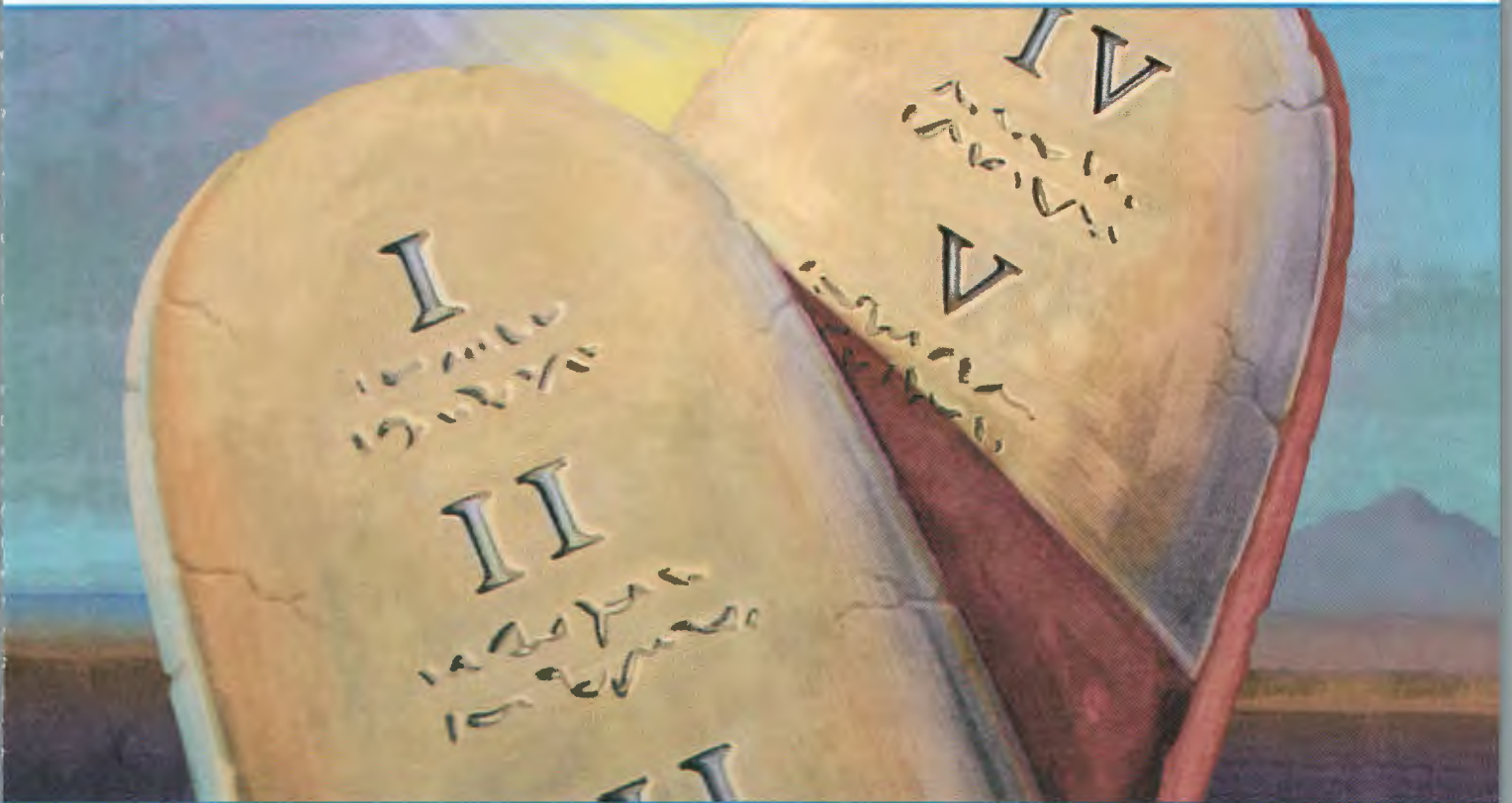


# ALIVE IN CHRIST

GRADE 4

The Moral Life

[aliveinchrist.osv.com](http://aliveinchrist.osv.com)



**OurSundayVisitor**

# Models of Virtue

## Let Us Pray

**Leader:** We know your name, O Lord. It is  
*Holy, Holy, Holy.*

“I, the LORD, am your God. You shall make  
and keep yourselves holy, because I am holy.”

**Leviticus 11:44**

**All:** We are your namesakes, O Lord. Help us live up  
to our name. Amen.

## Scripture

You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. **Matthew 5:14–16**

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### What Do You Wonder?

- How are you the light of the world?
- Why do people sometimes hide their gifts and talents?

## Holy Ones of God

### Who models faith for us?

The Church honors certain people whose lives showed others how to do God's will. These models of faith and virtue lived holy lives. To be holy is to be unique and pure, set apart for God and his purposes. These people helped God bring his Reign into the world more fully. Through the process of **canonization**, the Church names each of these people a **Saint**. The second step in the process of canonization is **beatification**. Here is the story of one Saint.

### *Saint Catherine of Siena*

Catherine wanted to serve God through quiet prayer. But Catherine's world was full of problems. God called her to make a difference.

Catherine lived long ago in Siena, Italy. She was very wise and used words well. Although unusual for a woman of her time, Catherine made public speeches and taught priests. She also cared for the sick and those in prison.

### Catholic Faith Words

**canonization** a declaration by the Pope naming a person a Saint. Canonized Saints have special feast days or memorials in the Church's calendar.

**Saint** a person whom the Church declares has led a holy life and is enjoying eternal life with God in Heaven

**beatification** the second step in the process of becoming a Saint, in which a venerable person is recognized by the Church as having brought about a miracle through his or her prayers of intercession



Catherine spoke out against injustice. She helped leaders in the Church make peace with one another. For a time, she lived in Rome and served as an adviser to the Pope. Christians learn from Catherine that every member of the Church can make a difference.

Catherine's students called her "Mother" and "Teacher." She has been named a Doctor of the Church, which is an honor that means she is one of the great teachers in our Church. Even though she had no formal education, her writings and teachings have been very influential in the Church.

Catherine of Siena is also a canonized Saint of the Catholic Church. This means that the Church has officially declared that she led a holy life and is enjoying eternal life with God in Heaven.



➔ **What are some reasons people admire Catherine?**

## Share Your Faith

**Reflect** Name two reasons Saint Catherine is a model of faith for you.

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**Share** Discuss your reasons with a group.

## Model of Holiness

### How is Mary a model of holiness?

There are many Saints, but **Mary** is the perfect model of holiness. God chose Mary to be the mother of Jesus. After Mary said “yes” to being the Mother of God’s Son, she visited her cousin Elizabeth. Here is how Mary described her joy at the great blessing God had given her.

### Catholic Faith Words

**Mary** the Mother of Jesus, the Mother of God. She is also called “Our Lady” because she is our mother and the Mother of the Church.

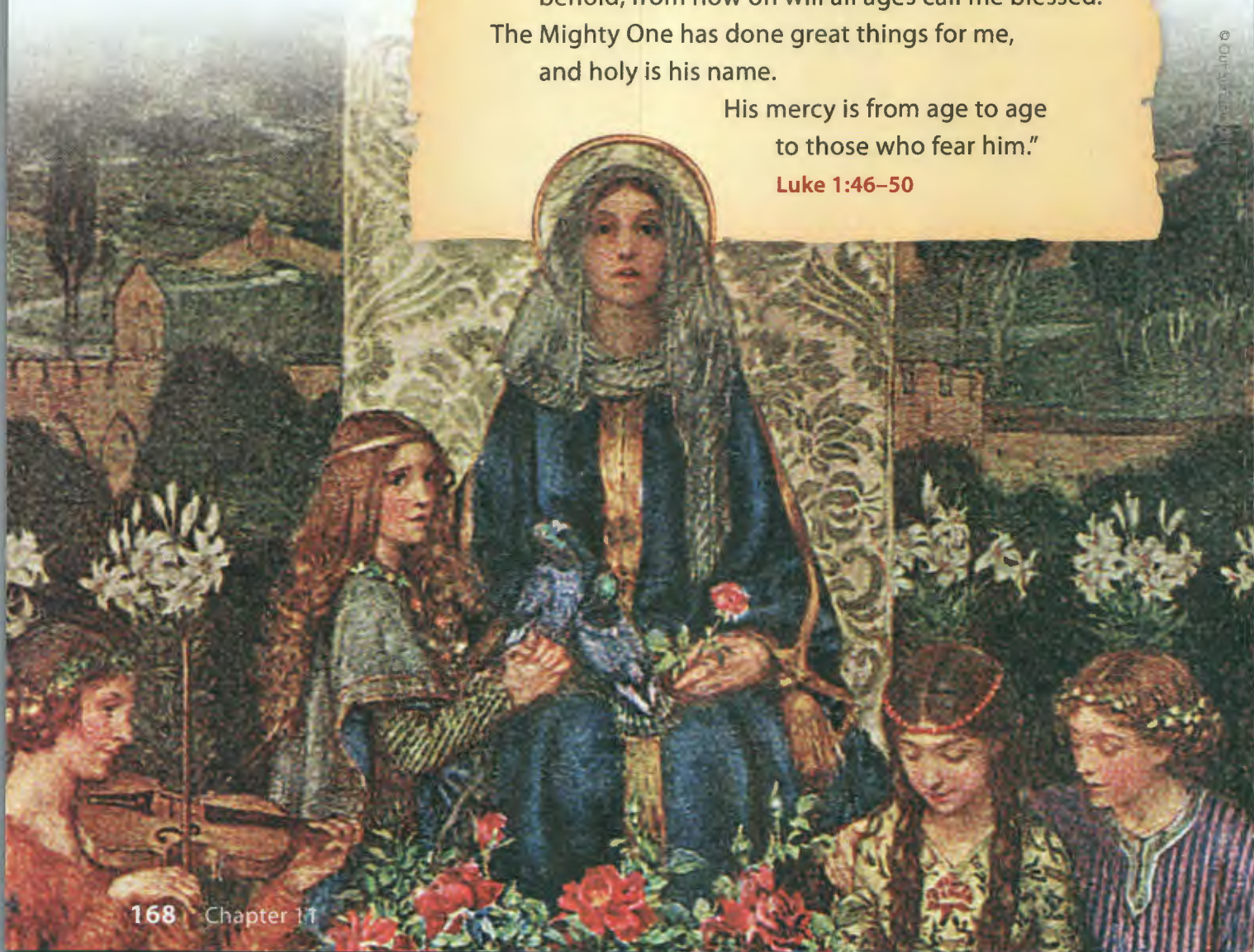
### Scripture

#### The Canticle of Mary

“My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my savior.  
For he has looked upon his handmaid’s lowliness;  
behold, from now on will all ages call me blessed.  
The Mighty One has done great things for me,  
and holy is his name.

His mercy is from age to age  
to those who fear him.”

**Luke 1:46–50**



## Your Will Be Done

God created Mary full of grace. He preserved her from sin from the very first moment of her conception. The Catholic Church calls this gift from God Mary's **Immaculate Conception**.

The word *immaculate* means spotless and clean—without sin. The word *conception* means the very moment when a person's life begins. The Church celebrates the Immaculate Conception of Mary on December 8.

Part of holiness is being able to accept and do the things that God asks. Mary accepted God's will throughout her life. Mary cared for and protected Jesus when he was a child. She stood by him all through his life. She was strong enough to be with him when he was crucified.

After Jesus ascended into Heaven, Mary remained on Earth with Jesus' followers. She was there at Pentecost when the Holy Spirit came. Mary is called the Mother of the Church because she holds her Son's followers close to her heart. She remains an example of love and faith for all.

## A Guide for You

When you were baptized, you may have received the name of one of the Saints. This person is your **patron Saint**—your model of faith who prays for you from Heaven. You walk in the footsteps of your Saint and continue his or her good works in the way you live.

### Connect Your Faith

**Model of Holiness** With a partner, discuss three qualities of Saints that you want to model.

## Catholic Faith Words

**Immaculate Conception** the truth that God kept Mary free from sin from the first moment of her life

**patron Saint** a Saint who has a particular connection to a cause, place, type of work, or person. For example, if a person or city shares the name of a Saint, that Saint is a patron.



Circle the ways in which Mary is the perfect model of holiness.



## Our Catholic Life

### How can you follow the example of the Saints?

The Church honors Saints from around the world. They have lived holy lives, and many of them have done brave things to spread God's Word. You may think that you cannot be like them until you are older, but all of the Saints were your age once. Some Saints acted heroically at a young age.

You can do things now. To spread God's loving message to others, you must first allow God's love to grow within you. To do so, keep in mind the following steps.



In the boxes, write a D for things you are doing, a G for things you are growing in, and a Q for things you have questions about.

### Following the Saints

#### Keep Your Eyes on Jesus

Read in the Bible about Jesus' life. When you face a problem, ask yourself how Jesus would act in that situation. Make Jesus number one in your choices and thoughts.

#### Read About the Lives of the Saints

Think about how these holy men and women chose to love God above everything else. Try to follow their examples of holiness.

#### Make Good Decisions

Follow the Ten Commandments, Jesus' Great Commandment, and the Beatitudes. Avoid sin whenever temptation appears.

# People of Faith

## Saint Bernadette, 1844–1879

April 16

Saint Bernadette Soubirous came from a very poor French family. She helped her family by herding sheep. One day, she saw a vision of a beautiful young woman. Over the next five months, she saw the woman seventeen more times. The woman led her to a spring of healing water. When Bernadette asked her who she was, the lady said she was "The Immaculate Conception." People then knew that Bernadette was seeing Mary, the Mother of Jesus. Today, people still go to the spring at Lourdes and pray for healing.



**Discuss:** What do you know about the Immaculate Conception?



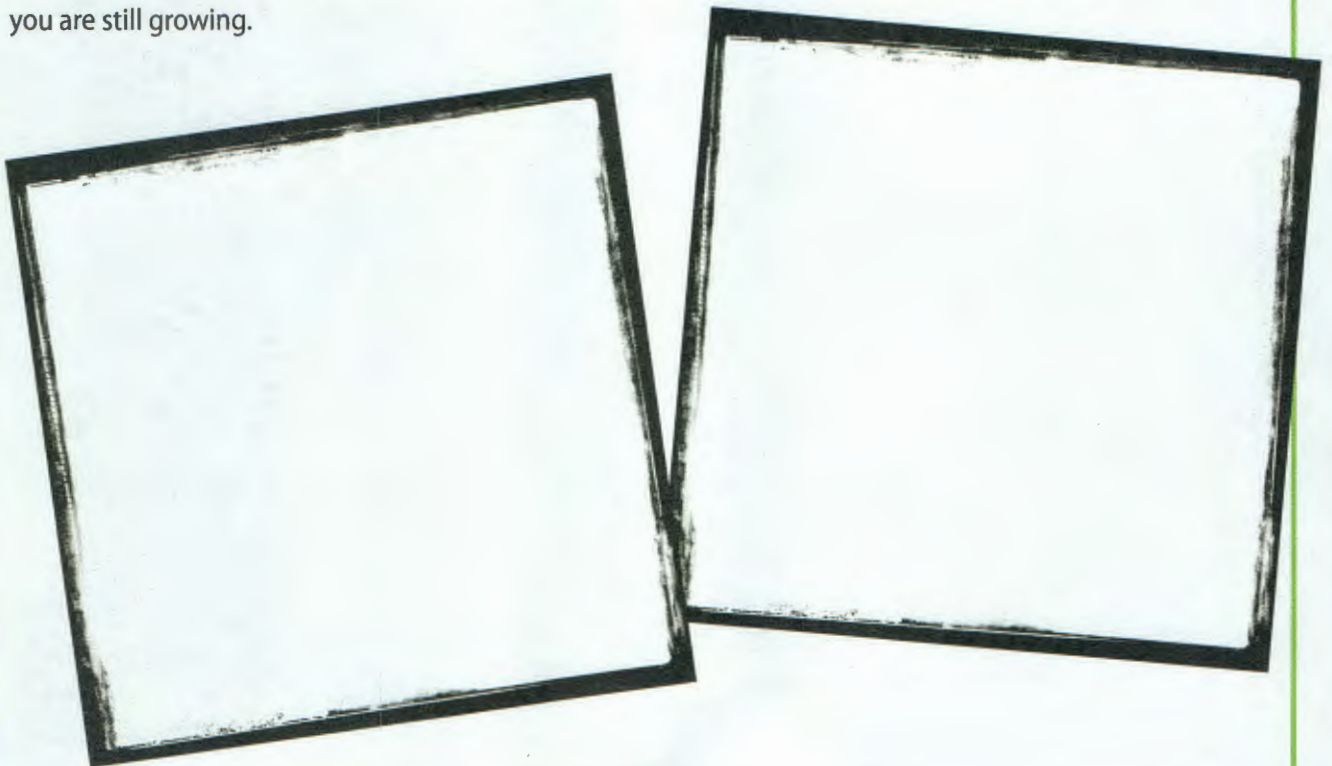
Learn more about Saint Bernadette at [aliveinchrist.osv.com](http://aliveinchrist.osv.com)

## Live Your Faith

**Name** one way you can show how you are growing in holiness.

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**Create** two snapshots of yourself that show ways in which you are still growing.





 Let Us Pray

## Litany of the Saints

A litany is a prayer with one line that is meant to be repeated over and over again so that those praying are caught up in the prayer itself.

Gather and begin with the Sign of the Cross.

**Leader:** Respond with *Pray for us* after each Saint's name.

**Reader 1:** Holy Mary, Mother of God


**All:** Pray for us.

**Reader 2:** Saint Michael,  
 Saint John the Baptist,  
 Saint Joseph,  
 Saints Peter and Paul,  
 Saint Mary Magdalene,  
 Saint Stephen,  
 Saint Agnes,  
 Saint Gregory,  
 Saint Francis,  
 Saint Dominic,  
 Saint Catherine,  
 Saint Teresa,  
 Saints Perpetua and Felicity,  
 Saint Martin,

**Leader:** Let us pray.

Bow your heads as the leader prays.

**All:** Amen.


 Sing "Immaculate Mary"



## YOUR CHILD LEARNED >>>

This chapter teaches that Saints are people whom the Church declares have lived holy lives and are now with God in Heaven.

### Scripture

 Read **Matthew 5:14–16** to find out how living a life of holiness can light the way for others.

### Catholics Believe

- The Church's holiness shines in the Saints. All who live their love of God are Saints.
- Mary is the perfect model of holiness, and she is called the Mother of the Church.

To learn more, go to the *Catechism of the Catholic Church* #828–829, 963, 967–970 at [usccb.org](http://usccb.org).

### People of Faith

This week, your child learned about Saint Bernadette of Lourdes, to whom the Virgin Mary appeared.

## CHILDREN AT THIS AGE >>>

**How They Understand the Saints** Your child is probably very interested in stories about the Saints. It is especially intriguing for children this age to hear about Saints who were young or who acted heroically in challenging circumstances. Your child can also understand that the Saints were not perfect, but they allowed God to use them and to form them into what he called them to be.



## CONSIDER THIS >>>

Who in your life is open to God's will like Mary?

Saints are ordinary people who live extraordinarily faith-filled lives. Mary's willingness to obey God makes her the perfect model. As Catholics, we know that Mary "occupies a place in the Church which is the highest after Christ and yet very close to us" (*Lumen Gentium*, 54). When God calls Mary to be the Mother of his Son, she consents with deep faith and trust. She is the first and greatest of the disciples (*Based on USCCA p. 143*).

## LET'S TALK >>>

- Ask your child to explain why Mary is the perfect model of holiness.
- Share a story about a Saint who means a lot to you or talk about ways your family can honor the Saints.

## LET'S PRAY >>>



Immaculate Mary, keep us safe under your protection. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

# Chapter 11 Review

**A Work with Words** Complete each sentence with the correct word from the Word Bank.

1. Catherine of Siena was named a Doctor of the Church because of her \_\_\_\_\_.
2. Immaculate Conception is the teaching that recognizes that God \_\_\_\_\_ Mary from sin from the first moment of her life.
3. \_\_\_\_\_ is the second step in the process of a person being canonized a Saint.
4. Mary felt great joy at being chosen by God to be the \_\_\_\_\_ of his Son.
5. A Saint is recognized by the Church for living a \_\_\_\_\_ life and is in Heaven with God.

## Word Bank

Beatification

holy

Mother

preserved

wisdom

**B Check Understanding** Respond briefly to the following questions.

6. What does it mean to be a canonized Saint of the Catholic Church?

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7. What makes Mary the perfect model of holiness?

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8. What did Catherine of Siena speak out against?

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9. What is a patron Saint?

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10. What can you learn from reading about the lives of Saints?

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