

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

Script

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

<show the piece of metal>

SAY: ***Imagine that this piece of metal represents us.***

<show the magnet>

SAY: ***And imagine that this magnet represents God.***

<show how the magnet attracts the metal>

SAY: ***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>

SAY: ***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>

SAY: ***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>

SAY: ***Jesus helps us to remove the things that distract us from God.***

<show again how the magnet attracts the metal>

SAY: ***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 they cannot bring us true happiness. 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.

Script

SAY: ***The second commandment is “You shall not take the name of the Lord your God in vain.” We’re going to do a simple exercise to see how many brand names you recognize just by looking at their logo.***

<hold up logo #1>

SAY: ***Who knows what brand name this represents? (Target)***

<hold up logo #2>

SAY: ***Who knows what brand name this represents? (Pepsi)***

<hold up logo #3>

SAY: ***Who knows what brand name this represents? (Apple Computers)***

SAY: ***Brand names are very important. They represent a product or service. Sometimes brand names are made fun of when their product goes bad such as when Toyota had to recall millions of its cars because they were broken. A person’s name is important too. 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.

Script

SAY: *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.*

<hold up the weight (dumbbell) for all to see>

SAY: *Who can tell us what this is and what it’s for? (get answer) That’s right, it’s a weight or a dumbbell and it’s used to exercise and strengthen muscles. My partner is going to demonstrate how it is used.*

<demonstrate for 3 to 5 “curls”>

SAY: *Doing exercises 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. Doing exercise causes small fibers in our muscles to tear. When we are at rest, the muscle fibers repair themselves and grow. That’s how muscles get bigger. It is resting 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.

Script

SAY: *The fourth commandment is “You shall honor your father and mother.” To learn more about the fourth commandment, my partner is going to lead us in a game of “Simon Says.” I need everybody to stand up.*

<wait for everyone to stand and face you before you begin>

SAY: *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!

SAY: *If you clapped 3 times, you’re out because my partner didn’t say “Simon Says!”*

< have everyone sit back down.>

SAY: *Games, like “Simon Says,” teach us to follow rules and directions. In particular, the game “Simon Says” teaches us how to listen 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 authority such as teachers, coaches, catechists, police officers, and government leaders. God 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 and those in authority 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.

Script

SAY: *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 know. It’s called “hot potato,” except this game is a little different: it’s called “hot potato chip!” I need 5 volunteers to stand up and form a circle.*

<wait for the volunteers to stand and form a circle before you begin. Show the potato chip.> **SAY: *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.>

SAY: *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.

Script

The sixth commandment is “You shall not commit adultery.” To learn more about the sixth commandment, we’re going to do an activity that focuses on the relationships between words. These are called analogies.

<hold up card #1>

SAY: ***Here’s an example: HOT is to COLD as UP is to _____ . (DOWN) Let’s try some more.***

<hold up card #2>

SAY: ***NORTH is to SOUTH as EAST is to _____ . (WEST)***

<hold up card #3>

SAY: ***GOOD is to BAD as SMALL is to _____ . (LARGE)***

SAY: Analogies are all about relationships between words. The sixth commandment teaches us about relationships, not between words, but between people. Just as some words go together and cannot be separated, men and women are joined together in marriage, a relationship that must be respected. The sixth commandment teaches us to respect relationships and to especially protect the relationship between a man and a woman in marriage.

THE SEVENTH COMMANDMENT: You shall not steal.

Script

SAY: ***The seventh commandment is “You shall not steal.” We’re going to do a simple demonstration to show what this commandment teaches us.***

<take 100 pennies and pour them out on the table>

SAY: ***Let’s imagine that these 100 pennies represent all of the material wealth in the world and that 10 of you represent the population of the world. How many pennies would each of you get if we divided the 100 pennies up evenly? (TEN)***

<give 10 pennies to each of the ten students>

SAY: ***That would be nice if the wealth of the world were really divided up that evenly. But now let’s see how things are really divided.***

<have everyone return their pennies to the table>

SAY: ***According to statistics, 20% of the world’s population possesses 85% of the world’s wealth. That means that 2 of you get to share 85 pennies.***

<remove 15 pennies and hand the rest – 85 – to 2 students>

SAY: ***About 60% of the world’s population possesses 14% of the world’s wealth. That means that 6 of you get to share 14 pennies.***

<remove 1 penny and hand the rest – 14 – to 6 students>

SAY: ***And finally, about 20% of the world’s population possesses about 1% of the world’s resources. That means that the last 2 of you get to share 1 penny.***

<hand 1 penny to the remaining 2 students.>

SAY: ***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, to share what we have with others, and to respect what belongs to others.***

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

Script

SAY: *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. My partner is going to read 5 statements to you about him/herself. 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:*

<partner reads the list>

a. I once visited Portugal

b. _____

c. When I was 5 years old, I met Brian Urlacher

d. I had my appendix removed when I was 7

e. I’m allergic to popcorn

<repeat the statements>

SAY: *OK, how many of you think that statement a. “I once visited Portugal” is true? Raise your hand.* Repeat for b, c, d, and e.>

SAY: *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 ourselves or others as a result of what we say.***

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

Script

SAY: *The ninth commandment is "You shall not covet your neighbor's wife." To learn more about the ninth commandment, We're going to do a demonstration that Mr. Paprocki showed us a few weeks ago.*

<show the empty glass>

SAY: *This is a normal drinking glass. My partner is going to fill it about half way with water.*

<open the bottle of water and fill the half way>

SAY: *Next, my partner is 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>

SAY: *As you can see, the water, which was once pure, is now colored. Now, however, with a few drops of bleach, my partner is going to once again make this water look pure.*

<add the bleach to make the color disappear>

SAY: *The ninth commandment is, "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.*

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

Script

The tenth commandment is "You shall not covet your neighbor's goods." To learn more about the tenth commandment, we're going to play a game Let's Make a Deal.

<show fake money \$500 bill.>

SAY: My partner is going to pick a number between 1 and 100. Whoever comes closest to guessing that number wins \$500.

<partner secretly picks a number between 1 and 100>

SAY: OK, let's hear your guesses.

<go around the group and have each student guess a number between 1 and 100>

SAY: OK, partner, who came the closest?

<partner declares the winner and hands out \$500>

SAY: Now, let's make a deal. You can keep the \$500 or you can trade it in for what's inside of envelope #1, envelope #2, or envelope #3!

<show the 3 envelopes>

SAY: What's your choice?

<reveal what's in the 2 envelopes NOT picked, then what's in the envelope picked>

SAY: 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. 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 or to desire what is not ours but to appreciate what we have.