

# Điều Răn Thứ Nhất: TA LÀ ĐỨC CHÚA THIÊN CHÚA CỦA NGƯỜI

## Lời Chúa (Words of God)

*"Ta là Đức Chúa, Thiên Chúa của ngươi, đã đưa ngươi ra khỏi đất Ai cập, khỏi cảnh nô lệ. Ngươi không được có thần nào khác đối nghịch với Ta. Ngươi không được tạc tượng, vẽ hình bất cứ vật gì ở trên trời cao cũng như dưới đất thấp, hoặc ở trong nước phía dưới mặt đất, để mà thờ. Ngươi không được phủ phục trước những thứ đó mà phụng thờ." (Xuất hành 20, 2-5; Đệ nhị luật 5, 6-9)*

*I am the Lord your God, who brought you out of the land of Egypt, that place of slavery. You shall not have other gods besides me. You shall not carve idols for yourselves... You shall not bow down before them or worship them. (Exodus 20:2-5)*

## Kiến Thức Liên Quan (Faith / Fact Finding)

Imagine that one of your Huynh Truongs asks you: "Have you ever worshipped an idol?"

If you are like most Thieu Nhi, you would feel very offensive and give him a dirty look, but answer him: "Of course not."

In American culture, the idea of worshipping an idol is considered wrong and stupid because worshipping an idol means you salute and adore to an image such as Buda or Lao Tu. However, if you look hard enough, you notice that worshipping an idol does not only mean image, it can be fame or fortune.

Last year, many of us fascinated with the American Idol and the fame that carried with it. Across the United States, thousands upon thousands of young people came out for the audition wanting to be the next American Idol. Only few were chosen to the final route of the selection. Many were hurt and disappointed because they were not among the chosen ones. Others were painfully witnessed themselves being ridicule by the judges on the television that watched by millions of people. However, the need to be famous and rich takes control of them. To be the next American Idol has become something that many young people worship.

In the first commandment, God pronounces that he is alone the Lord our God. We shall not have any strange god before Him. It means that we shall believe in one God. It also means that we cannot honor anyone or anything more than God.

The first commandment tells us to put God above everything else. Even though we might believe in one God, we often break this commandment by putting other people or other things first.

When a man asked Jesus which commandments in the law is the greatest, Jesus replied to him, "You shall love the God, your God, with all your heart, with all your soul, and with all you mind. This is the greatest and the first commandment" (Matthew 22:36-37).

Even Jesus recognized that the most important commandment is to love God and honor God. For Jesus, to love God is to trust in him completely. In Jesus' life, even when he was a little child, he always putted God above everything else. During his ministry years, every time he cured someone or after he finished a job, he always prayed with his Father and praised him. Even on the cross, Jesus also mentioned God and asked God not to abandon him.

As you can see, Jesus is an excellent example of putting God first in his life.

So who is your idol? Britney Spears or Emmimen or Justin Timberlake? Or Pope John Paul II? Or God?

### **Dẫn Chứng Cụ Thể (Case Study)**

Tony wants to be popular in high school. He wants every girl in school notices him. However, to be popular means Tony must have expensive clothes, wear brand name shoes and have the latest games. To do that, he must work everyday after school including Sunday. With his popularity, he begins to forget about God. He is very tired that he forgets to pray when he wakes up and thanking God after a good day. He has decided popularity is better than none even when it means that he puts God aside. Last week, Lisa's horoscope said that she should be very careful all next week especially when she gets involve with her friends at school. She may run into some troubles with her teachers at school. So she thinks she should stay away from her friends by not talking with them through the week to avoid any trouble. Lisa's friends say it is wrong to make her decisions based on the horoscope.

### **Áp Dụng Trong Cuộc Sống (Life Application)**

Probably, you never intended to worship false gods. However do you always put God above everything else? Do you take time to talk, to praise, and to bless God right after you wake up? Could you be worshipping the false god of money, clothes, and popularity?

As human being, we tend to pay more attention to what others tell us than we do to what God teaches us through the Church and through our parents. We should listen to others such as our friends or Huynh Truongs, but we do not put them before God.

Have notice that sometimes your parents, your Huynh Truongs, and sometimes yourself put money, car, job, clothes, and popularity before God? It is good to have money, car, and a job, but we must not put them first. God must come first in our lives.

There are ways to keep the First commandment alive in our lives that is to honor and adore God above all things. In this lesson Phong Trao wants to introduce four ways that we can observe and practice the First Commandment.

First: You need to recognize that only God is God. It means that no one has an absolute claim in your heart, whether it can be a book, a symbol, a fame, or a person.

Second: Try to live your life according to the Gospel's value and the Church's teaching. When you observe the First commandment, you do not live your life according to your friends or MTV's expectation.

Third: We observe First commandment when we develop a personal relationship with Jesus through our daily prayer such as Living the Eucharistic Day and follow the precepts of Phong Trao.

Fourth: We can observe the First commandment is to do examine of our lifestyle especially practice the Spiritual Bouquet.

### **Ôn Lại Bài (Summary)**

The first command teaches us that God wants us to think of him above everything else. We know that we keep God's first command when we believe in him and put God above all things.

## Lời Nguyện (Prayer)

*Lạy Chúa, xin giúp con luôn yêu mến Chúa và để Chúa trên hết mọi thứ trong cuộc đời của con. Xin cho con luôn tin tưởng và yêu mến Chúa hết lòng con.*

*Lạy Chúa, có những lúc con yêu thích đồ chơi, quần áo, và sự triu mến của mọi người xung quanh hơn Chúa. Cũng có những lúc con yêu mến bạn con và đặt họ lên làm thần tượng của con hơn Chúa. Xin giúp con biết rằng chỉ có Chúa mới là thần tượng mà con phải đeo đuổi và yêu mến.*

## Bài Làm (Homework)

1. Điều răn thứ nhất dạy ta sự gì?
2. Tại sao ta phải kính mến Thiên Chúa?
3. Điều răn nào là điều răn trọng nhất?

# Điều Răn Thứ Hai:

## CHỖ KÊU TÊN ĐỨC CHÚA TRỜI VÔ CỐ

### Lời Chúa (Words of God)

*“Người không được kêu tên Đức Chúa, Thiên Chúa của người mà làm điều bất xứng”. (Xuất hành 20, 7; Đệ nhị luật 5, 11)*

*“Anh em còn nghe luật dạy người xưa rằng: Người chớ bội thề, còn Thầy, Thầy bảo cho anh em biết, đừng thề chi cả.” (Mathêu 5, 33-34)*

*You shall not take the name of the Lord, your God, in vain. (Mathêu 5, 33-34)*

### Kiến Thức Liên Quan (Faith / Fact Finding)

When I was born, my father gave me the name Vũ. As a child, I didn't know what it meant. One day, I went home from church after listening to the homily described the significant of naming a person. I asked my mother, “Mom, what is the meaning of my name?”

My mom explained that my first name has two meanings. The first meaning of Vũ is dance. In dancing, you require a lot of flexibility and movement. My father wants his son to be a man with a lot of flexibility. The second meaning of Vũ is thunder storm. Have you ever witness a thunder storm? If you had, you know that thunder storm carries within it a very strong wind, lighting, and a lot of rain. It can destroy a house or uplift the root of the oak tree. With this note, my father wants me to be strong as a thunder storm. These two meanings added on to my first name.

As you can see, a name carries all sorts of meaning. Therefore naming someone or something means you have power over it.

Now, imagine that you and your best friend are sitting at the lunch area. Then you get into an argument. You best friend starts call you all sorts of name. He even calls your parents' name and shouts their name in a disrespectful manner. How do you feel? Do you feel sad because your best friend called your and your parents' name in vain?

Now, even you can get upset and fee sad when your friend shouted your name and your parents in a disrespectful way. Imagine how God feel when you, the one he died on the cross for and love dearly, call his name in vain? Of course, God is very sad. Probably he even cries every time you call his name in a disrespectful manner.

The second commandment teaches us to show respect for the divine and the holy. It is about how we speak about God, Mary, and the saints. In order to show that we love God, we must honor his name and speak God's name with love and reverence. We must never say God's name in anger because when we are angry, all sort of things will come out without us even notice.

Beside of not respecting God when we call his name in vain, it is also a sign of weak and unhealthy spirituality. If we claim that we love God and we want to be in union with Him, we will naturally avoid using God's name in a disrespectful manner. Just as we would avoid calling our grandparents and parents' name, we also try not to call God's name in vain.

### Áp Dụng Trong Cuộc Sống (Life Application)

Sometimes it is very difficult to refrain ourselves from using God's name in vain. For instance, instead of hammering the nail, we hammer our fingers. At those moments, we want to shout anything that comes to our mind. It is with those moments that they become a habit to call God's name in vain.

It is even harder when calling God's name in vain is considered cool thing to say. Especially, we hear it all the times on television and at school. However, if we claim to be Christian, yet words come out of our mouth include the disrespectful use of God's name, people are not very impress with our claim to be Christian.

To avoid calling God in vain, we need to concentrate in our task. Most of the times, when we are not focused, we tend to make mistake. From our mistake, we tend to call God's name in vain.

The second way to avoid calling God in vain is through practice. If we know that we habitually call God's name, we need to remind ourselves by saying:

I will not call God's name in vain.

I will not call God's name in vain.

I will not call God's name in vain. Or

I will not show disrespect toward God. (repeat it three times)

Third, if incase we call God's name in vain. As we shout it out loud, the first word – God, we can still alter the calling into praising God.

For example: instead of God, Mary, ..... we can alter, God, I love you. God, I am hurt...

Lastly, during your morning or evening prayers, include one of your prayers is to ask God for strength and help not to call his name in vain.

Lord Jesus, I love you. I want to show respect and reverence when I call you name. Please help me not to call your name in vain or shout your name in a disrespectful manner.

## **Ôn Lại Bài (Summary)**

Our speech speak a lot about how much we God and honor his name. This commandment teaches us to show respect and reverence when it comes to God's name. Since God is holy and good, one way of showing respect toward God is not to use God's name in vain or in a thoughtless manner. When we speak God's name, instead of shouting or calling, we need to praising God.

Since God loves us and died for us so we can become God's children, we must show respect to God by not misusing God's name.

## **Lời Nguyện (Prayer)**

*One way to show that we honor God's name is when we praise Him. As a way to honor God's name, we can pray together as a group The Divine Praises.*

*Blessed be God.*

*Blessed be his holy name.*

*Blessed be Jesus Christ, true God and true man.*

*Blessed be the name of Jesus.*

*Blessed be his most Sacred Heart.*

*Blessed be his most precious Blood.*

*Blessed be Jesus in the most Holy Sacrament of the Altar.*

## **Bài Làm (Homework)**

1. Điều răn thứ hai dạy ta sự gì?

# Điều Răn Thứ Ba: GIỮ NGÀY CHÚA NHẬT

## Lời Chúa (Words of God)

*“Người hãy nhớ ngày Sabát và coi đó là ngày thánh. Trong sáu ngày, người sẽ lao động và làm mọi công việc của người. Còn ngày thứ bảy là ngày sabát kính Đức Chúa, Thiên Chúa người. Ngày đó, người không được làm công việc nào.” (Xuất hành 20, 8-10)*

*“Observe the Sabbath and keep it holy. You have six days in which to do your works, but the seventh day is the day of rest dedicated to me. On that day no one is to work—neither you, your children, your slaves, your animals, nor the foreigner who live in your country.” (Exodus 20:8-10)*

*“Ngày Sabát được lập ra vì loài người chứ không phải loài người được dựng nên vì ngày Sabát”. Bởi đó, Con Người làm chủ luôn cả ngày Sabát.” (Macô 2, 27-28)*

*“And Jesus concluded, ‘ the Sabbath was made for the good of human being; they were not made for the Sabbath. So the son of man is lord even of the Sabbath.’” (Mark 2: 27-28)*

## Kiến Thức Liên Quan (Faith / Fact Finding)

Thiên Chúa tạo dựng vũ trụ trong sáu (6) ngày và ngày thứ bảy Người nghỉ ngơi. Trong cuộc sống của mỗi người chúng ta, chúng ta phải đương đầu với những công việc hàng ngày. Chúng ta phải đi học, tham gia vào các môn thể thao của trường sau giờ học, làm bài tập về nhà, làm quen những người bạn mới trên mạng, giúp bố mẹ dọn dẹp nhà và nhiều thứ khác nữa. Chúng ta càng bận rộn bao nhiêu thì thời gian chúng ta dành cho Chúa ít đi bấy nhiêu. Chính vì thế mà Thiên Chúa và Giáo Hội dùng ngày Chủ Nhật để chúng ta có thời gian để thờ phượng và nghỉ ngơi. Luật Giáo Hội bắt buộc chúng ta phải tham dự Thánh Lễ vào ngày Chúa Nhật vì qua Thánh Lễ, (1) chúng ta có cơ hội cảm tạ Thiên Chúa vì những hồng ân Ngài ban cho, (2) chúng ta có cơ hội cảm nghiệm lại sự chết và sống lại của Chúa Kitô, (3) chúng ta được diễm phúc được tham dự bữa tiệc Thánh Thể (trung tâm điểm của mỗi người Kitô hữu), (4) chúng ta có cơ hội thông công với các tín hữu khác trên toàn thế giới trong việc thờ phượng.

God created the universe in six days and on the seventh day, He rested. In our lives, we have to face with many things such as school, after school activities, homeworks, time spent on the internet, daily chores and many more. The more busy we are, the less time we set aside for God. Because of that, God and His Holy Church set a side Sunday as a day of worship and resting. Church laws require that we go to church and participate in the celebration of Eucharist because through mass we have the opportunity to (1) give thanks to God for the graces that He granted, (2) to re-live the death and resurrection of Jesus Christ, (3) celebrate Eucharist (center of every Catholic's live), (4) communion with other Catholics in the world in worshipping God.

## Dẫn Chứng Cụ Thể (Case Study)

### Áp Dụng Trong Cuộc Sống (Life Application)

Mỗi khi chúng ta tham dự Thánh Lễ trong Ngày Chúa Nhật chúng ta cần phải làm gì?

1) Tham dự Thánh Lễ một cách sốt sắng, không nói chuyện, không đùa giỡn, không lo ra, không chia trí, không phá phách những người chung quanh.

2) Tham dự Thánh Lễ bằng cách hợp cùng ca đoàn hát những bài ca chúc tụng Thiên Chúa và hợp cùng các tín hữu thưa đáp.

3) Không nên đến trễ hay về sớm.

4) Rước Mình và Máu Chúa nếu có thể.

Tuy nhiên nếu chúng ta vì một lý do chính đáng nào đó mà không thể tham dự Thánh Lễ ngày Chúa Nhật thì chúng ta phải làm sao? Chúng ta phải bù lại bằng cách đọc một chuỗi kinh Mân Côi hoặc làm những công việc thánh thiện khác để thánh hoá ngày Chúa Nhật.

What do we have to do when we celebrate Mass on Sunday?

1) Pay attention, no talking, no playing, no sleeping during mass.

2) Participate in Mass by singing.

3) Be on time and don't leave early

4) Receive the Body and Blood of Christ when possible.

Although the Church requires you to go to Mass on Sunday, but under acceptable circumstances set forth by the Church, you can not make it to Mass on Sunday you can do other good deeds such as say the Rosary, read the Bible, etc.

### Ôn Lại Bài (Summary)

Trong cuộc sống hàng ngày, chúng ta không có nhiều cơ hội để nhớ đến Thiên Chúa, để cảm tạ Thiên Chúa vì những ơn lành Ngài đã ban phát. Ngày Chúa Nhật là cơ hội để chúng ta có thể làm những việc mà các ngày thường chúng ta không thể làm được. Và để cho ngày Chúa Nhật thật sự thánh hoá, chúng ta nên tham dự Thánh Lễ ngày Chúa Nhật một cách sốt sắng.

In our daily lives, we don't have many opportunities to think about God, to give Him thanks. Sunday is the chance for us to worship that we can't do on other days. And to make Sunday a holy day, we must go to Mass and participate.

### Lời Nguyện (Prayer)

*Lạy Chúa, chúng con cảm tạ ơn Chúa vì mọi ơn lành Ngài đã thương ban. Xin ban ơn Chúa xuống trên chúng con để chúng con thật lòng yêu mến Chúa và sống theo những điều răn Chúa đã dạy nhất là giữ ngày Chúa Nhật.*

*Lord, we give You thanks for the graces that you had granted us. Please help us to love you and live your commandments especially to keep my Sabbath holy.*

### Bài Làm (Homework)

1. Điều răn thứ ba dạy ta sự gì? What does the third commandment teaches us?
2. Để thánh hoá ngày Chúa nhật ta phải làm gì? What can we do to make the Sabbath holy?
3. Ta phải làm sao để dự Thánh lễ ngày Chúa nhật cho nên? How should we behave when we're attending Mass?
4. Phải làm gì bù lại khi không đi dự Thánh Lễ ngày Chúa nhật? What other things we can do to make up for missing Sunday mass?





# Điều Răn Thứ Bốn: THẢO KÍNH CHA MẸ

## Lời Chúa (Words of God)

*Con cái hãy vâng phục cha mẹ [trong Chúa] vì đó là điều phải. Hãy thảo kính cha mẹ người. Lệnh truyền ấy là lệnh truyền thứ nhất có kèm thêm lời hứa: Ngõ hầu người được phúc và hưởng thọ trên đất. (Ephêsô 6: 1-4)*

*Children, obey your parents (in the Lord), for this is right. "Honor your father and mother." This is the first commandment with a promise, "that it may go well with you and that you may have a long live on earth." (Eph. 6:1-14)*

## Kiến Thức Liên Quan (Faith / Fact Finding)

Thánh Phaolô đã đặt "thảo kính cha mẹ" với "vâng lời cha mẹ." Ngài nói kết quả của việc vâng lời cha mẹ sẽ giúp chúng ta có một cuộc sống thoải mái và được sống lâu hơn. Không chỉ như thế, sách Xuất Hành cũng nói tới những người nguyên rủa hoặc đánh đập cha mẹ mình sẽ bị chết. Cũng có nghĩa là nếu không tôn kính cha mẹ mình thì mình sẽ không được sống lâu.

Sự vâng lời đối với Chúa phải biểu lộ qua sự vâng lời đối với chính cha mẹ mình. Trong xã hội này gia đình lúc nào cũng rất quan trọng. Khi chúng ta tôn kính cha mẹ mình, chúng ta phải biểu lộ sự kính trọng đó qua hành động và lời nói. Qua sự kính trọng và vâng lời, cha mẹ mình sẽ tin tưởng mình hơn và sẽ cho mình thêm trách nhiệm. Do đó, họ sẽ tin tưởng mình sẽ quyết định đúng trong đời mình khi họ không có bên mình.

Khi chúng ta sinh ra, chúng ta phụ thuộc tất cả mọi thứ vào cha mẹ mình, nhưng khi cha mẹ mình già đi, họ trở nên phụ thuộc về mình. Chu kỳ của tình yêu chỉ có thể hoàn thành khi chúng ta đền đáp lại tình yêu thương cha mẹ mình đã dành cho mình.

Paul equates "honor your parents" with "obey your parents." He said that the outcome for obeying your parents will provide you with a long and better life. Not only that, Exodus also indicates that whoever curses or hits their parents will be put to death. This explains why dishonoring your parents will give you a short life!

Obedience to God is initially learned by showing obedience to our own parents. In order to honor God, we must learn how to honor our father and mother. The backbone of society is our families. As you honor your parents, you must show respect in both actions and words. By being respectful and obedient, your parents will trust you more and will give you more responsibilities. Consequently, they will have faith in you to make the right decisions in your life even when they are not there.

When we are born, we are dependent upon our parents for every little thing, but when our parents get old, they become dependent on us. The cycle of love is only complete when we reciprocate the love our parents have for us back to them in this stage of their life.

## Dẫn Chứng Cụ Thể (Case Study)

Trong Phúc Âm thánh Luca có kể câu chuyện Chúa Giêsu lạc trong Đền Thánh Giêrusalem. Đức Mẹ và Thánh Giuse đã phải vất vả tìm kiếm Chúa Giêsu. Sau cùng họ cũng đã tìm được Chúa Giêsu và thánh Luca đã kết thúc câu chuyện "...Người đi xuống cùng với cha mẹ, trở về Nazareth và hằng vâng phục các Ngài..." (Luca 2:51). Chúa Giêsu tuy là Thiên Chúa nhưng Ngài

cũng mang thân phận con người và Ngài đã chứng tỏ cho chúng ta thấy bản tính con người của Ngài bằng việc vâng phục cha mẹ Người. Ngài đã cho ta thấy gương thảo kính cha mẹ. Không có cách nào để thảo kính cha mẹ tốt hơn là theo gương Chúa Giêsu và vâng lời cha mẹ mình.

In the gospel of St. Luke told the story of the young Jesus sit among the scholars in the Holy temple of Jerusalem while his parents were looking for him with fear that he might be lost. St. Luke ended the story with "...He went down with them and came to Nazareth, and was obedient to them..." (Luke 2:51). Despite His Divine nature, Jesus lived His life as a man to prove his human's nature. He obeyed his parents. He had showed us how to honor our parents. There is no better way to honor our parents then to follow Jesus and obey our parents.

Cũng trong Phúc Âm Thánh Luca, mô tả dụ ngôn người con hoang đàng qua tình yêu thương cao cả của một người cha đối với một người con. Cho dù người con thứ đã bỏ cha mình ra đi, nhưng lúc nào người cha cũng chờ đợi người con trở về. Câu chuyện này cho chúng ta thấy cha mẹ bao giờ cũng thương yêu và lo lắng cho con mình. Người con có thể từ bỏ cha mẹ mình, nhưng cha mẹ sẽ không bao giờ từ bỏ chính con mình.

Also in the gospel of St. Luke, the parable of the prodigal sons describes the love of a father to his son. Even though, the son took his share of the wealth and left his father, his father always waited for him to come back. This story tells us that our parents always love and worry for us. As a son or a daughter, one can leave their parents, but their parents will never leave their children.

### **Áp Dụng Trong Cuộc Sống (Life Application)**

Em thảo kính cha mẹ bằng cách nào?

- 1) Làm tròn bổn phận của một người con là chăm chỉ học hành.
- 2) Giúp đỡ cha mẹ trong các công việc nhẹ trong nhà.
- 3) Luôn luôn vâng lời cha mẹ.

How do you honor your parents?

- 1) Fulfill your duty as a son/daughter by hard study.
- 2) Help your parents with house chores.
- 3) Always OBEY your parents.

Một hôm Peter mang cho mẹ một tấm giấy và trong tấm giấy có ghi sau đây:

- 1) Rửa chén: \$1
- 2) Quét gịon nhà cửa: \$5
- 3) Đổ rác: \$2
- 4) Cắt cỏ \$5

Tổng cộng là \$13. Mẹ Peter nhìn tấm giấy, đọc một chút và ghi ở đằng sau tấm giấy như sau:

- 1) Cưu mang 9 tháng 10 ngày: Không tính tiền
- 2) Chăm sóc và nuôi nấng con: Không tính tiền
- 3) Quần áo mới cho con: Không tính tiền
- 4) Yêu thương con: Không tính tiền.

Peter đọc xong những gì mẹ đã viết và đã hiểu rằng công lao của mẹ đã cưu mang, chăm sóc, nuôi nấng, nâng đỡ thật là giá trị. Mẹ đã không tính toán với mình thì tại sao những bốn phận hàng ngày của mình nên làm thì mình lại tính toán với Mẹ.

Giúp mẹ rửa chén, dọn cơm, dọn nhà, giặt quần áo, giúp ba làm vườn, đổ rác, cắt cỏ, đấm lưng cho cha mẹ khi người mỗi mệt vì phải lo quá nhiều việc để chúng ta có thể vui vẻ đi học mỗi ngày. Đây cũng là những cách tốt nhất giúp chúng ta sống đời sống Kitô hữu.

One day, Peter gave his mom a list of the following:

- 1) Washing the dishes: \$1
- 2) Clean the house: \$5
- 3) Take out the trash: \$2
- 4) Mow the lawn: \$5

The total of 13 dollars. Peter's mom then looked at the list and wrote:

- 1) 9 month and 10 days inside the womb: Free
- 2) Raise and Care: Free
- 3) New clothing: Free
- 4) Love: Free

After reading his mother's message, Peter comes to understand that his mom has done so many things for him and yet these are free of charges. So why he would charge his mother for the chores that he should do.

Helping mom to wash the dishes, preparing for dinner, cleaning up the house, doing our own laundry, mowing the law, giving massages to our parents when they're tired from a long day at work to make our lives easier, etc are deeds we should do. These deeds help us to become better Christians, who heed Jesus' teaching to honor our parents.

## **Ôn Lại Bài (Summary)**

Chúa Giêsu đã làm gương cho chúng ta thấy thế nào là một người con ngoan biết vâng lời và biết thảo kính cha mẹ mình. Chúng ta nên theo gương Chúa Giêsu yêu mến cha mẹ bằng cách giúp cha mẹ với những công việc bình thường trong gia đình.

Jesus had shown us how to be good children in the family and how to obey and honor your parents. We need to look up to Jesus to love our parents by helping them with their daily chores in the family.

### Lời Nguyện (Prayer)

*Lạy Chúa Giêsu Thánh Thể, xin cho chúng con biết cảm nhận được sự hy sinh lớn lao của cha mẹ đã dành cho con để con làm tròn bổn phận của một người con mà cũng để con được làm đẹp lòng Chúa hơn.*

*Dear Lord, please help me understand the sacrifices my parents have made for me so that I can become a better child in honor of my parents as well as in honor of the Lord.*

### Bài Làm (Homework)

1. Tại sao ta phải thảo kính cha mẹ mình? Why do we have to honor our parents?
2. Làm cách nào để thảo kính cha mẹ mình? How do we honor our parents?
3. To prove that you love your parents by helping them out with one of their daily routine chores, describe your feeling after you're done with the chore in a paragraph (five sentences or more).

# Điều Răn Thứ Năm: CHỖ GIẾT NGƯỜI (Phần 1)

## Lời Chúa (Words of God)

*But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. 36Be merciful, just as your Father is merciful. (Luke 6:35-36)*

*Các người hãy mến yêu địch thù, và hãy thi ân, hãy cho vay mượn, cho dù không trông báo đền. Và phần thưởng của các người sẽ lớn lao. Và các người sẽ là những người con của Đấng Tối Cao, vì Người nhân lành với những kẻ độc ác vô ơn. Các người hãy biết thương xót như cha các người là Đấng thương xót. (Luca 6:35-36)*

## Kiến Thức Liên Quan (Faith / Fact Finding)

God wanted to instruct His people on how to live, so God gave Moses the 10 commandments on two stone tablets. By following His rules the people would have less sadness in their lives. God just wanted to protect them. That's why our parents give us rules to protect us: to look both ways before we cross the street, to not hit our brother or sister... they give us rules because they love us and know what's best for us.

God gave a very important commandment, "Thou Shalt not Kill". Now God doesn't necessarily mean killing someone and taking their life. Hurting someone emotionally and physically also breaks this commandment. He does not want us to hurt each other, He wants us to love one another. "God wants everyone to be saved, and to live forever with Him in His Kingdom" (1 Timothy 2:4).

Satan convinced Adam and Eve to reject God's revealed truth. He convinced them that God had lied when He had told them they would die if they ate from the fruit that grew on the forbidden tree. Satan told Eve that she would become a god herself if she ate the fruit that grew on the tree of the Knowledge of Good and Evil. He told her that once she ate the fruit she would be able to decide for herself what was right and what was wrong. Eve believed Satan's lies. She wanted the fruit that was pleasant to the eye, and a fruit that, she believed, could make her wise. She picked the fruit and ate it. Then she gave some to Adam who also ate the fruit. Since that time the majority of mankind has rejected God and His Word. Mankind has done what was right in his own eyes. Most don't want God (or anyone else) telling them what to do. They believe they can decide for themselves what is right and what is wrong.

Because Adam and Eve rejected God, their thinking changed. By their willful disobedience they had cut themselves off from God. They had chosen to live by "getting" instead of God's way of "giving". God didn't place a curse upon Adam and Eve, but He could see that the way they had chosen to live would result in a life of misery for themselves and all future generations. It wasn't long after they left the garden that Adam and Eve's son Cain killed his brother Abel in a fit of anger and jealousy. Cain broke the fifth commandment and murdered his own brother!

God made men and women to be in His own image. When people kill one another they are taking the life of someone who belongs to God. And, more importantly, someone made in God's own image and likeness. Therefore, when we hurt others, we also hurt God. When we fight with one another physically, we hit and kick God. When we say mean things to each other, we are saying mean things to God. We must remember that God made each and everyone of us. When we hurt one another, we hurt God's creation.

When people don't like to remember God and His commandments all sorts of terrible things take place, even murder. We are told that because such evils exist the love of many will grow cold (Matthew 24:12). Jesus doesn't want our love to grow cold. He wants us to love our enemies, bless them that curse us, do good to people that hate us, and pray for those that insult us, and persecute us (Matthew 5:44).

God's way is a way of love and outgoing concern. When we walk in the Spirit, (God's way of love and outgoing concern) good things happen. When people give in to temptation and negative feelings, bad things happen, including murder on a grand scale - war. God wants us to be happy with what we have and not give in to our temptations and negative feelings. If God had treated Adam and Eve the way we would when someone hurts us, we would not be blessed with His love and His creation. If He had ignored the cries of the Israelites, Moses would not have freed the people and led them to the Promise Land. Our history, would have been so different if God had treated us the way we angrily treat others.

### **Dẫn Chứng Cụ Thể (Case Study) Áp Dụng Trong Cuộc Sống (Life Application)**

John and Paul are not friends. Paul is always making fun of John and calling him names. This hurts John's feelings, and so he always gets mad when Paul does these things. One day John can't take it anymore and decides to push Paul to make him stop. Instead of stopping, Paul gets angry and hits John in the face. The two continue to fight until a teacher stops them. Now they are both in serious trouble at school, and with their parents who have been called into the principal's office, and they still dislike each other. We can see that giving into our anger didn't resolve anything, it only made things worse.

Terrorists attacked the Twin Towers in New York and killed and hurt many people. This caused President Bush and the government to get angry and start a war in Iraq which is now hurting women, children and innocent people. Many US troops have died, and there are many troops still in Iraq that will not get to see their families for a long time. The Pope does not support the war. God never wants us to go to war although many times world leaders will say they are doing it because God wants them to. This is false, God never wants this to happen. When bad things like this happen, it's difficult not to fight back in violent ways because our feelings are so strong. However, a good example of not giving in to our anger, was how African American people, who were physically and mentally abused by some white people, used peaceful sit-ins to demonstrate the unfairness they felt. They did not hurt others, they simply sat in one place to prove their point. Today, African Americans and many other minorities are not treated as poorly as they were before. It's sometimes hard to be the bigger person, but it's not impossible.

### **Ôn Lại Bài (Summary)**

God tells us not to get angry and try and 'get even' with others. God tells us that HE will punish those who do bad things to us (Romans 12:19). God doesn't want those who do bad things to continue doing bad things to innocent people. So God has set up human rulers on this Earth to punish evildoers. But sometimes human leaders make mistakes. Sometimes they don't catch the evildoer, sometimes they punish the wrong person. Why does God allow this to happen? Why doesn't He stop man from killing one another?

The answer is that mankind turned his back on God in the Garden of Eden when Adam and Eve decided to eat from the Tree of the Knowledge of Good and Evil. Ever since that time the majority of mankind has been doing things that are right in their own eyes. Often times those things lead to hurt and even murder.

Even though bad things happen in this world, God promises to give us eternal life if we continue in 'good works'. "8If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit" Galatians 6:8. This means that if we love as God loves (the Spirit) we will have eternal life with Him. But if we give in to temptation and anger, we will ruin ourselves and become very unhappy people.

### Lời Nguyện (Prayer)

*Dear Lord, please give me the patience and strength to love my friends, my family, strangers, and especially my enemies. I pray for peace between myself and my enemies, that we can be friends and be happy rather than angry. Please help me not to hurt others physically and emotionally because I know it means that I am hurting you. I am sorry for those I have hurt, and I am sorry for hurting you. Amen.*

### Bài Làm (Homework)

1. Write on the back of your hand "God is love." For that day, when you get angry, or worse, raise your hand to strike someone, you are reminded that God is love and that He wants you to spread His love to others. Hopefully it will stop you from hurting someone, even if it is just one other person.
2. Think of someone you do not like much or get along with. Try to do one good deed for them. Better yet, try to resolve the problems you are having so that you will like them from now on.



# Điều Răn Thứ Năm: CHỖ GIẾT NGƯỜI (Phần 2)

## Lời Chúa (Words of God)

*Các người hãy mến yêu địch thù, và hãy thi ân, hãy cho vay mượn, cho dù không trông báo đền. Và phần thưởng của các người sẽ lớn lao. Và các người sẽ là những người con của Đấng Tối Cao, vì Người nhân lành với những kẻ độc ác vô ơn. Các người hãy biết thương xót như cha các người là Đấng thương xót. (Lc 6:35-6)*

## Kiến Thức Liên Quan (Faith / Fact Finding)

Như chúng ta đã biết Thiên Chúa là Đấng Tạo Hóa, đã dựng nên muôn vật đều rất tốt đẹp như hoa, lá, chim muông, thú vật, và quan trọng hơn hết là con người. Ngài đã dựng nên ta giống hình ảnh Ngài; cho chúng ta làm con Thiên Chúa, và ban tất cả mọi sự cho chúng ta hầu sử dụng để mưu ích về sau. Trước hết, Chúa muốn ta quý trọng sự sống của ta, nghĩa là đừng làm gì hại đến thân thể mình như ăn uống thức ăn độc hại, tự giết mình hay không giữ gìn sức khỏe. Thứ đến, Chúa muốn ta tôn trọng sự sống của người khác nghĩa là không đánh hại họ, làm hại hay giết họ bằng bất cứ cách nào. Bởi vì tất cả chúng ta là con cái Chúa, Chúa muốn ta thương yêu nhau như chính Chúa đã yêu thương ta. Bắt bớ, đánh đập, giết chóc độc ác, hay vô ơn là con cái ma quỷ. Còn yêu mến, thi ân, giúp đỡ, chăm sóc, hay thương xót là con cái sự sáng, con cái Thiên Chúa. Và nếu chúng ta trở thành con cái Thiên Chúa thì chắc chắn rằng mai kia ta sẽ được lên thiên đàng hưởng vinh phúc bên Ngài muôn đời.

## Dẫn Chứng Cụ Thể (Case Study) Áp Dụng Trong Cuộc Sống (Life Application)

Many Nghĩa Sĩ feel depressed and because his or her life is not going well, they think that ending their life will make everything better. The fifth commandment states we should not kill others but it also includes ourselves as well, when you commit suicide, you are committing a sin against God.

What does your beliefs tell you about the death penalty. Who has the right to take a life, and what do you do when someone does you wrong, do you feel like killing them? God is the only one who has that right, since he was the one who gave us life.

The first murder was committed by Cain killing his brother Abel out of jealousy and resentment. We must not let our emotions take over our actions and allow us to commit a mortal sin like killing someone else.

## Ôn Lại Bài (Summary)

There will always be people out there that cause us pain and want to cause us harm. They might even hate us for looking different, persecute us for our religion or just dislike us for no reason. Their hatred might make them want to harm us and we might want to harm them, but as a living Catholic, we must turn the other cheek and show them the love that God has for them through us.

## Lời Nguyện (Prayer)

*Dear Lord, you have given us each the precious gift of life, and we thank you for it each and every day with every breathe that we take. This gift is something precious that we must cherish and keep dear. No one has the right to take this gift that you have given to us and may we see*

*the beauty of life in everyone and everything around us. Let us enjoy our lives and every moment we have since it was a gift that we have you to thank for.*

### **Bài Làm (Homework)**

1. How are some of the ways humans destroy life?
2. How can you fight for life?
3. Do you believe in the death penalty? Why? Why not?

# Điều Răn Thứ Sáu: CHỖ LÀM SỰ DÂM DỤC (Phần 1)

## Lời Chúa (Words of God)

*But from the beginning of creation, 'God made them male and female. For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder."* (Mark 10:6-9)

*Nhưng từ lúc đầu sáng thế, Đức Chúa Trời làm ra một người nam và một người nữ. Vì có đó, người nam lìa cha mẹ mình mà dính dứu với vợ; và hai người cùng nên một thịt mà thôi. Như thế, vợ chồng chẳng phải mà hai nữa, mà chỉ một thịt. Vậy, người ta không nên phân rẽ những kẻ mà Đức Chúa Trời đã phối hiệp.* (Mark 10:6-9)

## Kiến Thức Liên Quan (Faith / Fact Finding)

God made the first man, Adam, from the dust of the ground. God knew it wasn't good for a man to be alone, so He made a woman out of Adam's rib to aid Adam. He made these first humans male and female. God looked at the man and woman He had made and called His creation good. From the very beginning of the Bible, God commanded that husband and wife should become one. Husbands and wives should stay together as they had promised when they were married in the Church. Divorce should not happen because it goes against what God commanded. However, sin has come into the world and many marriages and families have separated because of adultery.

In the sixth Commandment, God declared, "You shall not commit adultery." (Exodus 20:14) When a man and woman get married in the Catholic faith, they make a promise to each other to stay loyal and true to only each other. It means they will only love and take care of one another and no one else (as husband and wife). Of course, they can love others as family and friends. Unfaithfulness in a marriage is when one or both persons in the marriage breaks that promise and causes the husband and wife to move apart, physically and emotionally. The trust they had for the other person is broken. They do not feel as if they are "one" any more. Being loyal to one's husband or wife is so important to God that adulterers will not enter His kingdom. (1st Corinthians 6:9) Homes are divided and family members are scattered. Adultery destroys families; that is why God commanded us not to commit adultery. God believes that a loving husband and wife produce loving and respectful children. (Proverbs 22:6; Ephesians 6:4)

Jesus talked about the problem of adultery. He said, "You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." (Matthew 5:27-28) To lust someone means to like them and want them inappropriately. A husband is not supposed to look at any other woman. He is supposed to stay loyal and pure for his wife. And she is supposed to do the same for him.

Jesus is calling His followers to have high standards; being unfaithful starts in the mind or heart. Jesus says we should never have unclean thoughts. Husbands and wives should stay pure and keep their thoughts pure! They should not look at another man or woman as a possible substitute for their partner. When you marry someone, you are supposed to stay with them for the rest of your life. Today, people see divorce as a way to quit a marriage so they can marry someone else. We're not allowed to do that because it makes what God gave us, each other, lose value. Everyone must guard their minds, hearts and relationships!

Do you remember the story of Noah's ark? Many bad men were marrying many wives and this made God mad. That is why he sent the flood to wash away the bad people. Noah had only one wife, whom he loved very much and stayed loyal to. That is why God liked him and asked him to build the ark so that good people would rebuild God's family.

The sixth commandment also requires us to respect one another. Before marriage, men and women become friends and get to know one another. It is important for a man to respect a woman and her body, and a woman to respect the man. The man and woman should not have impure thoughts about one another or do anything to make become impure. That way, when they get married, their marriage and promise to one another will be very valuable because they saved themselves for each other. That is how God wants us to be. He wants us to be pure and clean so that we may enter heaven.

### **Dẫn Chứng Cụ Thể (Case Study)**

Mr. and Mrs. Johnson have been fighting a lot for a very long time. They are tired of trying to solve their problems and want to get a divorce. This makes their kids, Joey and Suzy, very sad. If Mr. and Mrs. Johnson get a divorce, the kids will live with Mrs. Johnson, and Mr. Johnson will have to live by himself, and will get to visit the kids sometimes, but he won't see them as much as he used to. Mr. and Mrs. Johnson are being selfish and quitting their marriage and hurting everyone around them, including themselves and God.

Mr. Davis has a wife and three kids. Mr. Davis notices a very pretty woman at his work named Sarah. Mr. Davis sometimes wonders what his life would be like if he wasn't married to Mrs. Davis. If he wasn't married, he could date Sarah and maybe marry her someday. This is very bad, because with Mr. Davis' thoughts, he is disrespecting his wife, and risking their marriage by thinking about divorce.

### **Áp Dụng Trong Cuộc Sống (Life Application)**

If your heart is pure, your actions will show it and everybody around you will know it! What is on the inside affects the outside! The brain tells the legs to walk and the mouth to talk. The heart can give out feelings of love or hatred, goodness or evil.

We can keep our hearts pure by doing the following:

Think good thoughts! "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." Philippians 4:8 Find good people in the Bible that we can use in our life as a positive role model. Learn all you can from the Bible. Read stories about Bible heroes and learn from them. They had faults too, but their good ways show us what to do and their bad ways show us what to avoid. Remember, if your heart is right, your life will be right. If your thoughts are pure, your actions will be pure. Guard your heart!

### **Ôn Lại Bài (Summary)**

The sixth commandment protects a very sacred pledge, the promise between a man and woman. God gave us this commandment to protect us because adultery has many bad consequences. It hurts the husband and wife emotionally and physically, it hurts their kids, it hurts their families, and it hurts God.

It is very important that we do as God asks in regards to marriage. When we marry someone, we should keep our promise to them; to love, respect, and take care of them. A husband should

never leave his wife and she should never leave him. When adults divorce they are hurting themselves, their family, and God. Getting married is a very serious decision to make, and once made, the marriage becomes a very serious promise. Just like God made a covenant with us, a husband and wife make a covenant with one another.

Today, keeping pure and loyal to one another is very hard. You can see on TV how actors and actresses play characters that are impure and disloyal to one another. They date different people and hurt each others feelings and disrespect one another. These are not the role models that God wants you to follow.

It is NEVER the child's fault when a marriage ends. Divorce is a grown-up decision made for a number of reasons. It is not our place to judge others. God is our judge and we shall all stand before Him to receive reward for the things we have done, whether it be good or bad. (2nd Corinthians 5:10)

### Lời Nguyện (Prayer)

*Dear Lord, please help me to stay pure and think pure thoughts always. Help me as I grow up into an adult to know how to respect everyone, man and woman. Help me to make the right decisions in life when it comes to love and marriage. Please help my parents who are trying their best to be good to one another and have a good marriage. Amen.*

### Bài Làm (Homework)

1. Always pray for your parents. Pray for their health, happiness, and their marriage.
2. Write down a list of characteristics of how a husband or wife should treat each other.
3. Read this passage: 1 Corinthians: 1-13 on love and how love should be. Does your list match this reading?

# Điều Răn Thứ Sáu: CHỖ LÀM SỰ DÂM DỤC (Phần 2)

## Lời Chúa (Words of God)

*Phúc cho những ai có tâm hồn trong sạch, vì họ sẽ được nhìn thấy Thiên Chúa. (Mathêu 5,8)*

*Blessed are the pure in heart, for they shall see God. (Mathew 5:8)*

*“Thân xác chúng ta là Đền Thờ Chúa Thánh Thần, ngài ở trong chúng ta, chúng ta được ơn Chúa bởi ngài. Chúng ta đã được mua bằng một giá nào đó, cho nên chúng ta phải tôn thờ Thiên Chúa bằng thân xác của chúng ta (ngoài linh hồn)” (Corinthian 6:19-20)*

*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” (Corinthians 6:19-20)*

## Kiến Thức Liên Quan (Faith / Fact Finding)

Điều răn này dạy chúng ta không nên làm những điều “Dâm Dục.” “Dâm dục” có nghĩa là gì? Dâm dục là những hành vi và ước muốn nhằm thỏa mãn thú vui của xác thịt. Nói một cách khác là dâm dục có nghĩa là những hành động làm vui về ước muốn của xác thịt chúng ta. Những hành động dâm dục chúng ta không nên thực hành và nghĩ tới. Tại sao và những hành động đó bao gồm những gì?

This commandment teaches us to not do “Impure acts.” “Impure acts” here means what?

Impure acts are actions and thoughts that are geared toward satisfying the urges of your body.

We should not commit these impure acts or have impure thoughts. Why are impure thoughts and actions?

[Khi chúng ta lớn lên, đến tuổi dậy thì (con trai khoảng 12-13, nữ khoảng 11-12 tuổi) thân xác của chúng ta có rất nhiều thay đổi. Nữ: thân mình sinh sôi nảy nở và bắt đầu suy nghĩ về sự khác biệt giữa phái nam và nữ. Nam: bắt đầu có những suy nghĩ về thân hình của phái nữ và sự khác biệt.]

When we reach the age of puberty (boys from 12-13 yrs. old and girls from 11-12 yrs. old), our bodies go through changes and begin to have thoughts about the opposite sex.

Chúng ta không nên để cho ý muốn của thân xác làm chúng ta phạm tội. Thánh Corinthian đã viết, “Thân xác chúng ta là Đền Thờ Chúa Thánh Thần...Chúng ta phải tôn trọng Thiên Chúa bằng thân xác của chúng ta.” Chúng ta đã được dựng nên để thờ phượng Chúa qua thân xác và tâm trí của mình, chứ không phải lo tìm khoái lạc cho chính mình trong sự ích kỷ. Chúng ta không được dùng thân xác để có những hành động dâm dục vì làm như thế là không tôn trọng Thiên Chúa và có lỗi với Thiên Chúa.

We shouldn't let these thoughts lead us to committing a sin. St. Corinth wrote: “Our body is the Temple (Sanctuary) for the Holy Spirit...we have to respect God by (respecting our body).” We were created to worship God through our mind and body, not to find satisfaction for ourselves in greed. We cannot allow our bodies do impure acts, because by doing so, we do not respect God and have sinned against Him.

Những điều dâm dục là:

- Không nên có suy nghĩ sâu xa về thân xác của khác phái. Không nên thắc mắc về những điều người lớn làm.

- Không nên tìm hiểu thân xác của người khác phái bằng những hành động.

- Không nên có suy tưởng xấu xa về người khác phái nhất là về dâm dục.

- Không được lên mạng coi những hình của khác phái, nhất là những hình trần truồng, hoặc những hình từ personal hotline sites.

- Không nên coi phim bậy, nhất là dưới 17 tuổi không nên coi R-rated phim.

- Không nên coi báo Playboy chẳng hạn.

- Không nên dùng thân xác mình để làm thú vui. Nên tôn trọng thân xác mình và người khác.

- Không nên kết hợp với người phối ngẫu bằng thân xác.

-We shouldn't have "bad" (impure) thoughts about the body of anyone from the opposite sex. We shouldn't worry about things that adults do.

-We should not explore the body of anyone from the opposite sex by impure actions.

-We should not have any bad thoughts about anyone, especially anyone from the opposite sex.

-We should not go on to the internet and look at pictures of members of the opposite sex, especially nude pictures, or photos from personal hotline sites.

-We should not watch any dirty movies, especially if you are under the age of 17, you should not watch rated R movies.

-We should not look at pornographic magazines.

-We should not use our bodies for our own pleasure. We should respect our own bodies and the bodies of other people.

-We should not have sexual relationships with a person from the opposite sex.

Những điều này sẽ làm ta xa lánh Thiên Chúa vì ta không tôn trọng Thiên Chúa bằng cách lạm dụng thân xác của chúng ta; và chúng ta sẽ phạm tội trọng. Tại sao ta phải làm dơ thân xác thiêng liêng của chúng ta? Tại sao phải phạm tội với Thiên Chúa? Thiên Chúa đã dựng nên chúng ta, cho chúng ta có thân xác tốt đẹp chúng ta phải nên giữ cho sạch sẽ và đẹp mãi mãi.

All the impure actions and thoughts listed about will make us distant from God, since by doing so, we are not respecting God, and will commit a sin. Why do we have to dirty our bodies (which are scared)? Why do we have to sin against God? God has created us, therefore we have to keep our bodies pure and beautiful forever.

Thiên Chúa dựng nên phái nam và phái nữ để họ ở chung với nhau khi kết thành vợ thành chồng. Vợ chồng được kết hợp thành một và thân xác của họ coi như một. Trước khi kết thành

vợ chồng, thân xác người nam và người nữ không nên kết hợp, tại vì như vậy là họ không tôn trọng thân xác của nhau. Khi nên vợ chồng, vợ hoặc chồng không nên kết hợp thân xác mình với người khác, như vậy là không tôn trọng chồng/vợ mình, Thiên Chúa, và chính mình. Thiên Chúa kêu gọi ta sống làm chủ bản thân và trung thành với lời hứa và giáo lý mình đã lãnh nhận, tức là duy trì toàn vẹn sức sống và sự trinh khiết trong tâm hồn lẫn thể xác cho một mình Thiên Chúa sau đó cho vợ hoặc chồng mình.

God create a man and a woman so they can live together as husband and wife. Husband and wife are to become one. Before marriage, they shall not engage in one another, they shall not use their body to engage in any sexual activities, they must honor each other body. When they are married, they become one and they shall engage in sexual activities. However, they shall not commit adultery which is use their body to find the fun with other people. God ask us to be the master of our body and keep the sacrament he has given us, which is be truthful to our life and the cleanliness of our soul and body for God until we are marry.

### **Dẫn Chứng Cụ Thể (Case Study)**

Chuyện người “Đàn Bà Hai Ngàn Năm Trước”, kể về một người đàn bà, đã có chồng, dùng thân xác mình, vì lòng ích kỷ, để tìm vui và khoái lạc cho thân xác và ước muốn. Mọi người muốn ném đá bà cho chết tại vì bà ta đã phạm lỗi lầm với Chúa và phải bị trừng phạt. Người đàn bà đó đã không tôn trọng chồng bà, thân xác của bà, và nhất là Thiên Chúa. Bà ta đáng phải bị phạt nặng. Cho dù Chúa Giêsu đã đến hiện tượng và tha thứ cho bà ta, nhưng trong lòng bà ta vẫn có một dấu vết, tại vì bà ta đã làm dơ thân xác của mình bằng cách lạm dụng.

The story of Madalegna, the woman of two thousand year ago, who committed adultery. The people want to stone her to death because she has committed sin and should be punish. The woman did not honor her husband, her own body, and especially God, she should be punished. Although, God forgave her but in her a scar is always there to remind her of the dirty deed.

Có những người dùng thân xác mình để kiếm tiền, những người đó không được tôn trọng trong xã hội. Họ được coi là những rác rưởi của xã hội và phải được cảnh sát bắt chửi phạt và không cho thực hiện những điều đó nữa. Mọi người đều ghét và xa lánh họ, trừ những người tới lui với họ vì họ cũng tìm thú vui và làm thỏa mãn ước muốn của thân xác. Họ cũng không khác gì nhau, đều không tôn trọng thân xác mà Thiên Chúa đã ban cho họ.

In society, we have prostitute and hooker who use their bodies to make money and those people are hated by society and others. They are the trash and the poison of the society and police always tried to track them down to punish them. Everyone hates them and doesn't want to be near them, except those that want sex to satisfy themselves would find prostitute and hooker. They are no different than prostitute and hooker.

### **Áp Dụng Trong Cuộc Sống (Life Application)**

Trong cuộc sống chúng ta luôn bảo vệ thân xác mình bằng cách mặc quần áo để che cho thân xác. Mỗi ngày chúng ta cũng tắm rửa sạch sẽ cho thân xác được luôn sạch sẽ. Vậy thì chúng ta phải luôn giữ tâm hồn và thân xác trong sạch qua những hành động tốt lành, tôn trọng thân xác mà Thiên Chúa đã ban cho chúng ta. In everyday life we protect our body by wearing clothes to cover up. Each day we took shower at least once to keep our body clean. Therefore, we should keep our heart, soul, and body clean, honor our body and honor God.

Chúng ta là con người và sẽ bị cám dỗ và luôn tìm thú vui cho cuộc sống, cho nên có nhiều lúc chúng ta vấp phải, hãy để tâm trí, mở mắt, mở tâm hồn, và trí óc của chúng ta để ngăn cản thân xác chúng ta phạm tội. We are human being and we tend to be tempt, especially to find fun in our



lives, sometimes we fall into trap. Keep your heart, eyes, and soul open and be smart. Do not commit sin.

Hãy luôn cầu nguyện với Chúa và tôn trọng thân xác mình, thân xác người khác, và nhất là Thiên Chúa để thân xác chúng ta được luôn trong sạch. Cầu nguyện với Thiên Chúa sẽ giúp chúng ta giữ gìn thân xác và tâm hồn. Always pray to God and honor your body, others, and especially God in order to keep our body clean.

### **Ôn Lại Bài (Summary)**

Thân xác của chúng ta là đền thờ của Chúa Thánh Thần, do Thiên Chúa ban cho chúng ta. Chúng ta nên giữ thân xác trong sạch và không nên làm sự dâm dục. Những hành động dâm dục làm cho thân xác bị ô uế và sẽ phạm tội với Thiên Chúa. Chúng ta nên cố gắng tôn trọng thân xác của mình và người khác để tỏ ra lòng tôn trọng đối với Thiên Chúa.

Our body is the temple of Holy Spirit, God given to us. We should always keep our body clean and do not commit sin through act of abuse our body. The abusing of our body dirty the body and dishonor God.

### **Lời Nguyện (Prayer)**

*Lạy Chúa chúng con là những người tội lỗi, chúng con rất yếu đuối và ngu muội, xin Thiên Chúa luôn ở với chúng con, giúp chúng con giữ lòng trong sạch. Xin ngài giúp chúng con có lòng tôn trọng mọi người và nhất là chính bản thân mình. Thiên Chúa đã dựng nên chúng con có ý chí và linh hồn, Thiên Chúa đã cho chúng con làm chủ bản thân, vậy thì xin Thiên Chúa giúp chúng con làm một người chủ khôn ngoan và giữ bản thân luôn luôn trong sạch.*

### **Bài Làm (Homework)**

1. Tại sao chúng ta không nên làm những điều dâm dục? (Trả Lời: Thân xác là đền thờ Chúa Thánh Thần, chúng ta đã được dựng nên để thờ phượng Chúa qua thân xác và tâm trí của mình, chứ không phải lo tìm khoái lạc cho chính mình trong sự ích kỷ.)
2. Làm sao ta có thể tránh xa được những quyến rũ dâm dục để giữ thân xác trong sạch? (Trả Lời: Cầu nguyện với Thiên Chúa và luôn luôn nhớ những gì Chúa đã ban cho chúng ta.)
3. Hãy cầu nguyện với Chúa để Chúa giúp chúng ta gìn giữ thân xác trong sạch.

# Điều Răn Thứ Bảy: CHỖ LẤY CỦA NGƯỜI

## Lời Chúa (Words of God)

*A rich young man asked, "Teacher, what good must I do to gain eternal life?" Jesus answered, "If you wish to enter into life, keep the commandments: you shall not kill, you shall not commit adultery, you shall not steal, you shall not bear false witness, honor your father and mother, and 'you shall love your neighbor as yourself.'" The young man said, "All these I have observed. What do I still lack?" Jesus said to him, "If you wish to be perfect, go, sell what you have and give to the poor and you will have treasure in heaven." When the man heard this statement, he went away sad, for he had many possessions. (Mat 19: 16-22)*

## Kiến Thức Liên Quan (Faith / Fact Finding)

As stated above, the commandment seven clearly and explicitly mandates that we must not steal. It is wrong to take something that doesn't belong to us without given permission. It is a dishonest and bad behavior, which is displeasing in God's eyes. When we want to use or to have something that belongs to someone else, we need to ask politely for permission. If we are told that we cannot use nor have it, then we must not be angry or secretly come back and take it away without the other person's knowing. It is a sin that we steal because we violate the God's given respect and dignity for each person.

However, the words of God above not only command that we shall not steal, but also require us to leap beyond ourselves to help the poor and our neighbor. To gain eternal life, to live with God forever in heaven, it is not enough to just not to steal, but to reach out to other people who are in need. Through baptism, we have become brothers and sisters in Christ to each other. Even more so in a wholly human network, we become brothers and sisters to each other through God's creation—that all of us are created in God's image and likeness. Therefore, bound together by God, we have the responsibility to care for each other, to try to make sure that each one of our brother and sister have a bowl of rice or bread to eat daily, some clothes to keep them warm, and a home to shelter them from rain and scorching sunlight—a place they can live with their families so they do not have to live on the street. It is just not enough to not take something away from someone; it is all the more important to give something of ourselves to help others who are in need.

## Dẫn Chứng Cụ Thể (Case Study)

At school, Jenny notices that her close friend Anna has a really nice and "cool" necklace that her mother gave as a gift on her birthday. Everyone likes it and compliments Anna for having such a cool necklace. As a close friend, Jenny feels jealous because Anna attracts all the attention. She feels isolated and left out. To be like Anna, Jenny wants to have the same necklace, but to wait to receive it as a gift for birthday is too long—not in another ten months and by then their friendship has probably faded and gone. So, she must have it now. However, the necklace costs \$30 and Jenny has only \$10. Jenny has attempted to ask her family for another \$20 so she could buy the necklace, but her family denies and says that it is not good to run after what other people have. Especially these days when new and trendy accessories are constantly coming out and trying to lure people into buying it, her family just cannot afford to buy her things every time her friends have something new. And at her family's rejection, Jenny is sad.

On a Sunday morning, Jenny's mother comes back from the supermarket and in a hurry to answer the phone in her bedroom she leaves the purse on the kitchen table. Jenny looks at the purse. Seeing that nobody else is around and her mother is in her bedroom busy talking on the

phone, Jenny approaches the table, opens the purse and sees two \$20 bills. She thinks, “Mother will know that she has lost \$20 when she checks her purse later, but she will not know that I take it because I have always been a good and trusting daughter in her eyes. And maybe she has dropped it on her way out to the car from the market.” With this persuasive thought, Jenny decides to take \$20. Later, when she attends Sunday mass, a visiting priest from Vietnam gives a talk about the condition at his parish: many children are dying from hunger because of the recent famine that destroyed all the crops and other staples. The news touches Jenny’s heart and she wants to help those children. She has \$30 in her pocket which she would use to buy the necklace the next day. Jenny really wants to buy the necklace but she also wants to help the children in Vietnam so much. What would Jenny do?

### Áp Dụng Trong Cuộc Sống (Life Application)

There are so many things that we want to have in life. We want to have nice back pack, nice shoes and clothes and beautiful necklace or earrings. We often feel jealous and envious when we see our friends have something that we don’t have. That feeling of jealousy and envy drive and motivate us to strive to achieve to those things. But how do we achieve them? Obviously not by stealing, taking things from our friends without their permission or knowing—no reasons allow us to do that. We could try to ask our parents politely whether or not they could buy the things we want. If they decline to buy for us, we still do not have the right to steal from our friends. Essentially, we cannot take the money from our parents’ or siblings’ purses to buy ourselves what we want.

On the contrary, if in school, you see a friend who is hungry and has only an apple or nothing for lunch, and you have a full brown bag of food, then what would you do? It is very kind and pleasing to God if you approach to that friend and share your lunch. Don’t ignore and walk pass by. Jesus said that whoever cares for a friend who is hungry, thirsty or cold, that person actually cares for Jesus and will receive a hundred fold in heaven. Moreover, by sharing your food, doing something nice for a friend, or helping our mother to wash dishes, we show that we love Jesus because we listen to what he said: love other people as you love yourself.

So, being a good person, we do not take things from other people without permission and we try to help other people when they are in need, such as a friend who is hungry.

### Ôn Lại Bài (Summary)

The seventh commandment teaches us that we should not steal, taking things that do not belong to us without permission. It is wrong and it is a sin because by stealing we disrespect the right and dignity of other people. Also, we will break the trust and hurt our relationship with others. However, to achieve eternal life—to live with God forever—and to be children of God, we must do more than not just stealing. We must help other people who are in need of our help because through God, we are all brothers and sisters and we have the responsibility to care for each other. We help to make sure that everyone has enough food to eat, clothes to keep warm, and a house where they could call it home.

### Lời Nguyện (Prayer)

*Dear Jesus, my God and my Friend, please help me to faithfully keep your commandment. Give me courage to resist the temptation to steal from other people things that do not belong to me. More than that, plant within me a compassionate and kind heart so I could reach beyond my selfishness to love and care for my brothers and sisters who are in need, to give them a piece of bread or a glass of water. You said, “whoever cares for the least of my people, that person cares for me.” Jesus, I want to love and care for you.*

## Bài Làm (Homework)

1. Điều Răn Thứ Bảy của Thiên Chúa là gì?
2. Chúa đã trao ban điều răn ấy ở đâu và qua ai?
3. Chúng ta phải làm gì để giữ vững điều răn này?
4. Nếu như chúng ta đã lỡ lấy trộm của cải, chúng ta có phải hoàn trả lại cho người chủ hay không?
5. Các em đã học được điều gì qua bài học này?
6. Các em sẽ áp dụng bài học này làm sao trong đời sống của em? Hãy cho vài thí dụ...