WEB-LENT-3-2018

Hello. This is Bishop John LeVoir with a reflection for the third week of Lent.

On the Third Sunday of Lent, the Church puts before us the Ten Commandments given by God to Moses on Mount Sinai about 1300 years before Jesus was born. Paragraph 1962 of the Catechism of the Catholic Church states: The Ten Commandments or the Decalogue “…is a light offered to the conscience of every man to make God's call and ways known to him and to protect him against evil.”

By knowingly and freely choosing to follow the Commandments, that is to follow this light offered to our conscience, we live a life of virtue. On the other hand, by knowingly and freely choosing to go against any one of the Commandments and reject God’s call, we sin or offend God. We also wound ourselves spiritually and sometimes bodily by the evil we commit.

Since Lent is a time to turn away from sin, it is good for us during Lent to reflect upon the Commandments and to repent for the times that we have knowingly and freely chosen to reject the call of God issued to us in the Commandments. The best place to repent is in the Sacrament of Reconciliation or Confession.

The following are the Ten Commandments:

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.