

**Edge: Thou Shall**  
**(Week of Apr. 25)**  
**On The Fifth Commandment – Protect Life!**



*“You shall love the Lord, your God, with all your heart, with all your soul and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”*

Matthew 22:36-40

**GATHER:** Best Version of You

- What are ways that you can be the best possible version of who God created you to be? Take a blank piece of paper and divide it in three parts. On the left side, write down at least ten things that you like about yourself. On the far right side, write down things on which people have complimented you or told you that you were really good at. In the middle, write the things the two sides have in common. These are often where we find our God-given strengths. The things you enjoy doing, and that others respond to.

**CONNECT:** The Fifth Commandment is about respecting life – all life, including your own. This week, we’ll look back at our journey this year and see how we are treasured children of God, and what that means to how we should live our life.

**EXPLORE: Main Points to Take Away**

- Respecting the life God has given you means cherishing it and taking care of yourself – heart, body, mind and soul.
- To The Heights: Your spiritual you needs as much nourishment as the physical you. As we explored back in the fall, that nourishment is received through personal prayer, but also through prayer in community – the Mass.
- Kingdom Come: The way we choose to live and respect our life and respond to God determines our ultimate goal of heaven.
- Thou Shall: The Ten Commandments are not meant to restrict us, but rather we should desire to achieve them as we respond to God’s love and strive to live as the best possible version of ourselves.

**Discussion**

*To The Heights*

Revisit the story of [Blessed Pier Giorgio](#)

- How did Blessed Pier Giorgio take care of his
  - Heart/Body?
  - Mind?
  - Soul?
- Why do you feel the Eucharist is the ‘summit’ of our faith? Or if you do not feel that way, why?

*Kingdom Come*

Revisit Fr. Peter’s teaching of heaven, hell and purgatory [HERE](#).

- Our ultimate goal as a Catholic is to go to heaven. As we have explored the Ten Commandments, we have seen that ultimately that goal is achieved through the Great Commandment.
- Read Matthew 22:36-40.

**REFLECT**

*What is one way that you can take care of your...*

- *HEART?*
- *BODY?*
- *MIND?*
- *SOUL?*

*Complete p. 14 of your booklet.*

**LIVE IT**

**STAY CONNECTED!** Be sure and stay connected to Jesus and your parish family this summer! See our summer events and offerings on our [Youth Ministry Page](#), as well as our [Be The Church](#) Page!