

The Ten Commandments

Negative

Positive

Sixth	<p>We are not to purposefully injure another We are to purposefully injure ourselves</p> <p><i>Forbidden:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Violent anger</td> <td>Murder</td> </tr> <tr> <td>Hatred</td> <td>Words</td> </tr> <tr> <td>Private revenge</td> <td>Cruelty</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Violent anger	Murder	Hatred	Words	Private revenge	Cruelty	<p>Love of our neighbor's person Hate the sin but not the sinner</p> <p><i>Duties:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Longsuffering</td> <td>Kindness</td> </tr> <tr> <td>Slow to anger</td> <td>Silence</td> </tr> <tr> <td>Goodness</td> <td>Forgive</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Longsuffering	Kindness	Slow to anger	Silence	Goodness	Forgive				
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Seventh	<p>We are not to violate the marriage ordinances We are not to violate relationships by polluting ourselves</p> <p><i>Forbidden:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Lust</td> <td>Adultery/fornication</td> </tr> <tr> <td>Eyes</td> <td>Pornography</td> </tr> <tr> <td>Tongue</td> <td>Slander</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Lust	Adultery/fornication	Eyes	Pornography	Tongue	Slander	<p>The preservation of chastity of the soul The preservation of chastity of the body</p> <p><i>Duties:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Love</td> <td>Marriage/singleness</td> </tr> <tr> <td>Trust</td> <td>Abstinence</td> </tr> <tr> <td>Diligence</td> <td>Prayer</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Love	Marriage/singleness	Trust	Abstinence	Diligence	Prayer				
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Ninth	<p>We are not to disparage or defame another's reputation We are not to slander or excessively flatter another</p> <p><i>Forbidden:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Jealousy</td> <td>Harmful speech</td> </tr> <tr> <td>Uncharitable</td> <td>Slander</td> </tr> <tr> <td>Love of untruth</td> <td>Lies/counterfeit speech</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Jealousy	Harmful speech	Uncharitable	Slander	Love of untruth	Lies/counterfeit speech	<p>The elimination of all falsehood in our speech The conformity of our minds and speech to that which is true</p> <p><i>Duties:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Love</td> <td>Honoring speech</td> </tr> <tr> <td>Unselfish</td> <td>Defending speech</td> </tr> <tr> <td>Love of truth</td> <td>Conformity to truth</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Love	Honoring speech	Unselfish	Defending speech	Love of truth	Conformity to truth				
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Tenth	<p>An insatiable desire of getting the things of the world An inordinate love of the things of the world</p> <p><i>Forbidden:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Thoughts</td> <td>Actions</td> </tr> <tr> <td>Imaginations</td> <td>Pursuits</td> </tr> <tr> <td>Enticements</td> <td>Possession</td> </tr> <tr> <td>Selfishness</td> <td>Plotting to get</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Thoughts	Actions	Imaginations	Pursuits	Enticements	Possession	Selfishness	Plotting to get	<p>Having a pure heart toward others Walking in the Spirit and not in the flesh</p> <p><i>Duties:</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><u>Inward</u></td> <td style="width: 33%;"><u>Outward</u></td> </tr> <tr> <td>Trust</td> <td>Contentment</td> </tr> <tr> <td>Recognition</td> <td>Confession</td> </tr> <tr> <td>Faithfulness</td> <td>Fight sinfulness</td> </tr> </table>	<u>Inward</u>	<u>Outward</u>	Trust	Contentment	Recognition	Confession	Faithfulness	Fight sinfulness		
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