

# Grade 8 - Lesson 4

St. Michael the Archangel Parish

## Proclamation:

*Every Christian is called to holiness, but because of concupiscence man faces many obstacles in answering this call. The capital sins are major obstacles in our path to holiness, and we must learn to recognize and avoid them.*



## Catechetical Points

- The Cardinal Virtues: Prudence, Justice, Temperance, and Courage
- The Theological Virtues: Faith, Hope, and Charity (Love)
- The Moral Virtues: Humility, Generosity, Chastity, Meekness, Moderation, Kindness, and Diligence
- The Seven Deadly Sins: Pride, Greed, Lust, Anger, Gluttony, Envy, and Sloth

## Materials

- YouTube (Please bring your own laptop or tablet)
  - Wi-Fi: StMichaelGuest
  - Password: 6084375348
    - The Story of Fatima by Corey Payton.  
<https://youtu.be/RQyyMU8kNAI>
    - The Cardinal Virtues pt. 1: Prudence by The Christophers  
<https://youtu.be/8AR19NAqYU0>
    - The Cardinal Virtues pt. 2: Justice by The Christophers  
<https://youtu.be/3PK7JTEPH7s>
    - The Cardinal Virtues pt. 3: Temperance by The Christophers  
<https://youtu.be/F2DKY1B-QNQ>
    - The Cardinal Virtues pt. 4: Courage by The Christophers  
[https://youtu.be/4-UC\\_c00Jjk](https://youtu.be/4-UC_c00Jjk)

## Before class starts:

- Students who arrive early can play Train Wreck with students from the other grades.

[5 min] **Opening Prayer**

- Ask the teens if there is anything they would like to pray for.
- Pray **the Prayer of Fatima** (Student Text p. 186 / Teacher's Manual p. 351)

[5 min] **Icebreaker Question**

- **What book, movie or video have you seen/read recently you would recommend? Why?**

[10 min] **The Story of Fatima**

- Our Lady appeared to 3 shepherd children in Portugal 100 years ago. She brought a message of the "Peace plan from heaven", which calls of us to live a life of conversion, prayer, and penance.
- Watch **The Story of Fatima** by Corey Payton.
- <https://youtu.be/RQyyMU8kNAI>
- Stop the video after **5:32**.
- Some notes on Fatima:
  - Mary predicted the spread of atheism throughout the world, which would begin in communist Russia a few months later. She also warned about World War II years before it happened.
  - The children at Fatima saw a vision of hell, and Mary explained that many people lose their souls because not enough people pray for the conversion of sinners and make sacrifices for them.
  - Mary first appeared to the children on May 13th, 1917, and she told them that she would perform a miracle exactly 5 months later, so on October 13th, 1917, over 70,000 people gathered at Fatima and witnessed the miracle of the sun, in which the sun gave off many different colors and started moving around in the sky. Even atheist journalists wrote about the miracle in Portuguese newspapers.
- **What should we do in order to live out the message of Fatima in our own lives?**

[10 min] **The Universal Call to Holiness** (p. 97)

- **What does it mean to be a saint?**
- Read the first 2 paragraphs on page 97 in the student text (p. 153 in the teacher's manual).

- Each of us is called to become a saint here on earth. But because of Original Sin, we are drawn to making bad choices. This inclination to sin is called concupiscence.
- Even though we each have this tendency towards sin, each of us also has the desire to become holy written in our hearts. When we choose good over evil, we receive God's grace and we also grow in happiness.
- **Do you want to be happy? What makes you happy? How can we experience lasting happiness?**
- **Can you think of a time that doing something good brought you happiness?**

[15 min] **The Cardinal Virtues** (p. 103)

- As we strive to become holy, it's important to acquire good habits (virtues). Even before Christ came, the ancient philosophers talked about the 4 Cardinal Virtues. The word "Cardinal" means "hinge", because these four virtues are central to living a holy life.
- Watch **The Cardinal Virtues pt. 1: Prudence** by The Christophers  
<https://youtu.be/8AR19NAqYU0>
- **What is another word for prudence?** *wisdom*
- Read the paragraph on Prudence on page 103 in the student text (p. 166 in the teacher's manual)
- **Why is prudence so important?**
- **Can you think of a character in a movie or TV show who acts with prudence?** Have the students talk in pairs if they can't come up with any ideas.
- Watch **The Cardinal Virtues pt. 2: Justice** by The Christophers  
<https://youtu.be/3PK7JTEPH7s>
- **What does it mean to give others what is due to them?** *Give others what they deserve,*
- **Why does each person have human dignity and deserve respect?**
- Read the paragraph on Justice on p. 103.
- **Can you think of a character in a movie or TV show who acts with justice?**

- Watch **The Cardinal Virtues pt. 3: Temperance** by The Christophers  
<https://youtu.be/F2DKY1B-QNQ>
- **What does temperance mean?** *Living in moderation.*
- **How does the virtue of temperance help us become holy?**
- Read the paragraph on temperance on pages 103-104.
- **Can you think of a character who acts with temperance?**
  
- Watch **The Cardinal Virtues pt. 4: Courage** by The Christophers  
[https://youtu.be/4-UC\\_c00JJk](https://youtu.be/4-UC_c00JJk)
- **What are ways to have courage in your life?**
- Read the paragraph on courage on p. 103.
- **Can you think of a character who acts with courage?**

[20 min] **The Moral Virtues**

- The **Seven Deadly sins** are Pride, Greed, Lust, Anger, Gluttony, Envy, and Sloth
- Each of these vices (bad habits) can be overcome by practicing the opposite virtue.
- These virtues (good habits) are called the **Moral Virtues**. Besides the Cardinal Virtues, the other moral virtues are: Humility, Generosity (Liberality), Chastity, Meekness, Moderation (and Sobriety), Brotherly Love (Kindness), and Diligence.
- Write this list on the board:
  - Pride - Humility
  - Greed - Generosity (Liberality)
  - Lust - Chastity
  - Anger - Meekness
  - Gluttony - Moderation / Sobriety
  - Envy - Brotherly Love (Kindness)
  - Sloth - Diligence
- Have the class divide into groups and choose a vice and its opposite virtue. First, the group should read the corresponding paragraph on page 104 in the student text, then each group should prepare a **short skit** to demonstrate both the vice and the virtue.
- After each group has had enough time to prepare, have the teens present their skit to the rest of the class.

- If the students enjoyed making skits and time permits, let them choose another pair of virtues and vices to perform another skit.

[10 min] **The Theological Virtues**

- Unlike the Cardinal and other Moral Virtues, the 3 Theological Virtues are *supernatural* virtues, rather than *natural*, and they aren't acquired by forming good habits. Rather, we receive these 3 virtues at Baptism when we first receive the state of sanctifying grace.
- The Theological Virtues are Faith, Hope, and Charity (Love).
- Read the 3 paragraphs on these virtues on p. 105 in the student text.
- **How can these virtues help you in your life?**

[1 min] **Closing Prayer**

- Pray **the Act of Faith, the Act of Hope, and the Act of Love** (Student Text p. 181-182 / Teacher's Manual p. 350)