

Lesson 2: Grace and the Virtues

Summary

Following discussion of the Universal Call to Holiness, teens will explore the gift of God's grace and the virtues. Teens will learn in greater depth the Catholic understanding of grace and the virtues and the roles they place in sanctification. By cooperating with grace and readily receiving it as a gift from God, we are able to grow in holiness, deepen our relationships with Christ, and practice a life of virtue.

Key Terms and Concepts (From the Catechism of the Catholic Church)

- Grace: "The free and undeserved gift that God gives us to respond to our vocation to become his adopted children." (Catechism of the Catholic Church)
- Actual Grace: "...as actual grace, God gives us the help to conform our lives to his will."
- Sanctifying Grace: "...as sanctifying grace, God shares his divine life and friendship with us in a habitual gift, a stable and supernatural disposition that enables the soul to live with God, to act by his love"
- Sacramental Grace: "...Sacramental grace and special graces (charisms, the grace of one's state of life) are gifts of the Holy Spirit to help us live out our Christian vocation"
- Virtue: "A habitual and firm disposition to do the good. The moral virtues are acquired through human effort aided by God's grace; the theological virtues are gifts of God"
- The Cardinal Virtues:
 - Prudence
 - Justice
 - Temperance
 - Fortitude
- The Theological Virtues:
 - Faith
 - Hope
 - Love

Additional Resources

- [Consistency Will Make You Holy](#) - Fr. Mike Schmitz
- <https://www.youtube.com/watch?v=chur9r9H2bY> - Fr. Mike Schmitz
- <https://www.catholic.com/qa/whats-the-catholic-understanding-of-virtue> - Catholic Answers
- <https://www.catholic.com/qa/can-you-explain-the-difference-among-sanctifying-sacramental-and-actual-grace> - Catholic Answers
- <https://www.catholic.com/encyclopedia/cardinal-virtues> - Catholic Answers