

THE TEN COMMANDMENTS

(Examination of conscience for the sacrament of the Confession)

1. I am the Lord your God

You won't have out other God of me. The money, the power, the success, the creatures, the hobbies or the fun become your idols? Around these built your desires? You must know that the desires of the meat are "contrary to the Spirit and the Spirit has desires contrary to the meat; these things oppose each other, so you don't do what you would want" (Gal 5.17). Besides, "the desires of the meat bring to the death" of the man in all of its being (Rm 8,7). Instead "the desires of the Spirit bring to the life and the peace" (Rm 8,6) and they don't make to die the life according to the Spirit in us, as it happens with to cultivate the perverse desires of the human instinct instead (1).

2. Don't name God's name in vain

Invoked the name of God to your favour to legitimate the things that you do and to be believed, even in the business? Or do you name Him for banal things simply? If then you curse Him, makes a great offense to Him, because to directly offend Him, compares Him to the things from Him created and therefore it is a double offense. Besides, if someone in your presence curses, do you try to make him understand the gravity of the thing? Because over to offend God also offends you that listen to him (2).

3. Remember to sanctify the celebrations

To sanctify the celebrations it consists going to St. Mass on Sunday. Not to go it is to lack to commandment and is serious sin. Besides, to affirm that going to the S. Mass they are observed all the duties of devotion to God, in the sense that you will say: "we have gone to Mass and the duty toward God we have done him", and I tell you: thing seems you to have done if you go to receive Your Gift, that is Himself that it is given, and you with what you reciprocate Him. You invoke the Spirit Saint before the S. Mass and you meditate the S. Word? (3).

4. Honor your father and mother

I recommended to honor father and mother, but I also worried me about to recommend to them that they were comprehensive towards their sons, that understood them, without exasperating them during their education. I was severe in this writing, because I knew that also a father can wander and risk to blunder towards the sons. What thankfulness God will make you, when you will honor the father and the mother, you will allow that to your turns,

for this respect that you bring to both, you are to your it turns respected, because giving example to your turns you will receive as many than you have given. To you parents, love your sons and aren't for them motive for desperation, understand them and help you them in the difficult moments. If you will show them so much understanding, they will make worth of it, when you will have need, in the case of illness, but above all when your white hair will arrive and you will have necessity of help. don't pretend too much from your sons, give them the liberty that your God has them granted, always however teaching them and taking care of their education (messages of 01/24/2003 and 01/26/2003).

5. Don't kill

Know man, that you don't kill only of sword and you put to died your brother, but you also kill with the word, with the infamous actions and if don't kill the body, you kill however the soul, the heart of your brother. Forgives or child, not to allow that some human condition, can go never to hurt your brother. Forgive us o son, not allowing any human condition, can take you to do harm to your brother. He like you is the son of God and what better fatherhood to be recalled to that love which God has always taught and teaches (1/28/2003 message).

6. Don't commit adultery and impure actions

I, Creator of heaven and earth and of every man, I put in every man every good thing. Then the man came to light, he leaves himself to attract from things of the world and he leaves himself to attract from the sin, from a multitude of sins: also the sins of lust. Adultery and impure acts are sins of lust. I gave to the man a companion, but the man often betrays himself and who love to *bring* own heart and own mind toward other destinations. He confuses the love with the unbridled pleasure and he leaves himself to conquer from these realities that today are in the world, in your society. Now, more the man is unbridled and more is appreciated, because he appears to the other men superior to himself. But I invite you don't appreciate the man that loves the adultery and the impure actions and to appear superior to the other men. How beautiful it would be that every man was faithful to himself and his own wife and that his wife was faithful to her husband. Open the Psalm 53 (52) <<the man without God>>. The man without God can commit any sin, he can start toward the road of the impurity and which great outrage for your God. Him that has created you as <<temple of the Saint Spirit!>> (1Cor 6, 19). I have created you of pure love as I tell you – and always invite you to live it. To live as invites you your God it means to put purity in all my actions, in all of my thoughts, and to transmit them to whom is nearby to me, who lives with me, that I love him. I said you, that man cannot live without love, he don't live well if his love is not done of purity, because from the heart passes to the mind, from the mind to the actions, and who observes me, who is around me he sees and absorbs how much I live. The not-purity of heart can bring to the impurity! Be "limpid" as the doves and astute as the snakes (Mt 10, 16). In

fact you can be taken by the malignant one in these attitudes of not purity. He wants to bring "confusion" inside of you and which best occasion to pollute your thoughts with the impurity. Today the world is in the dust and the man leaves himself to win and to convince from the things of the world, from its attractions and among these also the impurity of customs in all the senses. <<keep watch and pray>> (Mc 14, 38) because don't enter this temptation. Blessed be your heart for how much you won't do to outrage of your God. How will you can hear his voice, his calls if you will be conquered by the impurity? I invite you that this does not happen, but if this was happened <<your God is good and merciful, slow to the anger and rich of grace>> (Es 34, 6) and if you will ask forgiveness He will come with his Mercy and your sin even if red scarlet it will become white as the snow (Is 11, 8). If you have sinned reconcile yourself with your God, He waits for your return, yes, because the sin of impurity can send you away from your God, because the same sin permit that you have senses of guilt and this doesn't leave you in the peace. (29/01/2003 message).

7. Don't steal

To steal it means do not to respect the brother, not to treat you of him whatever situation he have. Instead to steal, even ask for help. His heart could move by your prayers and could definitely give you a hand in need". To take possession of the other people's things it will give back you also overburdened from the senses of fault...Not to become dishonest. If you will ask help your heart will remain in the purity and the your God will help in the your necessity. Leave to Me, you everybody that you are tired and tired, you leave to Me the reins of your life. If then you often sin not for need, but for avarice and your sin <<to steal>> it is due to your egoism, I invite you to stop, to dissuade you from these your avarice, because the Lord punishes who is deceitful not for necessity, but for the great egoism. Oh man that everything you want for you of material things I ask you to approach you to Me, requiring to feed me you of spiritual things originates from your God and I can give it for you (30/01/2003 message).

8. Don't say false testimony

If you must make to triumph the Truth, to proclaim the Truth and therefore not to be witnesses of the false testimony. Your faith is "brand" for you to witness true. You are witnesses of your Triune God that wants to also give you every beauty and every good thing on this earth, not only in sky. Beautiful and good it is the Lord your God, so you are witnesses of his Love for each of you. Your heart and your ears is not confused from the wickedness of the men. The wicked man exhorts yourself to make the evil, but you complete the good; it is this to which invites yourself your God. With the prayer, the fast, the sacrifices, defend also you from the malignant one that exhorts you to the falsehood. My Ss. Mother be always invoked in your day, in your life (02/02/2003 message).

9. Don't desire the things of others

Not to take you possession of other people's things, give them even for you. I have given you, hands, feet and head, to give you the necessary one: get it working. As it is your brother working and giving the sweat of his forehead, not to demand how much your brother is earned, make also you giving you all what serves you with the sweat of your front.

(3/02/2003 message)

10. Don't desire the woman of others

And you son that the woman of your brother desire, because you want to sin with these desires, almost always, if not always lustful? Build with the woman that God has put yourself near, that is your wife or the one that can become it, a relation of affection and of lasting love in the time until that your death arrive. Certainly, not to desire the woman or other people's man, you will also have to mortify yourself. The mortification produces in you the purification and it brings you to that pure love of which you have need. Not you reciprocate, not you exchange the love with the sex. Pure love means to want the good of whom is nearby me and what betrayal if I desire another woman or another man rather than to want the good of whom is nearby me and even he loves me and sacrifices him for me. Sons, satan wants, desires to destroy every family. He wants to bring confusion inside of you and what best occasion to pollute your thoughts with the impurity! In fact you can be taken by the malignant one in these attitudes of not purity. Invoke the Name Ss. Mother's because can defend you from the malignant one!" (messages of 04/2/2003 and 29/01/2003).