

The Sixth Commandment

You shall not commit adultery.

What does this mean? We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husbands and wives should love and honor each other.

While this Commandment is about God's gift of marriage, it's not just limited to married people. The Catechism says that *we should fear and love God so that we lead a sexually pure and decent life in what we say and do*. This is because the family is so very important to God. And the husband and wife are the foundation of the family. So, their relationship is very important. He knows that their relationship will be better if they treat each other with respect. And the best way to do that is to be faithful. To *lead a pure and decent life in what we say and do* means to treat people with respect. This is especially true for boys and girls. If boys treat girls with respect and girls treat boys with respect, when they grow up and become husbands and wives, keeping this Commandment and treating each other with respect by being faithful will be so much easier.

Prayer: Dear God, You have made us to love each other. Helps us to learn to treat each other with respect and grow up to be good husbands and wives that care for each other and are faithful to each other. In Jesus' name, we pray, Amen.