

STUDY GUIDE
Life in Christ Jesus: Chapters 5 - 8

Living the Virtues – How can you foster your ability to live the Virtues? Some ways might be praying together, participating in the Sacraments, reading and discussing the Scriptures, and working for peace and justice. They are good habits that help you act out of reason and faith.

How do I accept others? How do I trust others? How do I show compassion?

When we live a virtuous life and build healthy relationships with both God and one another, we can do what is right and avoid what is wrong. If we are kind, generous, merciful and responsible persons we are living the virtues that enable us to live as children of God.

The habits that strengthen us and help us maintain a close relationship with God are called **Virtues**.

Theological Virtues: help direct your life toward God.

- **Faith** - the power to trust God completely & accept as true all God has revealed and teaches through the Catholic Church. When we respond to God's invitation to pray, to go to Mass, or seek him when we feel down or lonely, we are exercising the habit of **faith**.
- **Hope** - the power to trust that God will give you eternal life. When we keep our focus on the promise of the Kingdom of Heaven, we are exercising the habit of **hope**.
- **Love (Charity)** - the power that enables you to love God, to give God first place in your life and to love others for love of God.

Cardinal Virtues: help you to act the right way.

- **Prudence** - empowers you to decide what is good or best and to choose it.
- **Justice** - empowers you to respect others rights & give them their due.
- **Fortitude** - gives you the courage to do what is right even when it is very difficult.
- **Temperance** - empowers you to control your desire for pleasure, everything in balance.

The Corporal and Spiritual *Works of Mercy* are actions Catholics perform to extend God's compassion and mercy. How can you live them (Review the sheet that was handed out in class)

Spiritual Works of Mercy

1. To correct the sinner
2. To teach the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

Corporal Works of Mercy

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit the imprisoned
5. To shelter the homeless
6. To care for the sick
7. To bury the dead

When we are given the gift of the Holy Spirit at Baptism, we receive **sanctifying grace**, the love of God entering our souls, healing us from sin and restoring holiness.

Grace – The gift of God sharing his life with us. Grace is the incredible undeserved kindness God shows us through Jesus. God liberally fills our lives with his grace and expects us to pour his grace into the lives of others. Grace is a gift that is freely given and is not something that is earned.

Sanctification – The work of the Holy Spirit makes us holy. Sanctification unites us by faith to the Paschal Mystery. We become sharers of God's life through the work of the Holy Spirit. Through sanctification the Holy Spirit makes us holy, allowing us to grow in our abilities to live as Jesus taught us to.

Justification -This gift of new life in Christ places us in right relationship with God. We receive this through sanctifying grace at Baptism. Jesus Christ, through the new covenant, restores our relationship with God offering us the new life called justification.

The Beatitudes are the teachings of Jesus that summarize the path to true happiness, they guide us in living as disciples of Christ by keeping our life focused and centered on God.

The Precepts of the Church

- You shall take part in Mass on Sundays and Holy Days of Obligation and rest from any unnecessary labor.
- You shall confess your sins at least once a year.
- You shall receive the Sacrament of the Eucharist at least during the Easter Season.
- You shall observe the days of fasting and abstinence established by the Church.
- You shall help to provide for the needs of the Church.

Grace – The gift of God sharing his life with us. Every gift from God may be called grace.

Laity – Those baptized members of the Church who have not received ordination nor promised to live the consecrated life are part of the laity of the Church or laypeople.

Conscience-The gift from God that helps judge right from wrong.

Integrity – being true to the person God created one to be, seeking only what is true, beautiful, and good about God, oneself, others, and the world.

Blasphemy – the act of claiming to be God, having divine attributes or showing contempt for God.

Justice - the upholding of what is fair, just, and right, the good habit by which one truly desires what is due to others according to fundamental rights.

Euthanasia – The direct killing of a person who is suffering from a long term or terminal illness.

Fidelity – being faithful & loyal

Chastity - not having any sexual relations before marriage. It also means fidelity to husband or wife during marriage.

Ecumenical Council – The universal gathering of the bishops is called by the Pope to help shepherd the Church.

Solidarity – unification of all members of society, or of people in a particular group

Following the rules of the Church means that we do so as an act of faith.

The Ten Commandments (also called the Decalogue which means 10 words) summarize the Law of God. It is the foundation of all human laws, moral and civil.

The Ten Commandments How can you live them?

1. I am the Lord, your God; you shall not have strange gods before me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.

4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Basing our decisions on the **Law of God** establishes justice and peace, establishes communities that treat one another with respect, and acknowledges the dignity of every member of the community.

Atheism– rejecting or denial of the existence of God.

Idolatry – is worshiping idols or false gods (anything that takes the place of God) in our lives.

Sacrilege – mistreating anyone or anything that is set aside or consecrated, for worshiping God or helping people live as children of God.

The Six Holy Days of Obligation

The Solemnity of Mary - January 1

The Ascension - Forty Days after Easter

The Assumption - August 15

All Saints Day - November 1

Immaculate Conception - December 8

Christmas - December 25