

Sunday Reading

A Reading from the Gospel of John 14:15-21: The Advocate

Jesus said to his disciples: "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, whom the world cannot accept, because it neither sees nor knows him. But you know him, because he remains with you, and will be in you. I will not leave you orphans; I will come to you. In a little while the world

will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you. Whoever hears my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him."

Focus Questions

1. What does Jesus say is a key sign of our love for Him?
2. What does Jesus promise us in order to help us live the Commandments?
3. What will happen to those who love Jesus?

Obey the Commandments and Love Jesus

Directions: Prayerfully read through each of the Ten Commandments. Then, on a scale of 1-10, rate yourself on how well you live out each Commandment in your life, with 1 representing that you really struggle following the Commandment and 10 representing that you have mastered following the Commandment. Next, take a moment to ask the Holy Spirit to strengthen in you the virtues you need to live out each of the Commandments you struggle with most. Conclude by writing a short personal prayer to Jesus expressing your love to Him and asking Him and His Holy Spirit to grant you the grace to live the Commandments more perfectly as a sign of your love for Him.

The 10 Commandments

Rate yourself 1 (really struggle) through 10 (mastered it) for each Commandment.

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.

a. My rating: _____

- b. Holy Spirit, come into my heart and help me grow in the virtue of

_____ so that I may live this Commandment more perfectly.

2. You shall not take the name of the Lord your God in vain.

a. My rating: _____

- b. Holy Spirit, come into my heart and help me grow in the virtue of

_____ so that I may live this Commandment more perfectly.

3. Remember to keep holy the Sabbath day.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

4. Honor your father and your mother.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

5. You shall not kill.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

6. You shall not commit adultery.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

7. You shall not steal.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

8. You shall not bear false witness against your neighbor.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

9. You shall not covet your neighbor's wife.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

10. You shall not covet your neighbor's goods.

a. My rating:_____

b. Holy Spirit, come into my heart and help me grow in the virtue of _____ so that I may live this Commandment more perfectly.

