



PART III: CHRISTIAN MORALITY: THE FAITH LIVED, EPISODE XXIII, LIFE IN CHRIST—PART I

INTRODUCTION

“I came that they might have life and have it abundantly.” (John 10:10) These words of Jesus from the Gospel of John are a powerful summary of the Catholic moral vision. All that God proposes to us through Christ and the Church in the moral life is given to us not to be a burden or to take away our freedom, but to give us fullness of human life and love. God, our loving Father wants nothing but what is best for us and that plan is revealed through the moral life. This session will explore the foundations of the Catholic moral vision for authentic life, love, and freedom that can only be found in life in Christ.

STEP 1: OPENING PRAYER

May the God of peace,
who brought up the dead the great shepherd of the sheep
by the blood of the eternal covenant, Jesus our Lord,
furnish you with all that is good, that you may do his will.
May he carry out in you what is pleasing to him through
Jesus Christ, to whom be glory forever [and ever].
Amen.

—Hebrews 13:20-21

STEP 2: WATCH VIDEO: ECHO XXIII

*Play the Echo XXIII video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

How does following the Church's moral teachings make us more human?

How does faith help us to be good?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 23 (pgs. 307-321)

Catechism of the Catholic Church, Paragraphs 1691-2082

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. What are some of the major challenges to a Catholic moral vision that we face today?
Why is the proper formation of conscience so important to the moral life, especially in our culture today?

2. Why is virtue so important to the moral life? Do you strive to grow in virtue in your daily life?

3. Read and reflect on the following quote from St. John Paul II in *Veritatis Splendor*:

In the Book of Genesis we read: “*The Lord God commanded the man, saying, ‘You may eat freely of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die’*” (Gen 2:16-17).

With this imagery, Revelation teaches that the power to decide what is good and what is evil does not belong to man, but to God alone. The man is certainly free, inasmuch as he can understand and accept God’s commands. And he possesses an extremely far-reaching freedom, since he can eat “of every tree of the garden”. But his freedom is not unlimited: it must halt before the “tree of the knowledge of good and evil”, for it is called to accept the moral law given by God. In fact, human freedom finds its authentic and complete fulfilment precisely in the acceptance of that law. God, who alone is good, knows perfectly what is good for man, and by virtue of his very love proposes this good to man in the commandments. (35)

How is the Rosary first and foremost a Christ-centered prayer? How does Mary’s presence and motherly role in the Rosary help us to more effectively become like Christ?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III: CHRISTIAN MORALITY: THE FAITH LIVED, EPISODE XXIV, LIFE IN CHRIST—PART II

INTRODUCTION

“Do unto others as you would have them do unto you. This is the law and the prophets” (Matthew 7:12). This teaching of Jesus is at the very heart of the Church’s social teaching. The Church is the Mother and Teacher of all humanity, and she strives constantly to guide the entire human family towards peace, justice, and human solidarity. Following Catholic social teaching is the responsibility of every Catholic, and Jesus calls us to be his instruments of justice and peace to our broken world. This session will explore the basic foundations of Catholic social teaching and how we are to live out this vision of life and love in our daily lives.

STEP 1: OPENING PRAYER

Act of Hope

O my God,
Relying on your infinite goodness and promises,
I hope to obtain pardon for my sins,
The help of your grace, and life everlasting,
through the merits of Jesus Christ,
my Lord and Redeemer.
Amen.

STEP 2: WATCH VIDEO: ECHO XXIV

*Play the Echo XXIV video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

How does following the moral law make us truly free?

Does every sin have social consequences? Does every sin hurt others?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 24 (pgs. 323-338)

Catechism of the Catholic Church, Paragraphs 1691-2082

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. What is social sin? What are some examples of social sin in our society and what are some of the ways we might respond to this sin?

2. What are the two ways in which we can come to know the moral law? Why does the Church have the authority to teach about morality? What is my disposition to the Church's teachings on morality?

3. Read and reflect on the following quote from St. John Paul II in *Christifideles Laici*:

The inviolability of the person which is a reflection of the absolute inviolability of God, finds its primary and fundamental expression in the inviolability of human life. Above all, the common outcry, which is justly made on behalf of human rights—for example, the right to health, to home, to work, to family, to culture— is false and illusory if the right to life, the most basic and fundamental right and the condition for all other personal rights, is not defended with maximum determination. (38)

Why is the right to life and dignity of the human person at the very heart of Catholic Social Teaching? What are some ways in which you can protect and defend human life and dignity in our current moral and cultural situation?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III: CHRISTIAN MORALITY: THE FAITH LIVED, EPISODE XXV, FIRST COMMANDMENT: BELIEVE IN THE TRUE GOD

INTRODUCTION

“I am the Lord your God, you shall not have any other gods before me.” This is the first command that God gives to us, and it is the first and fundamental reality of our lives—God is God and I am not. This session will explore our relationship with God and our call to live lives of faith, hope, and charity.

STEP 1: OPENING PRAYER

Act of Love

O my God, I love you above all things,
with my whole heart and soul,
because you are all good and worthy of all my love.
I love my neighbor as myself for the love of you.
I forgive all who have injured me,
and I ask pardon of all whom I have injured.

STEP 2: WATCH VIDEO: ECHO XXV

*Play the Echo XXV video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

How do we fall more deeply in love with God?

What are the false gods of our culture today? How do we dethrone them in our own lives?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 25 (pgs. 339-349)

Catechism of the Catholic Church, Paragraphs 2083-2141

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. How are the Ten Commandments more of a “yes” to life and happiness? How do the Ten Commandments actually increase our freedom rather than restrict it?

2. What are the Theological Virtues and how are they so key in living out the Christian life?

3. Read and reflect on the following quote from Saint Augustine:

“You have made us for yourself, O Lord, and our hearts are restless until they find their rest in you.”

In what ways is your heart restless? How can God be the answer to the restlessness that you experience in our lives, especially in our modern culture?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III: CHRISTIAN MORALITY: THE FAITH LIVED, EPISODE XXVI, SECOND COMMANDMENT: REVERENCE GOD'S NAME

INTRODUCTION

“Thou shalt not use the Lord’s name in vain.” The second commandment calls us act and live reverently, and to always respect the name of the Lord. This session will explore that there is more to this commandment than just using the Lord’s name in vain—it is living lives of piety and with a healthy fear of the Lord.

STEP 1: OPENING PRAYER

The Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints. Amen.

STEP 2: WATCH VIDEO: ECHO XXVI

*Play the Echo XXVI video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

There are many different names for God and Jesus in the Bible. Which ones appeal to you?

How can our speech glorify God?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 26 (pgs. 351-359)

Catechism of the Catholic Church, Paragraphs 2014-2167

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. What are some of the things that the second commandment forbid? How does this commandment call us to virtue and holiness?

2. Two gifts of the Holy Spirit help us to faithfully live out this commandment—piety and fear of the Lord. In what ways do you need to grow in exercising these gifts?

3. Read and reflect on the following quote from the *Catechism of the Catholic Church*:

“But the one name that contains everything is the one that the Son of God received in his incarnation: JESUS...The divine name may not be spoken by human lips, but by assuming our humanity The Word of God hands it over to us and we can invoke it: “Jesus,” “YHWH saves.” The name “Jesus” contains all: God and man and the whole economy of creation and salvation. To pray “Jesus” is to invoke him and to call him within us. His name is the only one that contains the presence it signifies. Jesus is the Risen One, and whoever invokes the name of Jesus is welcoming the Son of God who loved him and who gave himself up for him.” (2666)

In what ways can you more often invoke the name of Jesus in our lives? How can you help others to know the power of the name of Jesus?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXVII, THIRD COMMANDMENT: REVERENCE GOD'S NAME

INTRODUCTION

“Remember the Sabbath day – keep it holy. Six days you may labor and do all your work, but the seventh day is a sabbath of the Lord, your God” (Ex 20:8). The Third Commandment is a counter-cultural command: amid the daily pressures of life, we are to deliberately set apart the Lord’s Day as a day for rest and worship. This session will explore how our lives as Christians should be changed forever by the astonishing, singular event of history: the Resurrection of the Lord on Easter Sunday.

STEP 1: OPENING PRAYER

Psalm 95:1–4; 6

Come, let us sing joyfully to the Lord;
Cry out to the rock of our salvation.
Let us greet him with a song of praise,
Joyfully sing out our psalms.
For the Lord is the great God,
The great king over all gods,
Whose hand holds the depths of the earth;
Who owns the tops of the mountains...
Enter, let us bow down in worship;
Let us kneel before the Lord who made us.

STEP 2: WATCH VIDEO ECHO XXVII

*Play the Echo XXVII video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.*

STEP 3: VIDEO REFLECTION QUESTIONS

How do you keep the Lord's Day?

How can we renew our joy in and commitment to the risen Christ?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 27, pp. 361–371
Catechism of the Catholic Church, 2168–2195

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. Read and reflect on the following quote from St. John Chrysostom, quoted by the *Catechism of the Catholic Church*:

“You cannot pray at home as at church, where there is a great multitude, where exclamations are cried out to God as from one great heart, and where there is something more: the union of minds, the accord of souls, the bond of charity, the prayers of the priests.” (2666)

Why do you think that God, through the Church, obliges the faithful to attend Mass every Sunday rather than simply spending personal time in prayer at home?

2. As the Catechism illustrates, true leisure is more than just an absence of work; it is a time to “cultivate familial, cultural, social, and religious lives” (CCC 2184). Why do you think that spending time on these things is so important for Christians?

3. Prayer, leisure, and service are to be the foundation of the Christian's practice of keeping the Lord's Day. Other than Mass attendance, what is one thing you can do to ensure that Sunday is different than the rest of the week?

STEP 6: CLOSING PRAYER

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXVIII, FOURTH COMMANDMENT: STRENGTHEN YOUR FAMILY

INTRODUCTION

“Honor your father and your mother” (Exodus 20:12). With this commandment, the Lord revealed the importance and great dignity of family life. The family, which is an icon of the Trinity, is designed to be our first experience of love, and, as the domestic Church, the family teaches us how to make a loving and joyful gift of self to others. This session will explore the purpose of family life in the plan of God.

STEP 1: OPENING PRAYER

A Blessing by Parents for Their Children

Father,
Inexhaustible source of life and author of all good,
We bless and we thank you
For brightening our communion of love
by our gift of children.
Grant that our children will find
in the life of this family such inspiration
That they will strive always for what is right and good
And one day, by your grace,
Reach their home in heaven.
Amen.

– *Book of Blessings*, no. 190

STEP 2: WATCH VIDEO ECHO XXVIII

*Play the Echo XXVIII video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.*

STEP 3: VIDEO REFLECTION QUESTIONS

What does it really mean to honor our father and mother?

Why is it sometimes harder to love our families than other people?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 28, pp. 373–385
Catechism of the Catholic Church, 2196–2257

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. The family is the most fundamental community that makes up all of society.
What are some ways that families can positively impact society, and that society can protect the dignity of the family?

2. Bl. Pope Paul VI reflected on the life of Jesus, growing up with his parents in Nazareth:

“Nazareth is the school in which we begin to understand the life of Jesus. It is the school of the Gospel. Here we learn to observe, to listen, to meditate, and to penetrate the profound and mysterious meaning of that simple, humble, and lovely manifestation of the Son of God. And perhaps we learn almost imperceptibly to imitate Him.” (USCCA, pp. 383–384)

What do you think God teaches us about the daily joys and struggles of family life through the example of Jesus's quiet childhood in Nazareth?

3. Read and reflect on the following quote from the United States Catholic Catechism for Adults:

“The Christian family forms an environment within which faith is professed and witnessed. When family members pray together, engage in lifelong learning, forgive one another, serve each other, welcome others, affirm and celebrate life, and bring justice and mercy to the community, they help each other live the faith and grow in faith. Some families may not understand themselves as a domestic church. Perhaps they consider themselves too broken to be used for the Lord’s purposes. They need to remember that a family is not holy because it is perfect, but because God’s grace is at work in it.” (p. 376)

How does family life, even when it is full of human weaknesses and failures, communicate the love of God? How has your experience of family life, even when broken, revealed God’s love to you personally?

STEP 6: CLOSING PRAYER

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXIX, FIFTH COMMANDMENT: PROMOTE THE CULTURE OF LIFE

INTRODUCTION

“You shall not kill” (Exodus 20:13). In the Incarnation, Christ assumed human nature and gave an incredible dignity to humanity. This incredible dignity must be defended in every stage and circumstance. Poverty, abortion, war, capital punishment, euthanasia, abuse, and any other degrading condition for the human person must be heroically opposed. This session will explore the ways that we, as Christians, can build up a culture of life amid a society of increasing moral confusion.

STEP 1: OPENING PRAYER

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
Where there is doubt, faith;
where there is despair, hope;
Where there is darkness, light;
and where there is sadness, joy.
Grant that I may not so much seek to be consoled as to console,
To be understood as to understand, to be loved as to love;
For it is in giving that we receive,
it is in pardoning that we are pardoned,
And it is in dying that we are born to eternal life.
– attributed to St. Francis of Assisi

STEP 2: WATCH VIDEO ECHO XXIX

*Play the Echo XXIX video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.*

STEP 3: VIDEO REFLECTION QUESTIONS

How does Jesus restore and enhance the dignity of the human person?

What can you do to build a culture of life?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, pp. 387–402
Catechism of the Catholic Church, 2258–2330

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. What are some underlying factors or attitudes in our society that contribute to a culture of death, and how can we withstand and counter them?

2. What is one thing you or your family can do to better protect the dignity of each human person in your daily life?

3. Read and reflect on the following quote from the *United States Catholic Catechism for Adults*:

“Where God is denied, and people live as though he did not exist, or his commandments are not taken into account, the dignity of the human person and the inviolability of human life also end up being rejected or compromised.” (USCCA, p. 390)

As an increasing number of friends and family members begin to live as though God did not exist, what can you do to be a witness of the dignity of human life to them?

STEP 6: CLOSING PRAYER

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXX, SIXTH COMMANDMENT: MARITAL FIDELITY

INTRODUCTION

“You shall not commit adultery” (Exodus 20:14). In post-modern society, many find that the Church’s teachings on love, sexuality, and marriage are some of the most difficult aspects of the moral life to understand and live well. Much of modern culture is impacted by a spirit of selfishness and individualism; in contrast, to make a free, total, faithful, and fruitful gift of one’s self in marriage is a radical witness of God’s plan of authentic love. This session will explore the central role of marriage and sexuality in God’s saving plan for the world.

STEP 1: OPENING PRAYER

Father,
to reveal the plan of your love,
you made the union of husband and wife
an image of the covenant between you and your people.
In the fulfillment of this sacrament,
the marriage of Christian man and woman,
is a sign of the marriage between Christ and the Church.

– *From the Nuptial Blessing*

STEP 2: WATCH VIDEO ECHO XXX

*Play the Echo XXX video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.*

STEP 3: VIDEO REFLECTION QUESTIONS

How does the gift of our sexuality share in God's desire to love, create, and share life?

How can we strengthen marriages, whether our own or those of people we know and love?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, pp. 403–416
Catechism of the Catholic Church, 2331–2400

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. Bishop Hying said in the video that married love, when it is lived out as God intends it, “heals and saves the world.” In your experience, how does it do this?

2. If someone asked you, “When is the Church going to update its archaic teachings about sexuality?” how would you respond?

3. Read and reflect on the following quote from the *Catechism of the Catholic Church*:

“Chastity includes an apprenticeship in self-mastery which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy.” (2339)

What are the consequences of a failure to learn self-mastery, and why do you think this virtue is so necessary in married life?

STEP 6: CLOSING PRAYER

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXXI SEVENTH COMMANDMENT: DO NOT STEAL – ACT JUSTLY

INTRODUCTION

“You shall not steal” (Exodus 20:15). By the Incarnation, Jesus Christ not only took on humanity, but impacted every sphere of human life with the Gospel. The goal of the Church’s social teaching is to bring about a just society that honors the dignity of each person and ensures that human rights are protected and human responsibilities are met. This session will explore the ways that the familial, political, social, and economic spheres of society are impacted by the Gospel.

STEP 1: OPENING PRAYER

Father,
we honor the heart of your Son,
broken by our cruelty,
yet the symbol of love’s triumph,
pledge of all that we are called to be.
Teach us to see Christ in the lives we touch
and to offer him living worship
by love-filled service to our brothers and sisters.
We ask this through Christ, our Lord.
– *Concluding Prayer,*
Consecration to the Sacred Heart of Jesus,
St. Margaret Mary Alacoque

STEP 2: WATCH VIDEO ECHO XXXI

Play the Echo XXXI video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.

STEP 3: VIDEO REFLECTION QUESTIONS

Do we see possessions and money as gifts to be shared or power to be hoarded?

How do the saints teach us to be detached from all things?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, pp. 417–428
Catechism of the Catholic Church, 2401–2463

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. Why is the life and dignity of the human person the foundation of all Catholic Social Teaching?

2. If someone asked you, “Why should the Church get involved in the political or economic sphere?” how would you respond?

3. Read and reflect on the following quote from St. John Chrysostom, as quoted in the *United States Catholic Catechism for Adults*:

“Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are theirs, not ours.” (p. 425)

What does it mean for Christians to have a preferential option for the poor?

STEP 6: CLOSING PRAYER

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXXII EIGHTH COMMANDMENT: TELL THE TRUTH

INTRODUCTION

“You shall not bear false witness against your neighbor”(Exodus 20:16). Living in the truth is an essential aspect of our human dignity. To our modern culture, truth has become malleable and relative, but in reality, we are made to hear and speak the truth in love. This session will explore the consoling and challenging command to live in the truth.

STEP 1: OPENING PRAYER

Blessing of Centers of Social Communication

Lord God Almighty, we humbly praise you,
for you enlighten and inspire
those who by probing the powers implanted in creation
develop the work of your hands in wonderful ways.
Look with favor on your servants
who use the technology discovered by long research.
Enable them to communicate truth,
to foster love, to uphold justice and right,
and to provide enjoyment.
Let them promote and support that people between peoples
which Christ the Lord brought from heaven,
for he lives and reigns for ever and ever.
Amen.

– *Book of Blessings* (1990), no. 830.

STEP 2: WATCH VIDEO ECHO XXXII

*Play the Echo XXXII video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.*

STEP 3: VIDEO REFLECTION QUESTIONS

Why is it important to always hold love and the truth together?

What obstacles in my life may prevent me from fully accepting the truth of Christ?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, pp. 429–438
Catechism of the Catholic Church, 2464–2513

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. Bishop Hying said that love without truth becomes sentimental and sappy; truth without love becomes harsh, and judgmental, and rigid; but when you put the two together, you have the firepower of the Gospel. When was one time that someone spoke truth to you, and was it an experience of God's love?

2. In a culture saturated with relativism, which is the belief that no objective truth exists, how would you respond to someone who questioned your belief in the truth?

3. Read and reflect on the following quote from Pope Benedict XVI, as quoted in the *United States Catholic Catechism for Adults*:

“Lies have devastating effects... We need but think of the events of the past century, when aberrant ideological and political systems willfully twisted the truth and brought about the exploitation and murder of an appalling number of men and women, wiping out entire families and communities. After experiences like these, how can we fail to be seriously concerned about lies in our own time, lie which are the framework for menacing scenarios of death in many parts of the world. Any authentic search for peace must begin with the realization that the problem of truth and untruth is the concern of every man and woman; it is decisive for the peaceful future of our planet.” (p. 435)

Why do you think it often feels easy to justify our personal lies, despite the devastating consequences of lies to our relationships, societies, and the world?

STEP 6: CLOSING PRAYER

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXXIII, NINTH COMMANDMENT: PRACTICE PURITY OF HEART

INTRODUCTION

“You shall not covet your neighbor’s wife” (Exodus 20:17). The Ninth Commandment teaches us to live with purity of heart. We live in a world that is deeply corrupted by lust and sin, where human persons are often used as objects to fulfill selfish desires. God presents us with a glorious alternative: purity of heart. We were created to live with integrity, humility, goodness, and modesty, which allow us to properly order our relationships according to God’s plan. In this study, we will explore how Jesus Christ allows us to experience true purity of heart.

STEP 1: OPENING PRAYER

Prayer for Purity of Body and Mind

Lord, set aflame my heart and my entire being
with the fire of the Holy Spirit,
that I may serve you with a chaste body and pure mind.
Through Christ our Lord.
Amen.

– *Daily Roman Missal*

STEP 2: WATCH VIDEO ECHO XXXIII

*Play the Echo XXXIII video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.*

STEP 3: VIDEO REFLECTION QUESTIONS

What obstacles in your spiritual path block your free and complete love of God and others?

How is gratitude the best antidote to jealousy?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, pp. 439–446
Catechism of the Catholic Church, 2514–2533

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

- 1. Have you met someone or heard a story of someone who lives with purity of heart? What qualities of this person's life make them so admirable?**

- 2. In the opening prayer of this study, taken from the Daily Roman Missal, we prayed that we would be set aflame with the fire of the Holy Spirit so that we may live in chastity and purity. How does our culture typically see purity? How does the image of the Holy Spirit's fire of purity contrast with those false perceptions?**

3. Read and reflect on the following quote from the *United States Catholic Catechism for Adults*:

“The Apostles encountered moral challenges every bit as awesome as ours. Faced with his own struggles, St. Paul appeared discouraged when he said, ‘Miserable one that I am! Who will deliver me from this mortal body?’ In the same breath he praised God as he gave the answer: ‘Jesus Christ our Lord!’” (page 443)

What do these verses, which articulate St. Paul’s struggle to conquer his vices, teach us about the journey of the spiritual life?

STEP 6: CLOSING PRAYER

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



PART III. CHRISTIAN MORALITY: THE FAITH LIVED EPISODE XXXIV, TENTH COMMANDMENT: EMBRACE POVERTY OF SPIRIT

INTRODUCTION

“You shall not covet your neighbor’s goods” (see Exodus 20:17) The Tenth Commandment inspires us to reject jealousy, selfishness, or greed in every form, and to love and give extravagantly. The generosity to which we are called is not simply the result of a disciplined detachment from material goods. In fact, generosity of time, talent, and treasure is a response to the love of Christ that we have received, a love that holds nothing back and keeps no good thing from us. When we embrace poverty of spirit, we are more free to see our whole lives as gifts that are meant to be freely and lovingly shared with others.

STEP 1: OPENING PRAYER

Prayer of a Poor Man (Canticle of the Sun)

Most high, all powerful, all good Lord!
All praise is yours, all glory, all honor, and all blessing.
To you, alone, Most High, do they belong.
No mortal lips are worthy to pronounce your name.
Be praised, my Lord, through all your creatures,
especially through my lord Brother Sun, who brings the day;
and you give light through him.
And he is beautiful and radiant in all his splendor!
Of you, Most High, he bears the likeness.
Be praised, my Lord, through Sister Moon and the stars;
in the heavens you have made them, precious and beautiful.
Be praised, my Lord, through Brothers Wind and Air,
and clouds and storms, and all the weather,
through which you give your creatures sustenance.

Be praised, my Lord, through Sister Water;
she is very useful, and humble, and precious, and pure.
Be praised, my Lord, through Brother Fire,
through whom you brighten the night.
He is beautiful and cheerful, and powerful and strong.
Be praised, my Lord, through our sister Mother Earth,
who feeds us and rules us,
and produces various fruits with colored flowers and herbs.
Be praised, my Lord, through those who forgive for love of you;
through those who endure sickness and trial.
Happy those who endure in peace,
for by you, Most High, they will be crowned.
Be praised, my Lord, through our Sister Bodily Death,
from whose embrace no living person can escape.
Woe to those who die in mortal sin!
Happy those she finds doing your most holy will.
The second death can do no harm to them.
Praise and bless my Lord, and give thanks,
and serve him with great humility.

– St. Francis of Assisi

STEP 2: WATCH VIDEO ECHO XXXIV

*Play the Echo XXXIV video segment, which will last about 5 minutes.
At the end of the segment, discuss the following questions.*

STEP 3: VIDEO REFLECTION QUESTIONS

Why is voluntary poverty so significant in the lives of many saints?

How should a Christian relate to material possessions?

STEP 4: READ AND STUDY

*United States Catholic Catechism for Adults, pp. 447–457
Catechism of the Catholic Church, 2534–2557*

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. The temptation to act in jealousy, envy, and selfishness is a constant threat to poverty of spirit. What practical steps can you take when you are tempted in this way?

2. Read and reflect on the following quote from the *Catechism of the Catholic Church*:

“Abandonment to the providence of the Father in heaven frees us from anxiety about tomorrow. Trust in God is a preparation for the blessedness of the poor. They shall see God.” (CCC 2547)

Why is complete trust in God necessary for the virtue of generosity to flourish?
How do we increase our trust in God?

3. Contrary to popular belief, the Bible does not list money as the root of all evil, but “love of money is the root of all evils” (1 Tm 6:10). How does an overattachment to money limit our capacity to love God?

STEP 6: CLOSING PRAYER

Glory Be

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and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.