

# SESSION PLAN

## CONFIRMATION PROGRAMME

### S1 Following God's Laws

#### The Ten Commandments

#### AIMS

1. To reflect on the need of Laws as guidance in our daily lives.
2. To gain a deeper understanding of the Ten Commandments, their meaning and their purpose.
3. To reflect on Jesus' New Commandment of Love.

#### PRAYER

- Briefly introduce the main theme of this session. Show how the 'Our Father' is closely related to living according to God's will.
- Invite the group to read through the Introductory Prayer and leave a few moments for silent reflection.

#### KEY WORDS

- Laws
- Commandments
- New Commandment

#### RESOURCES

- Worksheet S1
- Prayer Sheet S1
- Poster: Moses
- Map of Holy Land/ Egypt area showing Exodus route

#### NOTES

This Unit S1 is a supplementary unit for catechists who wish to include an extra session about the Ten Commandments either as part of the Confirmation Programme or as an 'Away day' activity.

#### MAIN SESSION

- Remind the group about the main theme of this session: reflecting on God's laws. Using Part A show how in civil life we have so many different laws that regulate all aspects of our lives. Show how although some people may not like certain laws, governments enact them for the good of citizens. Invite candidates to give examples of good and beneficial laws and to say what their purpose is. E.g. Traffic laws, taxation etc.
- Move on to Part B. Find out what candidates already know about how the **Ten Commandments** were given to us. Explain that they were given to us through Moses on Mount Sinai as the Jewish people were on their way from Egypt to the Promised Land. (show route on map) Stress the fact that they are God's laws not Moses'. Also explain that they represented a special covenant or agreement between God and his people. (See Exodus 20: 2-17 and Exodus 34.)
- Explain how Jesus himself upheld these laws - and he then wanted to improve our understanding of them by giving us his **New Commandment** of Love. Using the space provided in Part C invite candidates to suggest ideas about the meaning of such New Commandment and how this is a development on the Ten Commandments God had given us through Moses. Elicit the fact that if we truly love one another as Jesus loved us we automatically would be abiding by the Ten Commandments at the same time.
- Introduce Part D and explain that its aim is to look more closely at each of the Commandments. Lead the discussion inviting candidates to say what is the meaning of each commandment. Ensure they are aware of issues that may not always be so obvious:
  1. One God: Putting God before everything and everyone else; possessions, fame, etc.
  2. Name of God: Respect for the Holy Name of God; Evil of bad language and swearing.
  3. Lord's Day: Taking part in Mass on Sundays and abstaining from work.
  4. Parents: Honour and respect parents and others such as teachers, family members, etc.
  5. Killing: Respect life at all stages; evil of abortion, euthanasia etc.
  6. Adultery: Faithfulness in marriage for life; Sexual relationships only in marriage.
  7. Stealing: Respecting property of others, including public property.
  8. False Witness: Being truthful; evil of telling lies, calumny, giving false evidence, etc.
  9. Neighbour's Wife: also about being faithful and not wanting anyone's wife/husband.
  10. Neighbour's Goods: Not wanting to steal/acquire other's property with illicit means.

#### CONCLUSION/REFLECTION

- Create a prayerful atmosphere. Introduce the concluding Prayer from Psalm 119 which is about following God's law and being righteous.
- Read through the short psalm and leave a few moments for silent reflection.