

## Chapter 10

***Choose Life!***

Choose life, then, that you and your descendants may live.

*Deuteronomy 30:19—20*

**For the Parents:**

In chapter 10 your child learned to:

- Compare the fifth commandment with Moses' command to choose life
- Describe alternatives to anger and hatred
- Articulate the Golden Rule

The message of the Scriptures is clear: Choose life! In Genesis God creates man and woman “in the divine image” (*Genesis 1:27*). The source of our dignity is that each of us is made in God’s image and likeness. That is why life is so dear. Yet Genesis also tells the story of the first murder, in which Cain slays his brother Abel. This story reveals that from the beginning, human beings have not always respected life.

In Exodus, God reveals his Law to Moses on Mount Sinai. At the end of his life, Moses summed up the content of the law in one phrase: “Choose Life” (*Deuteronomy 30:19*). Every decision leads toward or away from life in some way.

Thousands of years later, Jesus added a radical command: “Love your enemies” (*Matthew 5:44*). He challenged believers to keep the spirit as well as the letter of the law. He sums up the moral code of the Christian in one sentence, “Love one another as I love you” (*John 15:12*).

**With Your Child:**

1. Ask your family to join you in a choose life time out. Talk about the times your family has lived the spirit of the fifth commandment. The following list will guide you in your conversation.
  - Listen to one another
  - Helping others
  - Sharing a kind word
  - Forgiving one another
2. Read about Saint Francis of Assisi on the Review and Explore page.