

Session 1: Life in Christ Part 1
ESS 106: Foundations in the Life in Christ
USCCA Chapter 23

Date: ____/____/____

Name: _____

1. The third pillar of the United States Catholic Catechism for Adults concerns the living of Christian morality.
 - a. The Creed presents to us the _____ of God's plan of salvation and the invitation to _____ to God in faith.
 - b. The Sacraments give us the _____ to live the life to which God calls us.
 - c. The moral life, aided by the grace of the sacraments, makes it possible to _____ a life of faith.

2. The fundamental principle of the moral life is that every person is created in the image and likeness of God.
 - a. Being made in the image and likeness of God protects the _____ of each person.
 - b. God has given every person an _____.
 - c. Living a moral life is difficult because of Original Sin.
 - i. Our intellects have been _____.
 - ii. Our will has been _____.
 - iii. We have _____.
 - d. Human imperfections _____ extinguish the image of God in each person.
 - e. Only _____ life bears the image and likeness of God.

3. Human beings are free, able to say 'yes' to God.
 - a. Human beings are _____ to choose for God or against Him.
 - b. The best way to grow in freedom is to develop the _____ of doing good.

4. The morality of an action is determined by the following sources.

- a. The _____ itself.
- b. The _____ of the person acting.
- c. The _____ surrounding the action.

5. Sin is an offense against God and neighbor.

- a. Sin is an _____ against reason, truth, and right conscience.
- b. Sins are elevated according to the gravity or seriousness, as either:
 - i. _____ sins, that destroy divine life in us.
 - ii. _____ sins, that weaken divine life in us.
- c. The three conditions for a mortal sin are:
 - i. The action itself must be serious, _____ evil.
 - ii. We must have _____ about the gravity of the action.
 - iii. We must have _____, the full desire to do the action.
- d. If we are cognizant of having committed a mortal sin, it must be _____ in the Sacrament of Confession prior to receiving the Eucharist.
- e. God stands willing to forgive all sins and share His _____ with us; on our part, we must be willing to confess our sins.

6. Conscience helps us to recognize the morality of an action.

- a. Our conscience resides in our _____ core and is given to us by God.
- b. A healthy, good conscience is formed over one's _____ life.
- c. We are _____ to form our conscience according to objective moral standards.
- d. A conscience not formed can _____ in its understanding of truth.
- e. We are to _____ follow a certain conscience.

f. A conscience that makes erroneous judgments must be _____, if at all possible.

7. A virtue is a habitual and firm disposition to do the good.

a. Virtue supports good moral behavior, controls our passions, and helps us avoid sin.

b. Cardinal virtues, available to all people, are habits of doing good. They are _____, _____, _____ and _____.

c. The theological, or God-given, virtues are _____, _____ and _____. They are made available to us in the Sacrament of Baptism and help us to live Christ-like lives in union with the Trinity.

d. The seven _____ (or capital) sins are pride, avarice or greed, envy, anger, lust, gluttony and sloth or laziness.

For Further Study:

- Catechism of the Catholic Church #CCC #1691-2082
- Scriptural Foundations: Matthew 5:3-12; Matthew 19:16-22; 1 John 5:16-17.

Session 2: Life in Christ Part 2
ESS 106: Foundations in the Life in Christ
USCCA Chapter 24

Date: ____/____/____

Name: _____

1. Human beings are created by God as social beings who establish and live in community.
 - a. ' _____ ' refers to the connection between all people, leading to a dedication to social justice.
 - b. Christ calls us to love our neighbour, which includes a commitment to social justice and respect for the dignity of _____ person.
 - c. Governments and social institutions are to _____ and _____ the dignity of the human person.
 - d. Authority in the human community comes from God and is to be used for the _____, the "sum total of social conditions which allow people, either as groups or individuals, to reach their fulfillment more fully and easily (CCC #1924)."
 - e. The common good is supported through _____, the principle that "a community of a higher order should not interfere in the internal life of a community of a lower order, depriving the latter of its functions, but rather should support it in case of need and help to co-ordinate its activity with the activities of the rest of society, always with a view to the common good (CCC #1883)."
 - f. _____ individual, along with social institutions, is called to respect the dignity of every human being.
 - g. Social justice is based on the attitude that we should see the other person as _____.
2. God's eternal law, written in our human nature and revealed in His Word, helps us to order all things rightly for the purpose of God's plan of salvation.
 - a. The Natural Law:
 - i. Is written on the heart of _____ person.
 - ii. "Expresses the original moral sense which enables man to discern by _____ the good and evil, the truth and the lie (CCC#1954)."
 - iii. Demonstrates our human dignity and is the foundation of basic human

_____ and _____.

iv. Is expressed in the _____.

v. Applies to _____ people in all places and at all times.

vi. Is _____.

b. While the Ten Commandments are holy, we need God's _____ to fulfill them.

c. In the Sermon on the Mount, Jesus shows us that keeping the moral law involves _____ and love, not just external actions.

3. 'Justification' means to be forgiven of our sins and to become holy, or sanctified.

a. _____ merited justification for us.

b. Justification is a work of the _____, first bestowed on us in Baptism and is a participation in the divine life.

c. Grace:

i. Is God's _____ in us.

ii. Perfects our freedom, ordering or directing us to _____.

iii. Precedes, prepares and elicits the _____ response of the person.

iv. Can be _____, given to us in the baptism to make us holy.

v. Can be _____, given to us at particular interventions from God to help us in the work of becoming holy.

4. The Church, as our Mother and Teacher, assists us in living the moral life of Christ.

a. In matters of faith and morals, the Church speaks with the _____ voice of _____.

b. The teaching authority, or magisterium, of the Church is exercised by the pope and _____ in _____ with the pope.

5. The precepts of the Church are “rules set in the context of a moral life, bound to and nourished by the liturgical life.”

- a. You shall attend Mass on _____ and Holy Days of _____.
- b. You shall confess your sins at least _____ a year.
- c. You shall receive the Sacrament of the Eucharist at least during the _____ Season.
- d. You shall observe the prescribed days of _____ and _____.
- e. You shall help to provide for the _____ of the Church.

For Further Study:

- Catechism of the Catholic Church #1691-2082
- Scriptural Foundations: Exodus 20:3-17; Matthew 5:17-19; Matthew 7:12; Luke 10:16.

Session 3: The First Commandment
ESS 106: Foundations in the Life in Christ
USCCA Chapter 25

Date: ____/____/____

Name: _____

1. The Ten Commandments are laws revealed to us by God to guide the morality of our actions. These Commandments work together with:
 - a. _____, God's life in us, which helps us to reject temptation and sin and which leads us to growth in holiness.
 - b. Theological and Cardinal _____, which develop in us habits for holiness and goodness.
 - c. The reception of the _____, which give us God's grace.
2. The first three Commandments address our relationship with God; the last seven concern our relationship with each other.
3. "The First Commandments calls us to have faith in the true God, to hope in him, and to love him fully with mind, heart, and will (USCCA p. 341.)"
 - a. The First Commandment is the _____ for all the Commandments.
 - b. Through Divine _____, God _____ us at every moment of the day to Himself.
 - c. The virtue of religion, related to the virtue of justice, is the virtue of _____
_____, which is our entire lives and worship of Him.
4. The theological virtues, which help us to love God above anything else, are:
 - a. _____. Faith is a personal response to the Lord's Revelation of his holiness, love, beauty and transcendence. Sins against faith include:
 - i. Hesitancy to believe
 - ii. Heresy
 - iii. Apostasy
 - iv. Schism
 - b. _____. Hope fills us with the confidence that God is guiding us towards eternal life. Sins against hope include:

- i. Presumption
 - ii. Despair
- c. _____. Love is the desire for the good for the other, the love Jesus had for us on the Cross. Sins against love include:
 - i. Indifference
 - ii. Ingratitude
 - iii. Lukewarmness
 - iv. Spiritual Sloth
 - v. Hatred of God

5. Other sins against the First Commandment include:

- a. _____, the worship of false gods.
- b. _____, the denial of God's existence.
- c. _____, the claim that nothing can be known about God.

6. Just as Moses reacted to God with awe, we are called to respond to the Lord's holiness through conversion.

For Further Study:

- Catechism of the Catholic Church #2083-2141.
- Scriptural Foundations: Exodus 20:2-3; Deuteronomy 6:4-5.

Session 4: The Second Commandment
ESS 106: Foundations in the Life in Christ
USCCA Chapter 26

Date: ____/____/____

Name: _____

1. God's name is holy.
 - a. God's name is revealed to Moses in Exodus 3:14 as "_____"
 - b. His name was so holy to the Hebrew people that they did _____ speak it.
 - c. God's name, like every name, conveys the _____ of His very being.

2. The Second Commandment calls us to holiness of thought and speech. It:
 - a. Calls us to _____ God and know the difference between Creator and creature.
 - b. Calls us to _____ with God, who became Incarnate in Jesus.
 - c. Recalls our _____, in which we are baptized in the _____ of the Trinity (Father, Son and Holy Spirit).

3. The Second Commandment forbids the wrong use of God's name, including:
 - a. _____, using the name of God, of our Lord Jesus, of the Blessed Virgin Mary and the Saints in an offensive manner.
 - b. _____ language.
 - c. Taking a _____ and committing perjury.
 - d. Using God's name to _____ acts.

For Further Study:

- Catechism of the Catholic Church #2142-2167.
- Scriptural Foundations: Exodus 20:7; Exodus 3:14.

Session 5: The Third Commandment
ESS 106: Foundations in the Life in Christ
USCCA Chapter 27

Date: ____/____/____

Name: _____

1. The Third Commandment calls us to keep the Sabbath holy. The Sabbath:
 - a. Was part of creation and was understood in the Bible as a day of _____
_____ with God.
 - b. Was a day that was primarily dedicated to _____ of God, and secondarily to _____ from work and relaxation with one's family.

2. Because of the Resurrection of Christ, Sunday is the day of Christian Sabbath.
 - a. The Christian Sabbath, _____, continues the themes of worship and rest.
 - b. We are obliged to make Sunday holy through participation in the _____.
 - c. We are called to make Sunday a day of _____.
 - d. The Sunday celebration of the Eucharist is the extension of the celebration of _____ throughout the year.
 - e. Our active participation in the Sunday Eucharist calls us to pour out _____ and _____ to God.

3. The heart of Sunday is the celebration of the Holy Eucharist.
 - a. The Sunday Eucharist must be the _____ religious exercise of the week.
 - b. The _____ is the ordinary setting for Sunday worship.

4. Sunday is a time for rest and relaxation.
 - a. We should make time for meals, conversation and activities that deepen _____ life.

- b. We should _____ making _____ demands on others that would hinder them from participating in the Lord's Day.
- c. We are to set aside sufficient time for _____ on Sunday.

For Further Study:

- Catechism of the Catholic Church #2168-2195.
- Scriptural Foundations: Exodus 20:8-11; Deuteronomy 5:12.