

THE TEN COMMANDMENTS

Exodus 20 2-17	Deuteronomy 5:6-21	A Traditional Catechetical Formula¹
I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.	I am the LORD your God, who brought you out of the land of Egypt out of the house of bondage.	1. I am the LORD your God: you shall not have strange Gods before me.
You shall have no other gods before me. You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them or serve them; for I the LORD your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and the fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments.	You shall have no other gods before me . . .	
You shall not take the name of the LORD your God in vain; for the LORD will not hold him guiltless who takes his name in vain.	You shall not take the name of the LORD your God in vain . . .	2. You shall not take the name of the LORD your God in vain.
Remember the sabbath day, to keep it holy. Six days you shall labor, and do all your work; but the seventh day is a sabbath to the LORD your God; in it you shall not do any work, you, or your son, or your daughter, your manservant or your maidservant or your cattle, or the sojourner who is within your gates; for in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the Lord blessed the sabbath day and hallowed it.	Observe the sabbath day, to keep it holy. . .	3. Remember to keep holy the LORD'S Day.
Honor your father and your mother, that your days may be long in the land which the LORD your God gives you.	Honor your father and your mother . . .	4. Honor your father and your mother.
You shall not kill.	You shall not kill.	5. You shall not kill.
You shall not commit adultery.	Neither shall you commit adultery.	6. You shall not commit adultery.
You shall not steal.	Neither shall you steal.	7. You shall not steal.
You shall not bear false witness against your neighbor.	Neither shall you bear false witness against your neighbor.	8. You shall not bear false witness against your neighbor.
You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his manservant, or his maidservant, or his ox, or his ass, or anything that is your neighbor's.	Neither shall you covet your neighbor's wife . You shall not desire . . . anything that is your neighbor's.	9. You shall not covet your neighbor's wife. 10. You shall not covet your neighbor's goods.

¹ Traditional Catechetical Formula, Exodus 20:2-17 and Deuteronomy 5:6-21 from Catechism of the Catholic Church. https://www.vatican.va/archive/ENG0015/___P77.HTM

The Ten Commandments Summary

Commandment	Meaning	Reference
1. I am the LORD your God: you shall not have strange Gods before me.	Love and obey God before all else and let nothing have greater importance in your life.	Ex 20:2–6, Deut 5:6–10
2. You shall not take the name of the LORD your God in vain.	Honor the name of God. Be reverent in speech and actions.	Ex 20:7, Deut 5:11
3. Remember to keep holy the LORD'S Day.	Honor the Lord's Day with worship, prayer, and rest. The Sabbath is marked as a day of remembrance.	Ex 20:8–11, Deut 5:12–15
4. Honor your father and your mother.	Honor your parents, listen to them, and care for them when they are elderly.	Ex 20:12, Deut 5:16
5. You shall not kill.	Choose life and do not murder.	Ex 20:13, Deut 5:17
6. You shall not commit adultery.	Choose chastity and loyalty. Honor marriage vows to protect the family.	Ex 20:14, Deut 5:18
7. You shall not steal.	Choose justice. Don't steal. Build security and confidence in one another.	Ex 20:15, Deut 5:19
8. You shall not bear false witness against your neighbor.	Choose honesty. Do not lie. Build trust and faith among people. Make your word and witness honorable.	Ex 20:16, Deut 5:20
9. You shall not covet your neighbor's wife.	Don't covet or entertain fantasies of being with another's spouse. Choose purity of mind. Reject jealousy.	Ex 20:17, Deut 5:21
10. You shall not covet your neighbor's goods.	Choose freedom from greed. Don't envy another's property or good fortune. Prevent sin by not entertaining jealous thoughts that might lead to stealing another's property or neglecting your true responsibilities.	Ex 20:17, Deut 5:21