

ALIVE IN CHRIST

GRADE 5

The Seven Sacraments

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Our Sunday Visitor

A Life of Virtue

Let Us Pray

Leader: God, show us the way to follow your will.

“Let us choose what is right;
let us determine among ourselves what is
good.” **Job 34:4**

All: God of goodness and love, help us do good things
as you are good. Amen.

Scripture

“You have been told, O mortal, what is good,
and what the LORD requires of you:
Only to do justice and to love goodness,
and to walk humbly with your God.”

Micah 6:8

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What Do You Wonder?

- What virtues can help us “walk humbly” with God?
- How can following the Great Commandment help us “love goodness”?

The Way to Goodness

What does Jesus teach about following God's Commandments?

Knowing how to be your best self and how to do good is not always easy. Often you need to ask for advice or learn from the examples of others. In Jesus' time, a special group of people called scribes studied the Law of God and helped others understand what God wanted them to do. It was not unusual for Jesus to meet with scribes and join in their debate about points of God's Law. Scribes concerned themselves with minor as well as major matters. We learn from the following story about one particular scribe who asked Jesus a very important question.

Catholic Faith Words

Cardinal Virtues the four principal moral virtues—prudence, temperance, justice, and fortitude—that help us live as children of God and from which the other moral virtues flow. We strengthen these good habits through God's grace and our own efforts.

Scripture

The Greatest Commandment

One of the scribes, when he came forward and heard them disputing and saw how well [Jesus] had answered them, asked him, "Which is the first of all the commandments?" Jesus replied, "The first is this: 'Hear, O Israel! The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

The scribe said to him, "Well said, teacher. You are right in saying, 'He is One and there is no other than he.' And 'to love him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself' is worth more than all burnt offerings and sacrifices." And when Jesus saw that [he] answered with understanding, he said to him, "You are not far from the kingdom of God." **Mark 12:28-34**



➔ How do you keep these two Commandments in your own life?

Worship That Pleases God

In Jesus' time, religious people thought that it was important to worship God with burnt offerings and sacrifices. But Jesus praised the scribe, who understood that a person who shows love for God and neighbor by doing good makes an even greater act of worship.

The first step is understanding that God wants you to love him and love your neighbor. The next step is putting that understanding to work in everyday life. Learning to do this is a lifelong process. You will need to practice. Just as physical exercise builds the strength of your body, so the exercise of doing good builds virtue.

The four **Cardinal Virtues** are central to becoming a good person. They provide a foundation for moral living.



1. Write a P next to each virtue you practice.
2. Write an R next to a virtue you need to work on, and ask God's help in practicing it.

The Cardinal Virtues

Prudence is knowing what is right and good and choosing it. Prudence helps you be practical and make correct decisions on what is morally good, with the help of the Holy Spirit and a well-formed conscience.

Temperance is keeping a balance in life. Temperance helps you use moderation, be disciplined, and have self-control.

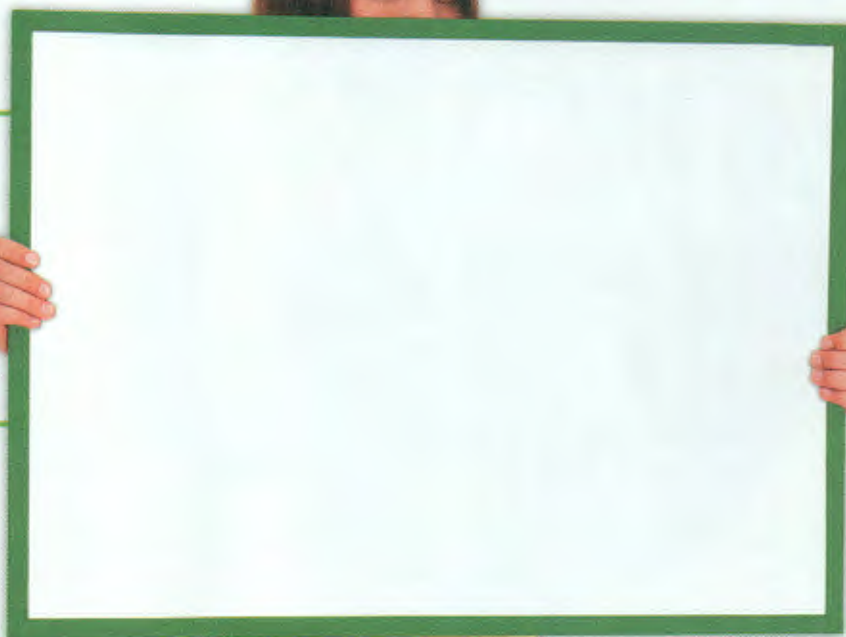
Justice is giving to God and to each person their due. Justice helps you build up the community by respecting rights and promoting the common good.

Fortitude is showing courage, especially in the face of evil. Fortitude gives you strength to get through difficult times and helps you not give up when doing good.

Share Your Faith

Reflect Illustrate one way in which the people in your group or family practice a Cardinal Virtue.

Share Explain your illustration to a partner.



Living the Cardinal Virtues

How does living the Cardinal Virtues show love for God and others?

Virtues are habits that help you live according to your conscience; they strengthen your ability to know right from wrong. All of the virtues help you act for good. When you do good, you become the

person God wants you to be.

Practicing virtue, or living a morally good life, is a way to praise God—but it is also a challenge. We often see ways to be and act that are not the Christian way. Consider the challenges to virtuous living that these young people face. Imagine what you would do in these situations.

With Justice for All

“See the new kid over there?” one of his school friends asked Miguel. “Well, he isn’t like us—he sounds funny when he talks. Let’s get the other guys and gang up on him. He deserves it.” Miguel paused before responding.

➔ What response would show that Miguel knows about the virtue of justice?



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A Prudent Choice?

Jill and Kenzie were in the mall. Kenzie wanted a new bracelet, but she didn’t have the money for it. “So just take it,” Jill said. “No one will see you.”

“But that’s stealing,” Kenzie replied.

“Not really,” returned Jill. “They overcharge for this stuff, anyway.”

➔ How could the virtue of prudence help Kenzie decide to do the right thing?

It Takes Courage

“Move your arm, Phan,” Ty whispered. “I can’t see your answers.” During recess, Ty had pressured Phan to let him cheat during the test. Phan had not wanted to refuse in front of the other fifth-grade boys who were listening. They would all call him chicken if he did not go along with Ty.

➔ If you were Phan, what would you do to show the virtue of courage?



Out of Balance

Marisol loved her new computer. She spent hours emailing her friends and playing games online. One day her little sister asked, “Why don’t you ever play with me anymore?” Then their mother gently reminded Marisol of some unfinished projects and chores.

➔ If you were Marisol, how could you practice temperance?

Connect Your Faith

Write Your Own Story Think of a short problem story in which someone has an opportunity to practice one of the four Cardinal Virtues. Outline your story in the space below. Then read it aloud and pose a question to the group.

Our Catholic Life

How do you decide what is right and wrong?

Every day you make choices about how to behave. People of faith can turn to the teachings of Jesus and the Church for help in making choices between what is morally right and wrong.



1. Think of a bad decision someone your age might make. Circle which one of the steps below that might have been missed.
2. Think of a good decision you have made. Place a check mark by the steps you followed.

Decision Making Tips

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Remember that you are a child of God. You are not alone in making this decision. |
| <input type="checkbox"/> | Draw upon what you have learned at home, at school, and at church about right and wrong, or good and bad behavior. Understand that your decision will be a good one if it is made in agreement with God's Commandments, Jesus' Great Commandment, and the teachings of the Church. |
| <input type="checkbox"/> | Listen to what your conscience tells you when you have to decide what is right. The Holy Spirit will guide you in forming your conscience. |
| <input type="checkbox"/> | Pray to the Holy Spirit for help in doing what your conscience tells you is right. |
| <input type="checkbox"/> | Focus on your motive—why you want to do one thing or the other. Pay attention to your feelings as well as to your thoughts. Both come into play when making decisions. |
| <input type="checkbox"/> | Evaluate the consequences of your decision after you have acted on it. How did your decision affect those with whom you live, play, and go to school? How did your decision help others experience the goodness of God? |



People of Faith

June 22

Saint Thomas More, c. 1477–1535

Sir Thomas More was a lawyer in England with an important job—Lord Chancellor. He was also a special advisor and friend to King Henry VIII. Henry wanted Thomas to say that the king was the head of the Church in England, not the Pope. Thomas couldn't do that. King Henry got so angry at Thomas that he had him beheaded. Thomas knew the meaning of fortitude. He loved God so much he was willing to do the right thing even though he would be killed. He became a Saint and a martyr because he obeyed his conscience.



Discuss: Tell about a time when you followed your conscience even though it was difficult to do.



Learn more about Saint Thomas More at aliveinchrist.osv.com

Live Your Faith

Choose one of the Cardinal Virtues and try to practice it for a week.

Fill in the chart with how you can follow your chosen virtue.

My Chosen Virtue:

Step	How To Follow It
Remember that you are a child of God.	<input type="text"/>
Draw upon what you have learned.	<input type="text"/>
Listen to what your conscience tells you.	<input type="text"/>
Pray to the Holy Spirit.	<input type="text"/>
Focus on your motive.	<input type="text"/>
Evaluate the consequences of your decision.	<input type="text"/>

 Let Us Pray

Psalm of Praise

Gather and begin with the Sign of the Cross.

Leader: God, come to my assistance.

All: Lord, make haste to help me.

Side 1: Happy those whose way is blameless, who walk by the teaching of the Lord.

Side 2: Happy those who observe God's decrees, who seek the Lord with all their heart.

Side 1: May my ways be firm in the observance of your laws!

Side 2: Then I will not be ashamed to ponder all your commands.

All: I will praise you with a sincere heart.

Based on Psalm 119:1-2, 5-7

Reader: A reading from the Letter to the Philippians.

Read Philippians 1:3-6.

The word of the Lord.

All: Thanks be to God.

Leader: Let us pray.

Bow your heads as the leader prays.

All: Amen.



Sing "May God Bless and Keep You"

May God bless and keep you.

May God's face shine on you.

May God be kind to you and give you peace.

Text: Based on Numbers 6:22-27. Text and music © 1988 Christopher Walker.

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YOUR CHILD LEARNED >>>

This chapter explains the Great Commandment and Cardinal Virtues and their role in a person's decision-making process.

Scripture



Read **Micah 6:8** to find out what the Lord requires of you.

Catholics Believe

- The Great Commandment states that you should love the Lord, your God, with all your heart, soul, and mind.
- The Cardinal Virtues—prudence, temperance, justice, and fortitude—play a central role in helping people lead morally good lives.

To learn more, go to the *Catechism of the Catholic Church* #1805–1809, 2055 at usccb.org.

People of Faith

This week, your child learned about Saint Thomas More, who refused to accept King Henry VIII as the head of the Church. Because he followed his conscience, the king had him beheaded.

CHILDREN AT THIS AGE >>>

How They Understand Moral Behavior Children in fifth grade often understand moral behavior in terms of rules and norms that are agreed upon by a group. For this reason, it is important that they are identifying strongly with the Catholic community, forming friendships with other Catholic children, and cultivating an understanding of how Catholics define “doing good.” The Great Commandment and the Cardinal Virtues are great starting points because they help children identify key values from which other guidelines for behavior may be derived.



CONSIDER THIS >>>

Have you ever seen the damage caused by a tree with weak roots?

In a strong wind or storm, trees with weak root systems can be blown over, roots and all. Like a tree, we need a strong root system, or foundation, to live a spiritually healthy life. The Cardinal Virtues can help us do just that. As Catholics, we understand that “compassion, responsibility, a sense of duty, self-discipline and restraint, honesty, loyalty, friendship, courage, and persistence are examples of desirable virtues for sustaining a moral life” (*USCCA, p. 316*).

LET'S TALK >>>

- Ask your child to explain the Great Commandment.
- Share one way your family lives the Great Commandment.

LET'S PRAY >>>



Saint Thomas More, pray for us that we may follow our conscience and always obey God's laws. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.

Chapter 6 Review

A Check Understanding Fill in the circle next to the choice that best completes each sentence.

1. By doing good, you _____.
 learn to be a scribe
 become your best self
 avoid having to listen to your conscience
2. Loving your neighbor means that you _____.
 remind people to be good to you
 get people to do whatever you want
 care for others and live virtuously
3. Practicing virtue is _____.
 a way to praise God
 a sign that you can't make up your mind
 a Sacrament
4. Avoiding situations that could influence you to make wrong choices is one way you can practice the Cardinal Virtue of _____.
 temperance
 justice
 prudence
5. Virtues are acquired through _____.
 human effort and God's grace
 human effort alone
 God's grace alone

B Make Connections Write a brief response to each statement or question.

6. Give an example of how a student might show temperance on the playing field.

7. How have you been prudent at home or in school?

8. What is the benefit of the Cardinal Virtues?

9. How might justice be part of making a moral decision?

10. Explain the "listen" step in decision making.

