

Lesson Plan, Grade 7 - Chapter 15

Catechist Background

Doctrinal Content

- Virtues are strong habits of doing good that help us make moral decisions and contribute to how we become the people God created us to be. (CCC, 1803, 1804)
- The Theological Virtues are gifts from God that help us believe in him, trust in his plan for us, and love him as he loves us. (CCC, 1812-1813)
- The Cardinal Virtues of prudence, justice, fortitude, and temperance can help us respect ourselves and others and act with integrity. (CCC, 1805-1809)
- The Eighth Commandment forbids misrepresenting the truth in our relationships with others. This sin damages our integrity and character, but by practicing the virtues and avoiding sin, we can live truthful and faith-filled lives. (CCC, 2464, 2468)

Catechist Background

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do.—Colossians 3:12-13

Reflect How can practicing the virtues shape you into the person that God created you to be?

Everybody wants to be happy. There is nothing wrong with that. Indeed, God wants us to be happy as well. The problem is that we confuse happiness with momentary pleasure. True happiness comes in doing the will of God. Jesus and the Scriptures teach us that true happiness is the same as blessedness, and blessedness is the result of living in right relationship with God. If we really want to be happy, there is no other path than that which leads to eternal life with God, for God is our one, true source of happiness.

It stands to reason that since the path to God leads to happiness, the path that leads away from God leads to unhappiness. We walk this path when we believe that pleasure is the only goal worth achieving. Seeking inappropriate television shows, magazines, or websites can be a very popular and seductive notion these days. The good news is that we have a wonderful traveling companion in Christ and the guidance of the Holy Spirit to help us stay on the right road.

Reflect How have you experienced in a personal way the happiness that comes from having a right relationship with God?

Catechist's Prayer

Lord Jesus, you are the first and finest teacher of virtue. May your Holy Spirit be with me, that I may reflect your virtue in all I do, and may my life serve as an inspiration for those I teach. Amen.

Sharing the Message

How Seventh-Graders Understand Chapter Topics

Seventh-graders often live in the “here and now.” They are still learning to control their impulses and can often fall into the trap of putting momentary pleasure over lasting happiness. They need guidance to think about larger goals for the future—who they are called to be and how they will get there.

Teaching Tip

Talk about the difference between happiness and pleasure. Pleasure is only momentary, but happiness continues. Ask: What things will make you happy in the future? What pleasures are worth sacrificing in the present so that you can be truly happy? Encourage discussion, especially pointing out the difference between what the Church teaches about how to achieve happiness and what popular culture teaches.

Sharing the Message with Seventh-Graders

Seventh-graders’ bodies are changing rapidly during this period and so are their emotions. Show them how the virtues can help guide their emotions and conduct.

- At this age, learning how to understand and control their budding sexual interests is critical. According to Church teaching, parents should take the lead in guiding their children in these issues.
- As adolescents discover themselves and others as sexual beings, it is important that they be taught, and see modeled, respect for the gift of sexuality. Discuss with them the importance of both modesty and chastity.

Chapter Connections

Tasks of Catechesis

Helping children grow in a faith that is “known, celebrated, lived, and expressed in prayer” (NDC, 20). This chapter focuses on the following tasks of catechesis:

- Promoting Knowledge of the Faith
- Moral Formation

NCEA IFG: ACRE Edition

Knowledge of the Faith

- Objective: To know and understand basic Catholic teaching about the Incarnate Word Jesus Christ as the way, truth, and life

Moral Formation

- Objective: To be knowledgeable about the teachings of Jesus and the Church as the basis of Christian morality and to understand Catholic Social Teaching

Catholic Faith Literacy

faith, grace, Holy Trinity

Catholic Social Teaching

To integrate Catholic Social Teaching into your lesson, choose one of the following features: Life and Dignity of the Human Person, pages 334-335; or Solidarity of the Human Family, pages 344-345.

- Start the Live step of the process by talking about Saint Margaret Ward on page 244. Then move directly to the Catholic Social Teaching feature.
- Or, to expand the lesson, complete page 244, then move to the Catholic Social Teaching feature.
- Return to Chapter 15 for the prayer on page 245.

Music Option

► Use one or more of the following songs to enhance catechetical learning or for prayer.

- "I Love You, Lord," Live, Page 245
- "My Hope," Live, Page 245

Catechist Instruction, Grade 7 – Chapter 15

Invite Page 235

Objective

- Reflect on God's personal invitation through Scripture

♥ Let Us Pray

Invite the young people to gather in the prayer space and make the Sign of the Cross. Pray the entire prayer together as a group. Have the youth move out of the prayer space and back to their seats. Explain that virtues are the foundation for living a holy life.

Say: God is the source of our faith, hope, and love. Let's listen to today's Scripture reading for what God's Word has to say about living a virtuous life.

† Scripture

Guide the youth through the process of Scripture reflection.

Invite the young people to be still, close their eyes, and focus on their breathing.

Encourage them to open their minds and hearts to what God is saying to them.

- Proclaim the Scripture and have the youth sit in silence.
- *Ask:* What did you hear God say to you today?
- Allow volunteers to share.

► You may play instrumental music to begin the reflection.

Remember, this is a spiritual discipline that takes practice. The young people will grow in their capacity to sit in silence. Throughout the year, build to four minutes.

Have you ever thought...

Say: God gave us many gifts that enable us to act as his faithful disciples.

- Invite the young people to respond to the questions.

Discover (1) Pages 238-239

Objectives

- Examine how the virtues can help us make good moral decisions
- Identify the Theological Virtues as gifts from God that help us believe in him, trust in his plan for us, and love him as he loves us

Teaching Activity: Living Out the Virtues

Participants will work together in groups to write a sentence using the words belief, trust, and love. They will learn about the Theological Virtues and watch a video clip about Cesar Chavez to see an example of someone living out the virtues.

Before the Lesson

Materials Needed

✪ Go to **aliveinchrist.osv.com** and download Cesar Chavez video clip, Activity Words, and the Catholic Faith Words page
newsprint, makers, tape

Preparation

- Post the Catholic Faith Words pages on the board for reference during the activity.
- Cue up the *Cesar Chavez* video clip
<http://www.youtube.com/watch?v=qD4u8Zw-gao>

Activity Directions

Begin the activity by organizing the young people into groups of three.

Post the words Belief, Trust, and Love on the board or wall.

Say: Look at the three words posted on the wall. Your group must write a sentence that uses all three of these words. Write your sentence in large print on the piece of newsprint.

When youth are finished ask them to read their sentence and hang the newsprint around the words.

Say: It seems like most of you used those words to speak about relationships, and rightly so. The relationship those words best describe is our relationship with God.

Say: And what is the connection between Belief, Trust, and Love and these words: Faith, Hope, and Charity?

Post the three Theological Virtues (Faith, Hope, and Charity) on the board or wall.

Say: Faith means believing in God and all that he has revealed to us and believing in all that the Church proposes for our belief. Hope is a desire, strengthened by trust in Jesus' promises, to do God's will and achieve eternal life and the grace to make the desire come true. Charity means we love God above all else and our neighbor as ourselves.

Say: Who remembers what we call Faith, Hope, and Charity?

Point out the Catholic Faith Words definition for *Theological Virtues*.

Say: God planted in us these virtues.

Point out the Catholic Faith Words definition of *virtue* and ask a volunteer to read it aloud to the group.

Say: Like all things in our faith, we must help them grow. We help them to grow by using them. Listen to what Saint Paul said about what it takes to be good and holy, to become more like God, and to one day be with him forever.

Ask the volunteer to read Philippians 4:13. Make sure the emphasis in the last line is on these things.

Say: Let's watch this clip to learn more about a man who thought about these things.

His name was Cesar Chavez.

After viewing the clip, wrap up by saying Cesar Chavez modeled virtue, as he worked to change the life of farm workers who were treated with extreme injustice.

Extend the Lesson

Use **Activity Master 15: My Truest and Best Self** to extend the lesson; it is not included in the timed estimate for this section of the Lesson Plan. Have the young people work in pairs; this will allow them to identify gifts they may see in each other.

Discover (2) Pages 240-241

Objectives

- Explain the relationship between the Cardinal Virtues and other moral virtues
- Explore the roles of modesty and chastity in our lives

Moral Virtues

Explain that today's lesson describes the four most important moral virtues: the Cardinal Virtues. Have the youth silently read this section.

- Direct their attention to the Catholic Faith Words box and have a volunteer read aloud the definition.
- Tell them that the root word of "Cardinal" is *cardo*, meaning hinge. Cardinal Virtues are virtues on which other virtues hinge.

Modesty and Chastity

Review the text on page 240 with the youth. Explain that a lot of desires could rule our lives if there were not virtues to control them. One type of desire is sexual desire, which, at its core, is a gift from God for it calls us into loving relationship with others. Ask the young people to quietly read the text on this page and highlight the points they want to remember.

- Facilitate a discussion on both chastity and modesty as they are explained here.

The Cardinal Virtues

Have the youth review the chart.

* Instruct them to place a check mark by the Cardinal Virtues they believe would help them the most at this point in their life. Have them draw a star next to the one they find easiest to live by, and an X by the one that is the hardest.

Activity

The youth should complete this activity on their own. • Invite volunteers to share their responses with the group.

Quick Review

The Cardinal Virtues are the four most important moral virtues. The virtues of modesty and chastity, both stemming from the Cardinal Virtue of temperance, help us to respect our bodies and to have appropriate relationships with others.

Discover (3) Pages 242-243

Objectives

- Examine how sins against the Eighth Commandment damage our integrity and character as they oppose the virtue of truth

Ask: Why should you try to live a life of virtue?

- Point out that this is what the youth will be learning about during today's lesson.

A Life of Virtue

Read aloud the opening paragraph.

- Allow volunteers to share their own dreams about their future occupation or activities.

Keys to Excellence

Read or use your own words to share the information on the importance of virtues in the first paragraph, emphasizing that virtues are the keys to excellence.

- Explain that actions against the Eighth Commandment damage our integrity and character. Share the examples in the text.
- Ask the young people if they have questions on this material or if they'd like to share additional examples of behaviors against this Commandment.
- Have two volunteers read the last two paragraphs on this page to the group.

A Challenge

Organize the youth into small groups and have them read the three paragraphs on this page with their groups.

- Allow the groups to discuss the content, then facilitate a group discussion.
- Ask the youth if they have ever had to stand up for things that others didn't understand or agree with.
- Allow volunteers to share.

Activity

Read aloud the instructions for the activity, then arrange the youth in pairs.

- Have each pair choose two of the four sinful behaviors mentioned on page 242.
- Direct the pairs to think of concrete examples for their chosen behaviors and to discuss how someone could stand up to or address these bad behaviors. • Invite volunteers to share their thoughts with the group.

In Summary

Review the summary information with the group.

- Make sure the young people have no further questions about the virtues discussed in this chapter.

Live Pages 244-245

Objectives

- Discuss ways to strengthen virtuous living
- Explore the faith life of Saint Margaret Ward
- Offer the Act of Hope and Love prayer

Our Catholic Life

Have the youth silently read this content.

- Invite them to reflect on and write their responses to the Our Catholic Life question.

People of Faith

Explain to the group that Saint Margaret Ward stood strong for her faith.

- Share her interesting story in the People of Faith paragraph.
- Review with the group the extra content from the People of Faith Background box on the time in which Saint Margaret lived.
- Invite the youth to share with a partner or write about a hard decision that they had to make.

Here are some additional details about Saint Margaret Ward to assist you in presenting this section:

- In 1588, King Philip II of Spain sent a fleet of warships to England, hoping to conquer the island and bring it back to the Catholic Church, but the effort failed.

- Because of this conflict, Catholics in England were persecuted to the point of death—there were even six new gallows built in various parts of London to accommodate the increase.

Activity

Have the young people read the instructions and complete the activity on their own.

- Ask them to be honest with themselves. Assure them that this exercise is completely private and is meant to help them gauge which virtues they need to work on.

Act of Hope and Love

♥ Take the part of the Leader and remind the group to respond as a group.

Invite the young people to gather in the prayer space with their books. Select a volunteer to read the Scripture passage. Follow the order of prayer on the prayer page.

► Conclude by playing the song “I Love You, Lord,” downloaded from **aliveinchrist.osv.com** while the young people reflect on God’s love and mercy.

Chapter Review

If you are using eAssessments, remind the young people that they will need to be completed by the due date. Feedback is important at this age. For the tool to be used effectively provide feedback to the young people about their work.

Chapter 15 Lesson Plan

Objectives	Process	Materials
Invite, 15 minutes		
Being Virtuous Page 235	<ul style="list-style-type: none"> Psalm 11:7 Pray the opening prayer. Colossians 3:12–15 Guide the youth through the process of Scripture reflection. • Discuss Have You Ever Thought questions. 	
Discover, 45 minutes		
Good and Holy Pages 238–239 <ul style="list-style-type: none"> • Examine how the virtues can help us make good moral decisions • Identify the Theological Virtues as gifts from God that help us believe in him, trust in his plan for us, and love him as he loves us 	<ul style="list-style-type: none"> • Teaching Activity Participants will work together in groups to write a sentence using the words belief, trust, and love. They will learn about the Theological Virtues and watch a video about Cesar Chavez to see an example of someone living out the virtues. 	Cesar Chavez Video Clip, Activity Words, Catholic Faith Words <input type="checkbox"/> newsprint, markers, tape
Moral Virtues Pages Pages 240–241 <ul style="list-style-type: none"> • Explain the relationship between the Cardinal Virtues and other moral virtues • Explore the roles of modesty and chastity in our lives 	<ul style="list-style-type: none"> • Discuss how modesty and chastity help us respect others and ourselves. ★ Youth will indicate the Cardinal Virtues most affecting their lives. • Activity Discuss people who exemplify the Cardinal Virtues. • Activity Master My Truest and Best Self 	<input type="checkbox"/> pencils or pens <input type="checkbox"/> index cards <input type="checkbox"/> highlighters Activity Master 15
A Life of Virtue Pages 242–243 <ul style="list-style-type: none"> • Examine how sins against the Eighth Commandment damage our integrity and character as they oppose the virtue of truth 	<ul style="list-style-type: none"> • Discuss behaviors that can damage our character and integrity. • Explain that Jesus is the perfect model for how we should live. • Activity Discuss behaviors that do not build up excellence. 	<input type="checkbox"/> pencils or pens
Live, 15 minutes		
Our Catholic Life Page 244	<ul style="list-style-type: none"> • Discuss the question in the Our Catholic Life section. • People of Faith Learn about Saint Margaret Ward. • Activity Young people will rate themselves on how well they are living the virtues. 	<input type="checkbox"/> pencils or pens
Act of Hope and Love Page 245	<ul style="list-style-type: none"> • Ask a volunteer to read the Scripture. • Follow the order of prayer. 	"I Love You, Lord"

CATHOLIC FAITH WORDS

virtue, Theological Virtues, Cardinal Virtues

ASSESSMENT

Chapter Review, Page 246

aliveinchrist.osv.com Customize and Download Assessments, Interactive Student Reviews, eAssessments

Name _____

Date _____

My Truest and Best Self

“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things” (Philippians 4:8).

It’s time to be honest and “think about these things.”

1. Describe your true self.

2. Describe what is honorable about you.

3. When have you been a just person?

4. What about you is pure?

5. What about you is lovely?

6. When have you been gracious to somebody?

7. What about you is worthy of praise?

Name _____

Date _____

Match each description in Column A with the correct term in Column B by filling in the appropriate letter.

Column A

Column B

- ____ 1. Good spiritual habit that strengthens and enables you to do what is right and good
- ____ 2. Faith, hope, and charity (love)
- ____ 3. Prudence, temperance, justice, and fortitude
- ____ 4. Courage to do what is right, even if others disagree

- a. Cardinal Virtues
- b. virtue
- c. fortitude
- d. Theological Virtues

Complete each sentence with the correct term.

5. Giving God and others what is due to them is the virtue of _____.
6. The virtue of _____ helps us keep our desires from ruling our lives.
7. _____ helps us maintain the right balance of body and spirit in human sexuality.
8. When we are discreet in the way we dress and speak, we are practicing the virtue of _____.

Write a response on the lines below.

9. List two of the four behaviors that can damage our integrity and keep us from living a life of excellence. Why are these behaviors sinful?

10. Why is it not always easy to live a virtuous life? What can we do to get help?

Belief

Trust

Love

Faith

Hope

Charity

Catholic Faith Words

virtue a good spiritual habit that strengthens you and enables you to do what is right and good.

Catholic Faith Words

Theological Virtues gifts from God that help us believe in him, trust in his plan for us, and love him as he loves us; they are faith, hope, and charity.