

A Life of Virtue

Preparation for the Session

Turn to Page 115,
the Family + Faith page.

Read the **Consider This** feature. What thoughts or reactions do you have to the opening question?

In this chapter you will help your child to:

- Discern that showing love for God and neighbor is an act of worship
- Recognize that the Cardinal Virtues help us honor God and live as his children
- Appreciate how virtues strengthen our ability to know right from wrong and help us become the person God made us to be
- Realize that living a morally good life is a way to praise God

Parents, Consider This: *There, perhaps, is no more helpful or beautifully simple passage in the Bible than Micah 6:8, "You have been told... what the LORD requires of you: Only to do justice and to love goodness, and to walk humbly with your God." The next time family life seems to be overwhelming, take a moment to sit quietly and read or recite from memory this verse and allow yourself to become centered in its clear direction for our lives.*

Read these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the lesson.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



Let's Sing: These songs connect the session topics and can be downloaded from aliveinchrist.osv.com.

- May God Bless and Keep You
- Choices

INVITE: Encountering God in His Word

Turn to Page 107,
A Life of Virtue

After gathering the supplies that you will need, 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 Invite your child to make the Sign of the Cross. Read aloud the verse from the book. Help your child to respond.

Ask: How is the right way to live? Today's reading helps us answer the question. It tells us to be fair, always try to do what we believe is right, and do it with a humble heart, trusting in God.



Guide your child through the Preparing for God’s Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God’s Word 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.

Now, look at the *What Do You Wonder?* box.

Say: Jesus teaches us that following God’s Commandments is a matter of loving God and neighbor through a life of doing good. By loving God and neighbor, you become the person God made you to be.

Invite your child to respond to the questions. Prompt what else they might wonder about ways to walk humbly with God and better follow the Great Commandment.

DISCOVER: Learning God’s Truth

Turn to Page 108,
The Way to Goodness

Have your child read silently the opening question and paragraph.

Ask: To whom do you turn when you need advice about doing the right thing? (If your child is unsure of whom those people are, offer some suggestions.)



Proclaim “The Greatest Commandment.”

Discuss how we can keep these two Great Commandments in our everyday life.

Turn to Page 109,
Worship That Pleases God

Have your child read aloud the text.

Point out the highlighted word. Review the definition of **Cardinal Virtues** in the Catholic Faith Words box on the previous page.

Ask your child if he or she has ever heard of these virtues and/or seen them in action.

Share some examples of times when you have seen someone your child knows live out these virtues.



Do the gold-star activity. Review the chart “The Cardinal Virtues” together.

Activity

Do the Share Your Faith activity. Help your child decide who they want to draw and what Cardinal virtue they will be practicing. Then have them draw in the space provided.

Parents, Consider This: *Virtues are developed when we become conscious of them and practice them. Social scientists tell us that it takes at least thirty days of consistent practice for something to become a habit. As a family, choose a virtue you would like to cultivate and put a written reminder of the virtue in a visible place in your home, like the kitchen table or on a refrigerator magnet. Periodically check in with each other as to your faithfulness to the practice of that virtue.*

Turn to Page 110,
Living the Cardinal Virtues

Summarize the two introductory paragraphs.

Ask your child to respond to the opening question.

Have your child describe some different ways to pray.

Read the scenarios on this page and the next page. Take turns having one of you read the scenario and the other person responding to the question posed after each scenario. Alternate your roles.

Turn to Page 111,
Living the Cardinal Virtues
(cont'd)

Activity

Read the directions for the Connect Your Faith activity. Invite your child to create the short story. Have them write it in the space provided and share it with you.

Parents, Consider This: *The Cardinal Virtues are habits acquired by human effort in cooperation with grace that helps us honor God and live as his children. In your personal prayer, consider what virtue would be a gift for each person (including yourself) in your family. Pray for that person to develop that virtue. Make a sincere effort to notice if your family members show any signs of that virtue in his or her life and affirm that when you see it.*

LIVE: Living Our Faith

Turn to Page 112,
Our Catholic Life

Read the introductory paragraph. Give your child examples of behavioral decisions. Have your child suggest one.

★ **Do** the gold-star activity together. Review and discuss the decision-making tips.

Say: Think of a bad decision you have made. Can you find the reason it was bad by recognizing that you missed one of these steps?

Think of a good decision you have made. Can you see that you followed some of these steps?

Turn to Page 113,
People of Faith

Read the paragraph about Saint Thomas More.

- Share your reactions to the information.
- Talk about following your conscience, even when it is difficult to do so.

Activity

Have your child complete the Live Your Faith activity.

Parents, Consider This: *Your child is at an age when they might be at a loss to explain their motivations for their actions. A motive is something that causes (or moves) a person to act. Help your child understand that he or she can be moved by emotions, peer pressure, or by the example of others. Your child may have heard the word motive used in the legal sense, as the reason for a crime. Remind them that there is such a thing as good motives, too, and they can act upon good motives. Help your child learn to trust his or her good heart.*

Turn to Page 115,
Family + Faith Page and
conclude with the Let's Pray
prayer on this page.

Parents, Consider This: *It is important to form our children in the common language of prayer. We encourage you to pray the Glory Be (see Page 320), during your night prayer this week.*



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