
I AM THE LORD THY GOD: THOU SHALT NOT HAVE STRANGE GODS BEFORE ME.

Opening Prayer:

Lord God, You alone are worthy of our worship and trust. As we gather to reflect on the First Commandment, open our minds to know You more deeply and our hearts to love You more fully. Remove every false idol that competes for our devotion. Holy Spirit, guide our conversation today. Help us to speak with honesty, humility, and a desire to grow closer to You. Amen.

Matthew 4:8-11

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Then the devil left him and, behold, angels came and ministered to him.

Discussion Questions

You Shall Worship The Lord Your God and Him Only Shall You Serve

"The First commandment embraces faith, hope, and charity. When we say 'God' we confess a constant, unchangeable, being always the same, faithful and just, without any evil. It follows that we must necessarily accept his words and have complete faith in him and acknowledge his authority" (CCC 2086).

Reflect on your openness and ability to fully trust in the Lord. What areas of your life do you find it easy to trust Him with, and where do you struggle to surrender control or place your trust in Him completely?

Him Only Shall You Serve

How do you strive to serve and worship God in your daily life? When you find it difficult to do so, what distractions, habits, or priorities tend to take His place?

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You Shall Have No Other Gods Before Me

The Israelites built a golden calf to worship instead of God after being freed from Egypt. While we may not bow to idols, we can still place other things before God in our lives. Reflect on where your time, energy, and attention go; what are the “golden calves” you might be putting before God?

You Shall Not Make for Yourself a Graven Image

The Catechism teaches that honoring sacred images is an act of veneration, not the adoration reserved for God alone. Reflect on how sacred images, such as statues, icons, or crucifixes, enhance your relationship with God. How do you ensure that your veneration remains properly directed toward God and not the image itself?

Closing Prayer:

Almighty God, Father, Son, and Holy Spirit, we adore you as the one and only God, the source of all creation and love. We believe in your divine nature, and we give you glory and praise.

Additional Resources

The Catechism in a Year
w/ Fr. Mike Schmitz



Catechism Paragraphs



Casual Evangelization

