

# St. Demetrius Orthodox Church

February 2016

## The Ten Commandments

***I am the Lord your God, and you shall have no other Gods before me.***

Has God been the source, center and hope of my life? Have I put myself, others or things before God? Have I failed to trust in God's existence, love and mercy? Have I failed to pray to God, to worship Him and to thank Him for His blessings? Have I tried to serve God and keep His commandments faithfully? Have I murmured or complained against God in adversity? Have I praised and glorified God through my words and deeds?

***You shall not make for yourself a graven image in order to worship it.***

Have I valued anyone or anything above God? Have I given to anyone or anything the love, honor and worship that belongs to God alone? Have I made an idol of any person, idea, occupation or thing?

***You should not take the name of the Lord your God in vain.***

Have I blasphemed God's holy name in any way? Have I sworn a false oath? Have I broken any solemn vow or promise? Have I entered into an agreement, promise or contract against God's law? Have I cursed or used foul language?

***Remember the Sabbath day to keep it holy.***

Have I worshipped regularly on Sundays and major feast days and have I helped others to do the same? Have I worked unnecessarily on Sundays or major feast days or caused others to do so? Have I spent the Lord's Day in a wholesome and edifying ways?

***Honor your father and mother.***

Have I loved and respected my parents as I should? Have I neglected them or failed to help them? Have I disobeyed them, deceived them or caused them pain by my words or deeds? Have I treated all my family members with patience and love?

***Thou shall not kill.***

Have I caused the harm, injury or death of anyone? Have I wished my own or anyone's harm or death? Have I been cruel to animals or destroyed any life unnecessarily?

***You shall not commit adultery.***

Have I committed any immoral acts alone or with others? Have I caused others to commit immoral acts? Have I committed immoral acts in my heart?

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This newsletter is sponsored for the health and well being of Dr. Nicholas and Charlotte  
Many Years!

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## The Ten Commandments

### ***You shall not steal.***

Have I taken anything that was not mine from anyone or from anywhere? Have I cheated anyone? Have I caused others to steal or cheat? Have I tried to find the owners of lost things I have found? Have I damaged or destroyed anything that belonged to another? Have I defrauded anyone of rightful wages? Have I paid my debts? Have I given to the poor and to philanthropic causes in proportion to my means?

### ***You shall not bear false witness.***

Have I given false testimony against anyone? Have I spoken evil, told lies or spread rumors about anyone? Have I disclosed to anyone the sins and faults of another? Have I made careless statements or done anything else to harm the name and reputation of another? Have I engaged in idle gossip?

### ***You shall not covet.***

Have I looked with envy jealousy or hatred toward the possession talents or achievements of others? Have I desired the downfall or loss of others out of evil intent that I might benefit? Have I grieved that God has bestowed greater blessings on others than on me?

## The Beatitudes

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

Have I truly recognized my complete dependence on God? Have I been proud arrogant and self-righteous in my ways? Have I been selfish, possessive and self-seeking? Have I sought after status power and wealth?

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

Have I endured difficulties and afflictions with faith and patience? Have I felt sadness for the sufferings of the poor, the hungry, and addicted; the sick, the lonely and the sinful of the world? Have I truly been sorrowful for my sins and faults?

### ***Blessed are the meek, for they shall inherit the earth.***

Have I tried to serve or rather to dominate others at home, school, work, office, church and elsewhere? Have I nursed against anyone? Have I been resentful, bitter, unforgiving, or insulting and abusive to others? Have I loved my enemies?

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

Have I truly yearned for God's will to be done in all things? Have I worked for justice in my family, society and the world in ways within my reach? Have I tried to cultivate a righteous life through prayer, fasting, worship, receiving Holy Communion and deeds of love toward others?

### ***Blessed are the merciful, for they shall obtain mercy.***

Have I shown compassion and help toward the poor, hungry, lonely and needy around me? Have I tried to understand and forgive others? Have I been indifferent judgmental or legalistic?

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

Have I loved goodness, purity and holiness? Have I succumbed to evil motives and intentions? Have I given way to impure thoughts, words or deeds? Have I been guilty of bias and prejudice? Have I been hypocritical, pretentious or self-indulgent to sinful passions?

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