



AUGUST 2019: GOD'S COMMANDMENTS
CHN Series: Aid to Prayer and Reflection



Sister Andrea, CHN



Image by Shawshank61 on Pixabay

MEANING: a divine rule, especially one of the ten commandments.

Unless I am wrong the Ten Commandments are, apart from the first two, about what you should not do. On the whole they are basic rules that help a Society function; we all need boundaries. When there are rules you know there are consequences. They allow us to live safe lives.

Do not covet what is not yours.

Be honest even if it costs you more than you wish.

Do not cheat or lie if it benefits you or yours alone.

Take care of those who have much less than you.

What most of us do well is the first commandment - to love the Lord YOUR GOD with all Your Soul.

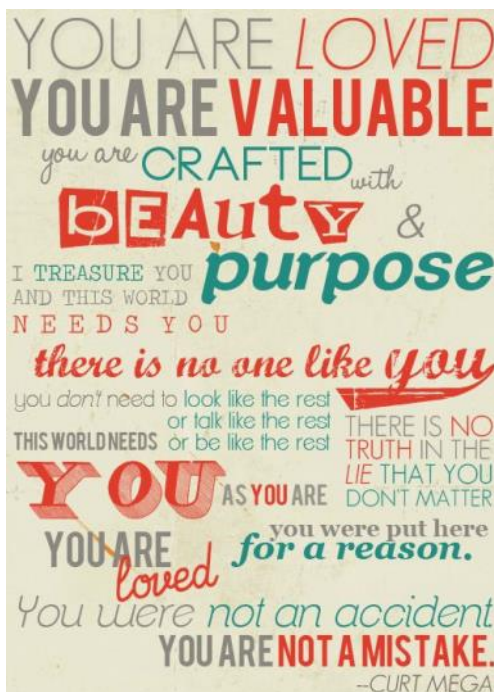
Now there are temptations that are not bad for the soul, like should I have had that last bit of chocolate. Then there are temptations that are harmful to the soul. I think we all know those that are part of our lives. They are different for each of us. We are Blessed to have a loving and forgiving GOD who is ever present for each of us.

Now getting back to the Commandments. The one that I think trips us all up is the second one:

TO LOVE MY NEIGHBOUR AS MYSELF.

I, and I don't know about the rest of you, find it much easier to do the reverse. I can love my neighbour, but myself, that's when it can be tricky. But it does link in with the first, to LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND SOUL.

It is just as important to love yourself. I can't tell you how to do this as I am on the same journey with you. But it is something we need to really stop and think about. It is not an egotistical love or a false perception of yourself. It's a soul connecting love, God and others; we are all in it together.



From eatingdisorderrecovery.tumblr.com/

The content of this booklet is from Sister Andrea, CHN, based on her work for the Prayer Day of August 2019. It is part of a series of 'Aids to Prayer and Reflection' which have been developed from our monthly Prayer Days, for your personal use. You may pick up other Aids from the Spirituality Centre or simply download copies from our website. We hope our readers find them helpful in their prayer lives.



You are welcome to join us for Days of Prayer and Reflection, which are held at the Spirituality Centre, on the first Thursday of the month, from March till November, 10am until 3pm.

The Eucharist is celebrated at midday and there are opportunities to sit quietly, use our library and wander in the gardens. BYO lunch; tea and coffee are provided.

There is no charge but a donation is appreciated.

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