

Lesson 15 – Being Virtuous

Grade 7 - Chapter 15

MAIN OBJECTIVE

We are called to strive for what is right, just, holy, and gracious.

QUICK SESSION

OVERVIEW

STEP 1 - WELCOME

STEP 2 - INVITE

STEP 3 - DISCOVER

STEP 4 - LIVE

STEP 5 - CLOSING

HELPFUL HINT OF THE DAY

Always Address the “so what?” Question

- The tradition, doctrines, scripture and heritage we possess sit in a vacuum if they are not connected with real life experiences
- There is always a “why” behind each teaching of the Faith
- These are the most important things to explain to our youth because that is when true learning happens. They are able to connect it with a reason instead of just being told what to do
- Don't pass up opportunities to address these questions. If left unanswered, the lesson will be forgotten by the kids by the time they get into the car to go home!
- If you don't the “why” behind a teaching, just ask! None of us are perfect to have each answer but that's why we are called to community with those around to help each of us learn more.

STEP 1 - WELCOME

TIP

Community Activity

STEP 2 - INVITE

TIP

Say Prayer to St. Michael

- **Recite the prayer and read the Scripture passage.**
 - **How do we “put on love”?**
 - **How can the virtues help us become the people God created us to be?**

STEP 3 - DISCOVER

TIP

- **Read and discuss “Getting Started”**
 - **Use the activity to discuss about virtues**
 - **Come up with a definition of “virtuous” and present it to the class**
 - **Use “Identify” section to discuss practical examples**
 - **Watch: Your Choices Matter - DECISION POINT 1.1 (6:53 min)**
 - <https://www.youtube.com/watch?v=YK06JrqkVGc>
 - **Discuss how we are called to make virtuous choices each day**
- **Read and discuss “Good and Holy”**
 - **Use “Define and Describe” section**
 - **Activity Master 15: My Truest and Best Self**
- **Read and discuss “Moral Virtues”**
 - **Use “Name and Explain” section**
- **Read and discuss “A Life of Virtue”**
 - **Use the “In Summary” to wrap up about what has been discussed**
 - **Watch: Fr. Mike Schmitz - Consistency Will Make You Holy (7:15 min)** <https://www.youtube.com/watch?v=XSgRWMGsME4>
 - **Discuss how consistency relates to living virtuously**

STEP 4 – LIVE

TIP

Our Catholic Life

- **Read and discuss more about how living virtues are habits**

People of Faith

- **Read and discuss about Saint Margaret Ward**

“Identify” section

STEP 5 – CLOSING

TIP

Pray the Memorare together:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

Name _____

Date _____

My Truest and Best Self

"Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things" (Philippians 4:8).

It's time to be honest and "think about these things."

1. Describe your true self.

2. Describe what is honorable about you.

3. When have you been a just person?

4. What about you is pure?

5. What about you is lovely?

6. When have you been gracious to somebody?

7. What about you is worthy of praise?
