

Grade 7, Unit 2 Lessons

Lesson 5: The Exercise of Virtue

Opening Prayer: [Begin and end with the Sign of the Cross]

The book of Proverbs contains short sayings that convey moral truth. Let's prayerfully read one together as we begin today:

As water reflects the face, so one's life reflects the heart. Amen.

(Proverbs 27:19)

1. Intro: Today we are talking about virtues. Virtues are moral habits of the heart, which become a part of us. Living a virtuous life can help us create a better world.

Read p. 60-61 in your text and answer the following:

If, at the end of your life, you could be remembered for just one virtue, which would you choose and why?

2. Watch and Learn:

Watch 3.3 -Jesus Was a Radical: <https://www.dynamiccatholic.com/confirmation/decision-point-session-3-3.html>

How would living the cardinal virtues be radically different from how many people in our culture live? (p. 65 may help you with your answer)

Watch 12.1 – The Holy Moment: <https://www.dynamiccatholic.com/confirmation/decision-point-session-12-1.html>

3. Final Prayer:

Find a quiet place and make the Sign of the Cross, and ask the Holy Spirit to inspire you with ideas of how you can create more Holy Moments in your days. List 2 here:

Lesson 6: The Grace of the Holy Spirit

Opening Prayer: [Begin and end with the Sign of the Cross]

Oh my God, in Your goodness and mercy grant me the graces I need to follow Your will and become the best-version-of-myself. Amen

1. Intro:

This week we are talking about Grace. Grace is a free gift that God gives to us to allow us to share in His divine life and love. It is the work of the Holy Spirit to make us Holy through this gift of Grace.

Read p. 74-75 in your Life in Christ Jesus text and answer the following:
What evidence have you seen of the Holy Spirit working in Your life?

2. Watch and Learn:

8.1 Who is the Holy Spirit: <https://www.dynamiccatholic.com/confirmation/decision-point-session-8-1.html>

3.4 Second Chances: <https://www.dynamiccatholic.com/confirmation/decision-point-session-3-4.html>

3. Explore:

One of the greatest sources of Grace is the Sacraments, especially the sacrament of reconciliation. Your challenge this week is to complete the Examination of Conscience on the following page and go to the sacrament of reconciliation (confession) this week. This Sacrament is available at St. Paul's every Thursday evening from 6:30pm-6:55pm and every Saturday from 11am-12pm. For more information, check out our website or bulletin.

4. Ending Prayer: [Begin and end with the Sign of the Cross]

Holy Spirit, may my heart be open to the Word of God, may my heart be open to good, may my heart be open to the beauty of God every day. Amen.

Examination of Conscience:

Slowly read through the following questions and if you think you have committed a certain sin, you can either circle it or write it in the notes section or on a separate piece of paper.

1. You shall have no other gods besides the Lord your God.
 - Do I love God above all things?
 - Is He number one in my life or do I put myself before God?
 - Have money and pleasure become more important to me than the God who created me for Himself?
 - Do I pray often? Have I neglected my friendship with God by neglecting prayer?
 - Have I been involved with occult or superstitious practices, i.e., fortune telling?
 - Have I ever received Holy Communion in the state of mortal sin?
 - Have I told a lie in confession or deliberately withheld confessing a mortal sin?
2. You shall not take the Lord your God's name in vain.
 - Have I ever committed perjury, that is, lied under oath in a court of law?
 - Have I ever lied after "swearing to God" that I am telling the truth?
 - Have I ever used God's name out of anger, that is, as a curse?
3. Keep the Sabbath day holy.
 - Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday)?
 - Have I ever missed Mass on a Holy Day of Obligation.
4. Honour your father and your mother so that you may live long and flourish.
 - Do I disobey my parents?
 - Do I fail to respect them?
 - Do I swear at them?
 - Am I ashamed of them?
 - Do I let them know I love them?
 - Do I lie to them?
 - Do I steal from them?
 - Am I obeying and honouring those in place of my parents, such as teachers and principals?
 - Do I skip class?
 - Do I lie to my teachers?
 - Do I swear at them?
5. You shall not kill.
 - Am I killing myself by taking illegal drugs, such as marijuana?
 - Abusing alcohol?
 - Have I had an abortion?
 - Have I ever counselled anyone to have an abortion?
 - Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?
 - Have I used abortifacient contraceptives or encouraged anyone to do so?
 - Have I sterilized myself in any way or encouraged anyone to do so?
 - Did I participate in or approve of euthanasia or "mercy-killing"?

- Have I murdered anyone's reputation by deliberately spreading rumours or keeping rumours alive by passing them on?
 - Do I nurse anger against anyone?
 - Hold a grudge?
 - Refuse to forgive another?
 - Have I cursed anyone?
6. You shall not commit adultery.
- Have I ever watched pornography either on the Internet or through some other media?
 - Have I ever freely and deliberately entertained impure thoughts?
 - Have I been sexually active outside of Marriage?
 - Am I modest in dress?
7. You shall not steal.
- Do I steal from my parents?
 - Do I steal from friends?
 - Have I ever stolen from a stranger?
 - Have I stolen any property from a store?
 - In other words, have I ever taken what rightfully belongs to another?
 - Do I gamble excessively?
 - Do I seek to share what I have with the poor and needy?
8. You shall not bear false witness against your neighbour.
- Am I a liar?
 - Am I guilty of detraction, that is, making known the faults of others?
 - Am I guilty of slander, that is, spreading lies about someone?
 - Do I gossip about others?
 - Do I reveal information that should be confidential?
 - Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?
9. & 10. You shall not envy your neighbour's wife and goods.
- Am I envious of others?
 - Do I wish that others be deprived of the goods or talents that are theirs?
 - Am I jealous of others?
 - Do I harbour unforgiveness and grudges against others?
 - Am I a resentful person?
 - Do I put down others?

Notes:

Guide to Confession: When you enter the confessional, start by:

1. **Making the Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit, Amen.
2. **Say “Bless me Father for I have sinned; It has been _____ since my last confession.”**
3. **Tell priest your sins.**
4. **Listen to advise and what penance he wants you to do.**
5. **Say Act of Contrition when instructed by Priest:** My God, I am sorry for my sins with all of my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God have mercy. Amen.
6. **Wait for Absolution (Priest says)** God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit.
7. **Priest will tell you to “Go in Peace”. Say ‘Amen’ and leave confessional, making sure to leave the door open when you exit.**

Possible Prayers for Penance:

The Lord’s Prayer/Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

The Hail Mary

Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

Lesson 7: A Pilgrim Church

Opening Prayer: [Begin and end with the Sign of the Cross]

Pour out Your Spirit upon us Oh Lord; Strengthen Your Church to be a force for good in the world. Amen.

1. Intro:

The Catholic Church is not a building or a business or just another organization. The Church is a community, made up of people. It is both human (thereby, not perfect) and divine (guided by the Holy Spirit who has promised never to abandon us). It is through the Church that Jesus can continue His mission of sharing the Good News of God’s love in the world.

2. Watch and Learn:

9.1 The early Church: <https://www.dynamiccatholic.com/confirmation/decision-point-session-9-1.html>

When we live Agape Love, we are respecting the dignity of every human person. Love always means to *will the good of another*; this is drastically different than doing what someone else wants. When we truly love, sometimes it means saying no, or standing up to others in a loving way.

Yours are the Hands: <https://www.youtube.com/watch?v=OaFk7nIPmMU>

3. Explore: Agape Brainstorm

The needs of people in the world have changed somewhat since the Church began; The Second Vatican Council helped the church respond to the needs of today’s world. However, the way to help people is still the same – through the radical Agape Love that Jesus taught.

Church shows Agape by:	I can show Agape by:

4. Ending Prayer:

At Mass each week we pray for the specific intentions; Write down 3 things that you want to pray for this week, and pray for them each day!

Lesson 8: To Love God Above All

Opening Prayer: [Begin and end with the Sign of the Cross]

Lord, help us to love you with all our hearts, and all our minds, and with all our soul. Amen

1. Intro:

We talked last week about how we can change the world though Agape Love. You may have heard that Jesus said "You shall love your neighbor as yourself." So before we can love our neighbors, we have to make sure we are loving ourselves (doing things that are good for us). Before we can make the world right, we need to get ourselves right.

Read p. 102-104. What are your priorities (things that are important to you)?

2. Watch and Learn:

10. 0. If you get the man right... <https://www.dynamiccatholic.com/confirmation/decision-point-session-10-0.html>

3. Explore: Complete the table below on the First 3 Commandments. What can you do in each of these areas this week in order to get yourselves right?

Commandment:	How I can live it out:
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. Ending Prayer: [Begin and end with the Sign of the Cross]

Pray the Divine Praises prayer shown on p. 108 of your textbook. This is a prayer of blessing and adoration, where we praise God who made us and recognize that He is the source of all that is good.

