
GOD AND RELIGION

Moral Principles in the Bible

Sebastian Vottari

The Ten Commandments

The Ten Commandments are a set of fundamental ethical and religious principles in Judaism and Christianity. Here is the full text according to Exodus 20:2-17:

1. "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before me."
2. "You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them or serve them."
3. "You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain."
4. "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God; you shall not do any work."
5. "Honor your father and your mother, that your days may be long in the land which the Lord your God is giving you."
6. "You shall not kill."
7. "You shall not commit adultery."
8. "You shall not steal."

9. "You shall not bear false witness against your neighbor."
10. "You shall not covet your neighbor's house. You shall not covet your neighbor's wife, nor his male or female slave, nor his ox, nor his donkey, nor anything that is your neighbor's."

Historical and religious significance

The Ten Commandments represent the heart of the covenant between God and the people of Israel, received according to tradition by Moses on Mount Sinai. They constitute:

1. An ethical-moral foundation that has profoundly influenced Western civilizations
2. A code of conduct that regulates both the relationship with God (first commandments) and with other human beings (later commandments)
3. A summary of the fundamental principles of Jewish law (Torah)

These commandments continue to be considered a fundamental moral guide both in religious communities and, in many respects, in modern civil society.

This daily reminder has immense value: “Praise and glory to God, the Almighty, the Most Merciful of the Merciful.” (SEE CIT. 6)

It has been said at various times:

(CIT.1) "You shall not oppress your neighbor, nor rob him of his property" - circa 13th-10th century BC

(CIT.2) "Defend the cause of the weak and the orphan, do justice to the afflicted and the poor" - circa 10th-7th century BC

(CIT.3) "He will deliver the poor who cry out and the needy who have no help. He will have pity on the weak and the poor and will save the lives of the miserable" - circa 10th-7th century BC

(CIT.4) "I desire mercy, not sacrifice" - circa 8th century BC

(CIT.5) "Learn to do good, seek justice, help the oppressed, do justice to the orphan, plead the cause of the widow" - circa 8th century BC

(CIT.6) "You will keep in perfect peace him whose mind is fixed on you, because he trusts in you" - circa 8th-7th century BC

(CIT.7) "The fruit of righteousness will be peace, and the effect of justice, tranquility and security forever" - circa 8th-7th century BC

(CIT.8) "A bruised reed will not be broken. A little light will not be put out" - circa 6th century BC

(CIT.9) "I, the Lord, love justice and hate robbery and injustice" - circa 6th century BC

(CIT.10) "The righteous man knows the cause of the poor, but the wicked man has no understanding to know it" - circa 6th-5th century BC

(CIT.11) "Open your mouth in favor of the mute, to support the cause of all the unfortunate" - circa 6th-5th century BC

“God is one, only God knows the truth of all reality, only God can judge perfectly”

Knowing this, everyone can live more peacefully for these reasons:

1. Freedom from the burden of other people's judgment: We are no longer slaves to the opinions and criticisms of others, knowing that only God fully understands our actions and intentions.
2. Reduction of performance anxiety: Reduces the pressure of having to appear perfect or infallible in the eyes of others.
3. Relief from excessive guilt: You can accept that you have made mistakes without being crushed by them, leaving the final judgment to God.
4. Authentic humility: Recognizing one's cognitive limitations prevents arrogance and the presumption of possessing absolute truths.
5. Greater tolerance towards others: By understanding that no one has the complete truth, you become more open to different perspectives.

6. Inner Peace: As **(CIT.6)** says , he who keeps his mind fixed on God finds perfect peace.
7. Freedom from rigid ideologies: You are no longer prisoners of dogmatic systems of thought that claim to explain everything.
8. Less worry about the future: You can face uncertainty with greater serenity, knowing that ultimate truth is in God's hands.
9. Authenticity in relationships: You live more genuinely, without the need for masks or pretenses to please others.
10. Trust in the Ultimate Meaning of Existence: We can accept that even what we do not fully understand has meaning from the divine perspective.