jump.>

***That was another example of a reflex. Everyone either jumped, turned their heads, blinked their eyes, put their hands up, or even let out a sound. Reflexes are physical reactions that happen involuntarily as a response to a stimulus. When you go for a physical exam, the doctor will test your reflexes by tapping you with a little rubber hammer just under the kneecap, making your leg kick out. Reflexes happen without us even thinking about them. The sixth commandment teaches us that sexuality is not simply a reflex. We can and should think before acting on our bodies sexual impulses. The sixth commandment teaches us that sexuality is a gift from God that needs to be protected. We have rules about sex, not because sex is bad, but because it is such a precious gift from God. The commandment, “you shall not commit adultery” teaches us that, unlike animals, we human beings can and should think before acting on our impulses.***

**THE SEVENTH COMMANDMENT:** You shall not steal.

Materials:

- Space to line up chairs for each participant as per musical chairs
- CD player and CD with music

Script

***The seventh commandment is “You shall not steal.” We’re going to play a slight variation of musical chairs to learn more about this commandment. I need everyone to bring a chair up here to form a line like in musical chairs.***

<line up the chairs facing alternate directions and have everyone stand by a chair> ***OK, you all know how to play “Musical Chairs,” so, here we go.***

<put on the music and have everyone move around the chairs. After 15 seconds or so, stop the music so that everyone rushes for a chair> ***Of course you’ll notice that everyone found a chair! Usually when you play musical chairs, you keep one less chair than is needed so that each time, someone is left out. In this demonstration, however, there are enough chairs for everyone. That’s the first thing that the seventh commandment teaches us: there are enough resources in the world for everyone to share. Unfortunately, the resources of the world are not distributed equally.***

<have 2 students sit on the floor> ***You represent the poorest 20% of the human family or about 1.3 billion people, but you only earn about 2% of the world’s income...about a dollar day. So, no chairs for you. Sorry.***

<have 6 students share three and a half chairs> ***You represent about 60% of the world’s population and you earn about 33% of the world’s income...not enough to get rich but enough to get by on.***

<have 2 people spread out over six and a half chairs> ***You represent the richest 20% of the world’s population, about 1.2 billion people, and you earn about 65% of the world’s income. You have more than enough than you need for yourself.***

***The seventh commandment teaches us that we need to share the abundance of God’s creation. We are called to respect what belongs to others and to be satisfied with what we have for ourselves, knowing that most of us have more than we will ever really need in this life. The seventh commandment, “You shall not steal,” reminds us to thank God for what we have and to share what we have with others.***

**THE EIGHTH COMMANDMENT:** You shall not bear false witness against your neighbor.

Materials:

- No materials needed, however, ahead of time, you need to fill in the blank below with a fact about yourself that is something interesting and a bit out of the ordinary.

Script

***The eighth commandment is “You shall not bear false witness against your neighbor. Since this commandment is about honesty and truth, we’re going to play a little game that tests your ability to separate lies from the truth.***

***I’m going to read 5 statements to you about myself. Only one of the statements is true...the other four are false. You need to try to guess which is true and which are false. OK? Listen closely:***

***a. I once visited Portugal***

***b. \_\_\_\_\_***

***c. When I was 10 years old, I met Brian Urlacher***

***d. I had my appendix removed when I was 8***

***e. I’m allergic to popcorn***

***Next, I’m going to ask which of these statements you believe is true. Listen again.***

<repeat the statements> ***OK, how many of you think that statement a. is true?*** <read the statement, ask for a show of hands for those who think it’s true. Repeat for b, c, d, and e.>

***Well congratulations to those who picked b. <read the statement> THAT is true! The others are all false. The eighth commandment teaches us that we are to be people who honor the truth. Jesus said, “I am the way, the truth, and the life” which means that when we live in the truth, we live in Jesus. The eighth commandment, “you shall not bear false witness against your neighbor,” teaches us to be careful about the words we speak so that no harm comes to others as a result of what we say.***



**THE NINTH COMMANDMENT:** You shall not covet your neighbor's wife.

Materials:

- a clear drinking
- a bottle of water
- food coloring
- a small amount of bleach in a small container/bottle
- a dropper
- a plastic spoon

Script

***The ninth commandment is "You shall not covet your neighbor's wife." To learn more about the ninth commandment, I'm going to do a little magic!***

<show the empty glass> ***This is a normal drinking glass. I'm going to fill it about two-thirds of the way with some drinking water.*** <open the bottle of drinking water and fill the cup 2/3 of the way>

***Next, I'm going to add a single drop of water color.*** <use the dropper to add one drop of water color and mix it around with the plastic spoon>

***As you can see, the water, which was once pure, is now colored. Now, however, with a few drops of my magic potion, I'm going to once again make this water look pure.*** <add the bleach to make the color disappear...make sure that no one drinks the water now that it has bleach in it!>

***I'll tell you about the secret to my magic trick in just a few seconds. But first, let's see how this demonstration teaches us about the ninth commandment, "you shall not covet your neighbor's wife." To covet means to desire. Sometimes, our desires are not pure. Like the water color that tainted the pure water, we can become tainted with desires that are not pure. However, just as the water was restored to its natural purity, we too can be made pure again by the grace of God. The ninth commandment teaches us that we need to avoid impure desires for people who are already living in commitment to another and to instead recognize that our deepest desire is to be one with God. By the way, my magic potion was a few drops of bleach!***

**THE TENTH COMMANDMENT:** You shall not covet your neighbor's good.

Materials:

- small index cards, one for each student, each with one of the following values printed on one side: \$5000, \$8000, \$17, \$10,000, \$8, \$4000, \$100,000, \$50,000, \$4, \$25,000

Script

***The tenth commandment is "You shall covet your neighbor's good." To learn more about the tenth commandment, we're going to play a game of chance. I'm going to give each of you a card with a value printed on one side..some are of great value, others may not be. DON'T LOOK AT THE VALUE OF THE CARD!!!***

<Distribute the cards face down, one to each student.> ***On the count of three, I want everyone to raise the card to your forehead so that the others can see your amount but you can't. Again, DO NOT LOOK AT YOUR OWN CARD. Ready? One, two, three.***

<after everyone has raised their cards on their foreheads to show the others, give the following options> ***You all have a choice now. You can either keep the card you have, hoping that it is a good value or you can trade it in, hoping that you can increase your value. As each one makes their choice, keep your reactions to yourself!***

<go around the group and have each student declare whether they will **keep** their card or **trade** it> ***Let's start with those who decided to keep their card. Take a look at yours to see if it was a good decision.*** <allow time for them to look and point out who guessed right/wrong> ***OK those who are keeping their cards, hold on to them. Now, the rest of you who want to trade your cards, take a look at the value you're trading away.*** <allow time for them to look and point out again who guessed right/wrong> ***I'm going to collect the cards from those who wanted to trade and I'll mix them up and re-distribute them and we'll see who increases and who decreases.*** <follow the directions you just described and point out winners and losers>

***There's a saying that "the grass is always greener on the other side of the fence." We often think that what others have is better than what we have. In this game, it was true for some but not for others. The problem was, you really couldn't tell. The tenth commandment teaches us to recognize the good things that we have and to be thankful for them so that we do not covet or desire the belongings of others. This commandment, "you shall not covet your neighbor's goods," teaches us not to compare ourselves with others but to appreciate what we have.***