

**The purpose of this folder is to help the men reflect on the role of the Ten Commandments which guides or helps in living the “Way”.**

## **Pointers for Folder 9**

There are two ways to approach the Commandments. One is to stress the sin involved in breaking them and the possible punishment for this sin. The other is to stress the positive guidance they give a person who is trying to walk the “Talk”. The facilitator needs to keep both of these approaches in mind during the discussion. Some men will be motivated to try to keep the commandments by fear of punishment. Others will have such negative feelings about authority and laws that they will not be able to hear what you say about a penalty for breaking a law. Most will think of the Commandments as restricting, not freeing and so will resent them. Centering the discussion on the positive approach will help the man realize how helpful and freeing the Commandments actually are.

Most likely, you will not have enough time to get into specifics about each Commandment. At this time the most you can do is discuss their purpose, touch on the obvious ways of breaking them and point out some positive ways of living them. Look at the drawing. Ask, “What would happen on our freeways if there were no signs giving directions or setting speed limits?” A question such as this gives you an opportunity to ask the man’s thoughts and feelings about laws, rules and regulations. The five statements to be checked help get the discussion started.

Emphasize that the Commandments are not an arbitrary list of do’s and don’ts concocted by God or Moses to take the fun out of life. They are similar to a manufacturer’s direction as to how to use and maintain a product in good working order. Violating these directions will cause the product to break down. So too with the Commandments. They give directions as to the way a human being should live his or her life and so obtain the reward not the punishment God has promised.

It will be necessary to get in a word about the need for a well-informed conscience, if one is going to obey the Commandments, and of the help and guidance the Church offers us in this regard. There may be a need to get in a few words about the nature of sin. This, however, will be treated more fully in a subsequent chapter.

Urge the man to read Matthew’s Sermon on the Mount, chapters 5, 6, 7, and see how Jesus expressed many of the Commandments in other words.