



# Encountering the Light of Faith

## *Lumen Fidei* Online Retreat: Day 4

### Retreat Guide



# Day 4 Theme:

## *The Ten Commandments: How do I live faithfully?*

Faith is a way of life. “Faith, as we have said, takes the form of a journey, a path to be followed, which begins with an encounter with the living God.” (*Lumen Fidei*, 46) When you meet the living God and entrust your life to him, you are changed forever. This means that your life takes on a new direction and you live differently, you live as a child of God.

The Ten Commandments or the Decalogue (Ten Words), is a sure and certain instruction by which we live our lives guided by the love of God, our Father, who has delivered us from the slavery of sin and death and made us children of the light. “The Decalogue is not a set of negative commands, but concrete directions for emerging from the desert of the selfish and self-enclosed ego in order to enter into dialogue with God, to be embraced by his mercy and then to bring that mercy to others.” (LF, 46)

The Ten Commandments, then, are a gift to believers because they reveal that we can be receptive to the experience of God’s transforming love for us. This means that when we obey God’s commandments we are living lives of thanksgiving for God’s love. “The Decalogue appears as the path of gratitude, the response of love, made possible because in faith we are receptive to the experience of God’s transforming love for us. And this path receives new light from Jesus’ teaching in the Sermon on the Mount (cf. *Mt* 5-7).” (LF, 46)

- I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
- You shall not take the name of the Lord your God in vain.
- Remember to keep holy the Sabbath day.
- Honor your father and your mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's wife.
- You shall not covet your neighbor's goods.

# Day 4:

## *Space for Reflection*

1. Pope Francis teaches us that the Ten Commandments are not “a set of negative commands.” However, for the most part they start with “You shall not...” What does it mean to say the Ten Commandments are concrete directions for emerging from the desert of the selfish in order to enter into dialogue with God, to be embraced by his mercy, and then to bring his mercy to others?
2. How can we understand the Ten Commandments as the path of gratitude, the response of love, making us receptive to the love God has for us?
3. Take a few minutes to read Matthew chapter 5-7. Compare the words of Jesus with the Ten Commandments. What new light does Jesus bring to your understanding of the Ten Commandments?
4. When was the last time you experienced the grace of the sacrament of confession? The light is always on for you no matter how long you have been away; you do not be embarrassed or afraid to come to confession to hear the beautiful words, “I absolve you from your sins in the Name of the Father and of the Son and of the Holy Spirit.”