

Review of Chapters 12 & 13:

1. We learned that Christ founded a Church (One Church – not many) to carry out His saving mission.
2. Jesus chose 12 men who would be the foundation members of His Church.
3. We learned how Jesus chose one man (Peter) to be the visible leader of His Church. → The Pope
4. Membership in Jesus' Church includes those here on earth (Church Militant), those in purgatory (Suffering), and those in heaven (Triumphant).
5. If we want to find the true Church Jesus founded we should look for the four marks of the His Church:
1.One 2. Holy 3.Catholic 4.Apolostolic
6. The only two exceptions to this are Jesus and Mary
7. There are two types of grace: **Sanctifying** and **Actual**
8. Sanctifying Grace makes us Holy and pleasing to God and able to live in Heaven. → 7 Sacraments
9. The only thing that can take away Sanctifying Grace is Mortal Sin.
- 10.Sanctifying Grace gives us three supernatural virtues: Faith, Hope and Charity.
- 11.We obtain Actual Grace's by reading the bible, praying, and etc.

Chapter 14 – Faith, Hope, and Charity: Theological Virtues

- From the last lesson we learned that through Sanctifying Grace we receive special gifts from God.
- This Grace makes us Holy Temples of the Spirit who works in our souls.
- The Holy Spirit gives us three Gifts we call **Virtues**.
- A **Virtue** is a good habit that helps us to do good and avoid evil (sin).
- Virtues can be natural or supernatural.
- Supernatural Graces come from God and they are: **Faith, Hope, and Charity**
- Faith, Hope and Charity are called → The Theological Virtues.
- Someone who is in a state of Grace has these virtues. **Must be baptized and not in a state of Mortal Sin.**
- We exercise these virtues by doing good works and prayer especially by doing acts of faith, hope, and charity.

The Virtue of Faith

- Through the virtue of Faith we receive the power to believe in God and all that He has revealed through Jesus and His Church.
- Faith helps us to give ourselves to God completely.
- Faith is necessary for salvation. It makes us just or Holy in the sight of God.
- “Therefore since we are justified by Faith, we have peace with God through our Lord Jesus Christ.” (Rom 5:1)
- Does faith mean that we will automatically understand something? NO! There is a difference in believing and understanding.
- We don’t have to understand something to believe in it. This is Faith!
- Faith makes it possible for us to believe in everything that Christ did and taught. We were not there to see it. “Blessed are those who have not seen yet believe.” (John 20:29)
- For our Faith to be pleasing to God it must be:
 - **Firm:** We place all our trust in God.
 - **Complete:** We must accept all that God has revealed. We can’t pick and choose!
- We can do acts of Faith such as saying a prayer of Faith:

Act of Faith:

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived.

- Don’t confuse the term “faith” as its most commonly used today. There is a difference in saying: “I have faith you’ll pass your test” verses saying “I have Faith that Jesus died on the cross and rose from the dead”.

The Virtue of Hope

- The virtue of Hope makes it possible for Christians to Trust in God.
- Hope has to do with the things that seem impossible to obtain such as salvation.
- Through Hope we trust in God and His promises.
- Hope relates to things that seem humanly impossible, but through God are possible.
- Jesus says “ I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die”. (John 11:25-26)
- “With men this is impossible, but with God all things are possible.” (Matt 19:26)
- Hope tells us that God will give us the Graces we need to get to heaven.
- Without Hope nothing seems possible.

Act of Hope:

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

The Virtue of Charity (Love)

- Charity is the virtue by which we love God above all other things and our neighbor as ourselves.
- Charity is the greatest of the three supernatural virtues. **Charity is LOVE!**
- As Saint Paul says: “So faith, hope, and love abide, these three; but the greatest of these is love”
 - Abide → to dwell or reside
- Is it through the bond of Charity that God offers us salvation.
- Again... Charity is LOVE.

- What is Love?
 - Is it just a feeling? → No! Love is much more than just a feeling.
 - True Love means that we only want what is good for the person.
 - To love our neighbor mean that we want the best for them and that we want them to be in heaven.
 - We should even Love our enemy.
 - We can show love for our enemy by praying for them.
 - To love God means that we want to please him by doing good and avoiding sin.
- Only though Love can we obtain Heaven!

Act of Charity:

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Chapter 15 – The Cardinal Virtues

- From the last lesson we learned that a **Virtue** is a permanent supernatural power which helps us do good and avoid evil (sin).
- Faith, Hope, and Charity (Love) are called Supernatural Gifts because they come from God.
- There are other Virtues. The main ones we call the Cardinal Virtues of which there are 4 of them.
 - **Prudence, Justice, Temperance, and Fortitude.**
- These four Virtues are the foundation of a good life. We must practice them if we are to strengthen our faith and our love for God.
- There are natural (man) and supernatural (from God) types of the four Cardinal Virtues.

The Cardinal Virtue of Prudence

- Prudence → The ability to make the right choices in life. This is not so easy to do!
- Prudence shows us the way to be faithful to Jesus!
- An example of natural prudence would be to earn an honest living. It would not be honest to steal money or obtain it in an immoral way.
- An example of supernatural prudence would be to attend Mass on Sunday even though all your friends want to skip Mass and go see a movie, etc.

The Cardinal Virtue of Justice

- Justice → The virtue which helps us to live honestly by respecting the rights of others.
- The “just” person gives to everyone what he deserves.
 - To God we give worship
 - To our parents we give respect and obedience
 - To our friends we give charity and loyalty.
- “So whatever you wish that men would do to you, do so to them; for this is the law and the prophets.”
- The unjust person thinks of themselves and their own desire and needs. → Selfish, self centered.
- Pontius Pilate was not a just man. He knew Jesus was innocent yet he thought only of his own safety (he was afraid of the Jews).

An Example of Prudence and Justice – Saint Thomas More (February 7, 1478 – July 6, 1535)

Saint Thomas More was a literary scholar, a lawyer, political author, father of four children, and was appointed as Lord Chancellor of England by King Henry VIII. When the Protestant Reformation hit England he was faced with a choice that would challenge his virtues of prudence and justice. King Henry VIII wanted to divorce his wife and marry another woman. He asked the Pope to grant him a divorce and the Pope refused to do. The Church

doesn't grant divorces – there is no such thing in God's eyes! King Henry VIII then broke from the Catholic Church and created the Church of England. The King called himself the "protector and supreme head of the Church of England". King Henry VIII demanded that all the clergy and all his countrymen follow him in his new church and deny the Catholic Church and its authority. For several years Saint Thomas More openly opposed the King and his new church and was eventually imprisoned and condemned to death for not recognizing the King as the head of the church. He was beheaded for his disobedience on July 6th, 1535. Just before he was beheaded he declared "I die the king's good servant, but God's first".

In Justice he gave God His due over that of a heretical King. **In Prudence** he did the right thing by in the best way possible even though it cost him his life.

The Cardinal Virtue of Temperance

- Temperance → is the power to control ourselves.
- We usually think this has to do with food and drink, but temperance helps us in every situation.
- Temperance helps us to become more Holy.
- Examples of temperance are:
 - Being careful about what we watch on TV and the internet.
 - Being careful about what we listen to.
 - Being careful about what we eat or consume.
 - Being careful not to lose control of our will because of certain smells. Example: an alcoholic who smells alcohol may decide to take up drinking again.
 - Being careful about our sense of touch. We need to be modest and chaste in our relationships.

[Video – Catholic Answers: Is it a Sin for an Actor to take the Lords Name in Vain?](#)

The Cardinal Virtue of Fortitude

- Fortitude → is the virtue that helps us face every difficulty or danger with inner peace and courage.
- It allows us to carry out our duties even if doing so might require sacrifice or suffering.
- The early Martyrs of the Church followed fortitude when they chose to be loyal to Jesus even though it meant that they would be feed to the lions.
- Fortitude did not take away their fears but strengthened them to do what is right.
- Thankfully we do not have to be martyrs to practice fortitude!
- Examples of temperance are:
 - Doing your homework when your friends want you to come out and play.
 - Helping your grandmother when you would like to do something else.
 - Coming to Religious Education Class when you would like to be home playing your playstation!
 - Skipping a sports tournament so you can go to Mass. → Putting God first!

Practice Makes Perfect

- We've seen how the Virtues strengthen our spiritual life and make us able to become closer to God.
- Men though Free Will can still commit sins which we call Vices to detour us from doing good.
- A Vice is a habit of doing evil, acquired by repeating bad actions.
- There are seven principle vices known as Capital Sins (7 deadly sins) and they are:
 - **Pride (vanity or self arrogance), avarice (greed for riches), lust (uncontrolled or illicit sexual desire) , anger , gluttony (excess in eating), envy (wanting what others have), and sloth (being lazy)**
- We must make an effort to overcome these vices and practice our virtues.
- The virtuous life is summed up by Jesus' sermon on the mount.

- The Beatitudes (Matthew Chapter 5 - Christ's sermon upon the mount)
 - 1) Blessed are the poor in spirit: for theirs is the kingdom of heaven.
 - 2) Blessed are the meek: for they shall possess the land.
 - 3) Blessed are they who mourn: for they shall be comforted.
 - 4) Blessed are they that hunger and thirst after justice: for they shall have their fill.
 - 5) Blessed are the merciful: for they shall obtain mercy.
 - 6) Blessed are the clean of heart: for they shall see God.
 - 7) Blessed are the peacemakers: for they shall be called the children of God.
 - 8) Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.
 - 9) Blessed are you when men reproach you, and persecute you, and speaking falsely, say all manner of evil against you, for My sake.

Review Questions:

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| 1) The Holy Spirit gives us three supernatural gifts we call: | Virtues |
| 2) The three supernatural virtues are: | Faith, Hope and Charity (Love) |
| 3) Other virtues | Prudence, Justice, Temperance, and Fortitude. |
| 4) What keeps us from being virtuous? | Capital Sins (7 Deadly Sins) |
| 5) The virtuous life is summed up in: | The Beatitudes |
- ✓ Next Week we start discussing the 7 seven sacraments! We will be discussing these for several weeks!