

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?

Continued on page 2

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Many Years!

Continued from page 1

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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?

Continued on page 3