

Being Virtuous

Preparation for the Session

This session has parts that will take place at different times. You will gather with your child for Part 1: Invite. Your child will then work independently on Part 2: Discover, and you will read that section of the chapter on your own as well. Finally, you will come together again later in the week for Part 3 to review and complete the In Summary & Live section.

Parents, Consider This: *Sit for a minute and recall that day in the hospital when you first held your son or daughter. When you looked at that tiny face filled with possibilities, what did you imagine for him/her? What kind of life did you dream of? Happiness and success are two things that might come to mind. Most parents long for their child to be a good person, but the world may confuse us about the nature of goodness. As Catholics we have a blueprint for goodness. We believe that God is goodness itself. He sent his Son to teach us, in our brokenness, how to live good and holy lives. God makes us capable of goodness (Theological Virtues), and then gives us the grace to grow in virtue. As a faith-filled parent, you have an opportunity to show your child how the virtues can help guide her/his emotions and conduct.*

Children at This Age: *While you can see the physical changes taking place in your son/daughter's body at this age, his/her emotional life is also developing. The need to be loved outside of the love he/she experiences in your family life fuels both his/her friendships and budding sexual interest. As your child grows as a sexual being, it is important that he/she sees modeled a respect for the gift of sexuality. Discussions about the importance of both modesty and chastity are critical. The culture is "teaching" all the time. Silence is not neutral. When you are silent, the culture is your child's only teacher. Remember that your voice is still the one that means the most.*

In this chapter, your child will cover the following objectives:

- Examine how the virtues can help us make good moral decisions
- Identify the Theological Virtues as gifts from God that help us believe in him, trust in his plan for us, and love him as he loves us
- Explain the relationship between the Cardinal Virtues and other moral virtues
- Explore the roles of modesty and chastity in our lives
- Examine how sins against the Eighth Commandment damage our integrity and character as they oppose the virtue of truth

PART 1: Invite

Turn to Page 235,
Being Virtuous

Make sure you have a Bible, writing tools for both of you, and some paper.

Find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



Let Us Pray Together make the Sign of the Cross. Have your child take the role of leader and read aloud the prayer. Both of you respond with the part marked “All.”

Explain that virtues are the foundation for living a holy life.

Say: God is the source of our faith, hope, and love. Let’s listen to today’s Scripture reading for what God’s Word has to say about living a virtuous life.



Guide your child through the Preparing for God’s Word ritual you learned in the Introduction Session.

- Proclaim the Scripture in the Parchment Paper box on the page.
- Maintain several moments of silence.
- *Ask:* What did you hear God say to you today?

Invite your child to respond and also share what you heard.

Say: God gave us many gifts that enable us to act as his faithful disciples. We are going to discover how our relationship with Jesus affects the choices we make. There are some very important issues to reflect on in this chapter. I want you to listen with both your mind and your heart.

Now, look at the *Have you ever thought...* box.

Invite your child to respond to the questions found in the box in the Student Book, also listed here:

- How do we “put on love”? (**This is another way of saying that love is the source of all our attitudes, words, and actions.**)
- How can the virtues help us to become the people God created us to be? (**Virtues are both gifts and guides that God gave us to help us live good lives.**)

Ask what else your son/daughter might wonder about God’s Word and what it means to us today.

Turn to Page 236,
Getting Started

Read the first paragraph and the directions in the box above the charts.

Have your child fill in what he/she can. Discuss his/her answers. Do not be concerned if your child's answers seem inadequate. These are difficult concepts to grasp, but the exercise will help you to know how much your child knows and how much he/she learns by the end of the lesson.

Preview the Catholic Faith Words at the top of the page. Ask your child what she/he thinks the words mean. The definitions can be found in the glossary at the end of the Student Book.

Turn to Page 237

Direct your child to review the instructions and complete the activity on page 237. When he/she is finished, listen to his/her response and add the good habits you see that were not mentioned or the good habits you would like to see him/her develop and share why.

PART 2: Discover

Direct your child to independently complete pages 238–243. Have him/her highlight the main sentence in each paragraph while reading through the text. This includes completing all on-page activities. Ask your child to write any questions he/she might have about a Catholic Faith Word in the margins of the text. You can review these when you gather again to complete the session.

Be sure to read these pages as well. Doing so will give you insight into chapter topics and will help you engage your child in later discussions.

PART 3: In Summary & Live

Turn to Page 243,
In Summary

When you return, review the “In Summary/Catholics Believe” section. Read each bullet and ask your child to rephrase it in his/her own words.

Turn to Page 244

Direct your daughter/son to silently read Our Catholic Life.

Parents, Consider This: *One of the greatest mysteries of our faith is that God will not force anything upon us, not even his love. By its definition, love requires the freedom to choose. You have the great power and obligation to influence your child's free will. In your own faith life as well as his/hers, virtue requires strengthening. It is something we must pay attention to and focus upon. In the virtue of chastity, for instance, do you believe that it is possible for someone to remain a virgin until they are married? If the voices of our culture have made you believe that chastity is impossible, then God is asking something of us that we cannot do. Would God do that? Never! He has given us all we need to do his will. God is good, and he made us capable of goodness. It is our choice to follow his will. Teaching your child how to practice the virtues in a disciplined way will fill his/her life with meaning and joy.*

Ask your child to read the story of Saint Margaret Ward in the People of Faith box. Discuss Saint Margaret's courage, and recall some of the people today who witness to their faith with their lives.

Have your child complete the scales in the Identify activity, except for the last one. When she/he is finished with the first four scales, share where you believe she/he is on each scale and point to practices or the lack of them that caused you to choose that number. If you have the courage, ask your child to do the same for you after you complete the scale for yourself. Finally, look at the last scale and ask your child to define *abstinence*. Discuss with her/him why this is a virtue and share your belief that she/he is capable of living that life because God asks us to do so.

Conclude the session by praying the Hail, Holy Queen on Page 384.



To access and send an eAssessment to your child, go to the Student & Family section of aliveinchrist.osv.com.