

## Matthew 5:1-11

## The Sermon on the Mount (The Beatitudes)

**5** When Jesus saw the crowds, He went up on the mountain; and after He sat down, His disciples came to Him. **2** He opened His mouth and began to teach them, saying,

**3** “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

**4** Blessed are those who mourn, for they shall be comforted.

**5** Blessed are the gentle, for they shall inherit the earth.

**6** Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**7** Blessed are the merciful, for they shall receive mercy.

**8** Blessed are the pure in heart, for they shall see God.

**9** Blessed are the peacemakers, for they shall be called sons of God.

**10** Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

**11** Blessed are you when people insult you and persecute you, and falsely say all kinds of evil against you because of Me.”

## Matthew 22: 34-40

**34** But when the Pharisees heard that Jesus had silenced the Sadducees, they gathered themselves together. **35** One of them, a lawyer, asked Him a question, testing Him, **36** “Teacher, which is the great commandment in the Law?” **37** And He said to him, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ **38** This is the great and foremost commandment. **39** The second is like it, ‘You shall love your neighbor as yourself.’ **40** On these two commandments depend the whole Law and the Prophets.”

### The Precepts of the Church

1. *You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.*

We must “sanctify the day commemorating the Resurrection of the Lord” (Sunday), as well as the principal feast days, known as Catholic holy days of obligation. This requires attending Mass, “and by resting from those works and activities which could impede such a sanctification of these days.”

2. *You shall confess your sins at least once a year.*

We must prepare for the Eucharist by means of the Sacrament of Reconciliation (Confession). This Sacrament “continues Baptism’s work of conversion and forgiveness.”

3. *You shall receive the Sacrament of the Eucharist at least during the Easter season.*

This “guarantees as a minimum the reception of the Lord’s Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy.”

4. *You shall observe the days of fasting and abstinence established by the Church.*

“The fourth precept ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.”

5. *You shall help to provide for the needs of the Church.*

“The fifth precept means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability.”

### Exodus 20

#### The Ten Commandments

2 “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.

3 You shall have no other gods before Me.

4 You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. 5 You shall not worship them or serve them; for I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, 6 but showing lovingkindness to thousands, to those who love Me and keep My commandments.

7 You shall not take the name of the Lord your God in vain, for the Lord will not leave him unpunished who takes His name in vain.

8 Remember the sabbath day, to keep it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath of the Lord your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. 11 For in six days the Lord made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the Lord blessed the sabbath day and made it holy.

12 Honor your father and your mother, that your days may be prolonged in the land which the Lord your God gives you.

13 You shall not murder.

14 You shall not commit adultery.

15 You shall not steal.

16 You shall not bear false witness against your neighbor.

17 You shall not covet your neighbor's house; you shall not covet your neighbor's wife or his male servant or his female servant or his ox or his donkey or anything that belongs to your neighbor."