

## **Chapter 1:**

# **HAPPINESS AND THE MORAL LAW**

### **HUMAN NATURE?**

*(pp. 2-4)*

- 1. What is the basic call God gives to each person?** God calls us to be holy.
- 2. What are the two sources of religious truth?** The two sources of religious truth are human reason and Divine Revelation.
- 3. What does Revelation do in regard to our natural knowledge of morality?** Revelation confirms, corrects, and extends our knowledge of natural morality.
- 4. What is the nature of a human being?** A human person is a rational being, comprised of body and soul, who is designed for happiness.

### **WHERE IS HAPPINESS TO BE FOUND?**

*(pp. 4-5)*

*There are no Focus Questions in this section.*

### **WISE DESIRES**

*(pp. 6-7)*

- 5. Why are our natural desires good indicators of what is actually good for us?** The wisdom by which God has designed humans is that for every true human need there exists a drive to motivate us toward it and a pleasure in getting it. For example, the natural desire to eat and drink ensures that we keep ourselves nourished.
- 6. According to our bodily nature, what is the purpose of hunger and pleasure in eating?** For sustenance, we need to eat. The drive of hunger coupled with the enjoyment of a good meal helps us to get the sustenance we need.

### **THE NATURAL LAW**

*(pp. 7-9)*

- 7. How can you naturally test whether an action is good or evil?** An action can be tested naturally based on whether or not it helps a human being to reach his or her true fulfillment.
- 8. What is the natural law?** Natural law is the rule of right conduct or behavior for human beings based on the whole of human nature.
- 9. What does the word “natural” mean in the term natural law?** “Natural” refers to human nature.
- 10. What does it mean to say that the natural law is not arbitrary?** An action is not good or bad because an authority—either God or a human power—decrees it so; rather, it is good or bad because it agrees or does not agree with the whole of human nature.
- 11. Why can interpreting the natural law be complex?** The rule of conduct concerns the whole of human nature, which includes soul and body, our social nature, and our vocation to be with God.
- 12. What effect does Original Sin have on our desires?** Original Sin can make us desire things that are not good for us due to concupiscence.

## **REVELATION ABOUT HUMAN NATURE AND DESTINY**

*(pp. 9-11)*

- 13. Are reason and free will natural or revealed truths?** Reason and free will are both natural and revealed.
- 14. What is the highest motive for doing good and avoiding evil?** The highest motive to do good and avoid evil is out of love for God, who desires this.
- 15. Based on Divine Revelation, what is the model for human nature?** The Person of Jesus Christ is our model for human nature.
- 16. How does being made in the image of God relate to the idea of communion?** God has made us to be in communion with him and other human beings just as in the likeness of the unity of the Blessed Trinity.
- 17. What is our highest end as human beings?** Eternal beatitude, or perfect happiness with God in Heaven, is a human being's highest end.
- 18. What are the Beatitudes?** The Beatitudes are the teachings of Jesus in the Sermon on the Mount on the meaning and way to true happiness (cf. Mt 5:3-12).
- 19. From the perspective of Divine Revelation, how do we best achieve our highest end?** By being a disciple of Christ, that is, by following or imitating him, we best achieve our highest end.

**Discussion Questions (p.12)**

- 1. What is the nature of a human being?** A human person is a rational being, comprised of body and soul, who is designed for happiness.
- 2. Why are our natural desires good indicators of what is actually good for us?** The wisdom by which God has designed humans is that for every true human need there exists a drive to motivate us toward it and a pleasure in getting it. For example, the natural desire to eat and drink ensures that we keep ourselves nourished.
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## Chapter 2: NATURAL AND SUPERNATURAL MORAL VIRTUES

### DEFINED: THE MEANING OF LIFE

(pp. 14-15)

- 1. What is the meaning of life in philosophical language?** The meaning of life is pursuing authentic human goods through one's human acts to reach the ideal of integral human fulfillment.
- 2. What does "pursuing authentic human goods" mean?** "Pursuing authentic human goods" means trying to get things that are truly good for us like truth, goodness, and beauty.
- 3. What does "through one's actions" mean?** "Through one's actions" means using our powers of reason and freedom to direct ourselves.
- 4. What does "to reach the ideal of integral human fulfillment" mean?** "To reach the ideal of integral human fulfillment" means to possess fully every human good integrated properly into our life.

### NATURAL VIRTUES

(pp. 15-18)

- 5. What are natural virtues?** Natural virtues are good habits that make performing good actions easy, quick, and pleasant.
- 6. Do virtues make it harder to do evil?** Yes; virtues arouse a kind of disgust in performing bad actions.
- 7. What is the meaning of "cardinal" in cardinal virtues?** The word cardinal comes from the Latin word for "hinge." If we think of virtues as doors to happiness, then the cardinal virtues are like hinges that hold that door in place. They are the key virtues on which all other virtues rely.
- 8. What are the four cardinal virtues?** The cardinal virtues are prudence, justice, fortitude, and temperance.
- 9. What is a vice?** A vice is a bad habit that makes it easier to perform a bad act and harder to do what is good.
- 10. What are vices of defect and excess?** In regard to a virtue, a vice of defect is the *lack* of that virtue; a vice of *excess* is an unhealthy or destructive excess of the virtue. For example, in regard to the virtue of *courage*, its defect is *cowardice* and its *excess* is recklessness.
- 11. Why are natural virtues important?** Natural virtues are important because they incline the mind, the will, and the body to a habitual good course of action more or less automatically and make a person averse to doing the opposite.

### ACQUIRING NATURAL VIRTUES

(pp. 18-19)

- 12. What are the three basic ways people develop habits?** People can develop habits by imitating someone's example, being coached by *guided practice*, or by increasing in self-knowledge and will power.
- 13. What is the best way that people can develop virtues?** People can best develop virtues by embracing their duties; this can help them slowly develop many virtues.

## SUPERNATURAL MORAL VIRTUES

*(p. 19)*

- 14. What is the aim of supernatural virtues?** Supernatural virtues have the same aim as natural virtues: the pursuit of true goods to reach the fulfillment of our best, truest selves. However, instead of aiming for simply a good life on earth, our ultimate aim is the Beatific Vision in Heaven.
- 15. How do we get supernatural virtues?** God infuses us with supernatural virtues at our Baptism.
- 16. How can we remove obstacles to our exercise of supernatural virtues?** We can remove obstacles by living the natural moral virtues, knowing Jesus Christ and the Faith better, praying, and frequenting the Sacraments.
- 17. What directs natural and supernatural virtues?** Natural virtues are directed by reason, while supernatural virtues are directed by reason enlightened by faith.

## VIRTUES AT WORK

*(pp. 19-22)*

- 18. What is natural prudence?** Natural prudence is wise decision-making.
- 19. What is supernatural prudence?** Supernatural prudence is evaluating every moral decision in light of Divine Revelation, especially in view of eternal salvation.
- 20. What is natural justice?** The natural virtue of justice is the habit of giving others what one owes them.
- 21. What is supernatural justice?** Supernatural justice is natural justice elevated by grace.
- 22. What is the natural virtue of fortitude?** Fortitude is the virtue that enables a person to control fear or endure pain so he or she might perform good actions, regardless of circumstances.
- 23. What is supernatural fortitude?** Supernatural fortitude is endurance out of love for God, assisted by grace.
- 24. What is the virtue of temperance?** Temperance is the virtue that enables a person to regulate pleasure and to use the goods of material creation according to right reason.
- 25. What is the supernatural virtue of temperance?** Supernatural temperance is practicing self-control to live up to the demands of the Christian Faith and our eternal destiny.
- 26. How did St. Maria Goretti practice supernatural fortitude?** She helped support her widowed mother. Since she did not consent on being impure with her attacker, she bravely faced threats, actual physical violence, and death.

**Discussion Questions (p. 22)**

- 1. What is the meaning of life in philosophical language?** The meaning of life is “pursuing authentic human goods through one’s human acts to reach the ideal of integral human fulfillment.”
- 2. What are natural virtues?** Natural virtues are good habits that make performing good actions easy, quick, and pleasant.
- 3. What are the four cardinal virtues?** The cardinal virtues are prudence, justice, fortitude, and temperance.
- 4. What are vices of defect and excess?** In regard to a virtue, a vice of defect is the *lack* of that virtue and a vice of *excess* is an unhealthy or destructive excess of the virtue. In regard to the virtue of *courage*, its defect is cowardice and its excess is recklessness.
- 5. Why are natural virtues important?** Natural virtues are important because they incline the mind, will, and the body to a habitual good course of action more or less automatically and make one averse to doing the opposite.
- 6. What is the best way people can develop virtues?** People can best develop virtues by embracing their duties; this can help them slowly develop many virtues.
- 7. What are supernatural moral virtues?** Supernatural moral virtues are natural virtues elevated by the light of Divine Revelation and assisted by faith.
- 8. How can we remove obstacles to our exercise of supernatural virtues?** We can remove obstacles by living the natural moral virtues, knowing Jesus Christ and the Faith better, praying, and frequenting the Sacraments.
- 9. How did St. Maria Goretti practice supernatural fortitude?** She helped support her widowed mother. Since she did not consent on being impure with her attacker, she bravely faced threats, actual physical violence, and death.

## Chapter 3: DIVINE AND HUMAN LAWS

### MORALITY AND LAW

(p. 24)

**1. What are the two views of morality prevalent today?** “Traditional morality” is an objective morality that applies standards of right and wrong to everyone. The “new morality” is a subjective morality that leaves judgments of right and wrong up to the individual.

### WHAT IS LAW?

(pp. 25-26)

**2. What is law?** Law is an ordinance of reason that exists for the common good and is affirmed by legitimate authority through an official process.

**3. What is an ordinance of reason?** An ordinance of reason is a rule based on our rational knowledge of human nature.

**4. What is the common good?** The common good is composed of things that benefit everyone rather than particular individuals.

**5. Who can make laws?** Only those with legitimate authority can make laws, that is, persons who have justly received power to govern.

**6. What does it mean to say that laws must be legislated in an official manner?** Laws must be enacted according to an established process.

### TYPES OF LAW

(pp. 26-28)

**7. What are the four types of law?** The four types of law are *eternal law*, originating in God, the source of all law; *natural law*, which is God’s law as it applies to human beings based on their nature; *divinely revealed law*, which is found in Sacred Scripture and Sacred Tradition; and *human law*, which takes the form of civil and Church (ecclesiastical) law.

**8. What is the eternal law?** Eternal law is God’s wise governance of the universe.

**9. Is the physical universe governed by laws?** Yes; modern science sees that the physical universe is a harmonious and intricate unity continuously governed by laws intrinsic to itself.

**10. What is the natural law?** Natural law is “the rational creature’s participation in the eternal law,” or the subset of the eternal law that pertains to human life.

**11. What is one place in which the natural law has been written down?** Natural law has been written in the Ten Commandments.

**12. How is the natural law different than the physical law?** Whereas physical laws are mechanical, natural law is not. Every human being chooses whether or not to obey natural law.

**13. Do natural consequences follow from obeying or disobeying the natural law?** Yes; a person either benefits (him- or herself and others) by obeying the natural law or does harm by disobeying it.

**14. What is revealed law?** Revealed law is law given to us directly by God.

**15. What are the two types of revealed law?** The two types of revealed law are laws that human beings *could* discover on their own but that God has revealed (like the Ten Commandments) and laws that human reason alone could *not* discover.

- 16. What is Christ's new, revealed law?** Christ's New Law is to love one another as he has loved us, that is, with complete self-sacrifice.
- 17. How is it possible to live the New Law of Love?** God gives us the grace to live it, especially through the Sacraments.
- 18. What is human law?** Human law is man-made law.
- 19. What are the two basic types of human law?** The two types of human law are Church (ecclesiastical) law and civil law.
- 20. Where is ecclesiastical law found?** Ecclesiastical law is recorded in the *Code of Canon Law*.
- 21. What is civil law?** Civil law consists of laws enacted by civil governments for the common good of the sector of society that it has the authority to order.

## JUST CIVIL LAWS

*(pp. 29-31)*

- 22. What is the relationship between civil law and the natural law?** In order for a civil law to be just, it must reflect a precept of the natural law articulated by the Ten Commandments.
- 23. What does it mean to say that a just civil law must promote the common good?** A just law must seek the good of all members of society, not just a select few. By contrast, a law that benefits or harms a select group to the detriment of the common good is unjust.
- 24. What is "equality of proportion"?** "Equality of proportion" means that people should contribute to society according to their ability.
- 25. If the authority for a law must ultimately come from God, what is the status of laws that violate the natural law?** Laws that violate the natural law are immoral and must not be obeyed.
- 26. How did St. Peter betray Christ?** While sitting before a charcoal fire, St. Peter denied three times that he knew Christ.
- 27. How did Christ give St. Peter a chance to redeem himself from his betrayal?** While sitting before another charcoal fire, Christ asked him three times if he loved him.
- 28. Why did Christ tell St. Peter to feed his lambs or sheep?** He was underlining to St. Peter that he still wanted him to be his chief shepherd.

### Discussion Questions (p. 32)

- 1. What is law?** Law is an ordinance of reason that exists for the common good and is affirmed by legitimate authority through an official process.
- 2. What is the common good?** The common good is composed of things that benefit everyone rather than particular individuals.
- 3. What are the four types of law?** The four types of law are *eternal law*, originating in God, the source of all law; *natural law*, which is God’s law as it applies to human beings based on their nature; *divinely revealed law*, which is found in Sacred Scripture and Sacred Tradition; and *human law*, which takes the form of civil and Church (ecclesiastical) law.
- 4. What is the eternal law?** Eternal law is God’s wise governance of the universe.
- 5. What is the natural law?** Natural law is “the rational creature’s participation in the eternal law” or the subset of the eternal law that pertains to human life.
- 6. What are the two types of revealed law?** The two types of revealed law are laws that human beings could discover on their own but that God has revealed (like the Ten Commandments) and laws that human reason alone could not discover.
- 7. What is human law?** Human law is man-made law.
- 8. What are the two basic types of human law?** The two types of human law are Church (ecclesiastical) law and civil law.
- 9. What is the relationship between civil law and the natural law?** In order for a civil law to be just, it must reflect a precept of the natural law articulated by the Ten Commandments.
- 10. If the authority for a law must ultimately come from God, what is the status of laws that violate the natural law?** Laws that declare good what God has revealed to be evil are immoral and must not be obeyed.

## Chapter 4:

# FREEDOM, CONSCIENCE, THE MORAL ACT, AND SIN

### FREEDOM

*(pp. 34-36)*

- 1. What does free will choose?** Free will chooses means to reach one's good, which is happiness.
- 2. Describe three common false ideas of freedom.** The first false idea of freedom is "the ability to do whatever I want." The second false idea of freedom is "the ability to do whatever I want, as long as no one gets hurt." The third false idea of freedom is moral relativism, the belief that there is no objective truth and that it is up to each person to determine what is right and wrong.
- 3. What is true freedom?** It is the power to use one's will to *choose* what is objectively good—which is also what God wills for us—and to *act* accordingly.
- 4. What is our true good?** Our true good is acting in accord with the moral law because it corresponds to our fulfillment as human beings.
- 5. Why does God give human beings freedom?** God gives us freedom so we might seek the truth of his law and act according to it.
- 6. Why does God permit evil?** God wants human beings to freely choose to love, which also means having the freedom to do evil.
- 7. What are the natural consequences of choosing sin?** When we choose to sin, we violate true freedom, rebel against God and his truth, harm our relationships with others, and imprison ourselves within our selfish desires.

### OBEDIENCE TO CONSCIENCE

*(pp. 36-37)*

- 8. What is conscience?** Conscience is a judgment of reason regarding the morality of our acts.
- 9. In the act of conscience, what does one's reason compare?** It compares the goodness or evilness of our behavior against our understanding of good and bad behavior.
- 10. Does one's reason judge according to a perfect possession of the moral law?** No; one's reason judges according to its best understanding.

### FORMING OUR CONSCIENCE

*(pp. 37-38)*

- 11. Why must we form our consciences?** We must form our consciences because we are born knowing nothing and our moral education can easily be twisted due to Original Sin.
- 12. Why is conscience subordinate to the objective moral order established by God?** Conscience represents our best efforts to apply the moral law to our acts, not to decide for ourselves what the moral law actually is.

### CONSCIENCE AS DUTY

*(p. 38)*

- 13. What is a right conscience?** A right conscience makes a correct judgment based on the moral law.
- 14. What is an erroneous conscience?** An erroneous conscience makes an incorrect judgment based on ignorance.

**15. When is an erroneous conscience guilty of sin?** An erroneous conscience is blameworthy if its error is due to invincible ignorance, i.e., ignorance that can be overcome by ordinary diligence.

**16. What is a doubtful conscience?** A doubtful conscience is not certain of the morality of a choice and so should not act.

## THE MORAL ACT

*(p. 39)*

**17. What is a moral act?** A moral act is a choice that has a moral content and is done with deliberation.

**18. What are the three dimensions that determine the morality of an act?** The three dimensions that determine the morality of an act are the act in itself, one's intention in performing the act, and the circumstances surrounding the act.

**19. To what does objective act refer?** Objective refers to whether the act is good or evil in itself. Some acts are good in themselves, some are indifferent, and some are intrinsically evil.

**20. To what does the intention refer?** Intention refers to the "end," or motive, for which a person commits an act. An intention can be good or bad.

**21. To what do the circumstances of an act refer?** The circumstances are those factors that occur with the act and that contribute to the morality of the act, making it better or worse.

## MORTAL AND VENIAL SIN

*(pp. 39-40)*

**22. What is a mortal sin?** It is a grave offense against God that destroys a person's relationship with him by severing the person from divine love.

**23. What happens to a person who dies unrepentant of mortal sin?** They must endure a separation from God for all eternity. This state of separation from God is called Hell.

**24. What are the three conditions for a sin to be mortal?** To be mortal, an evil act must be a grave or serious matter as defined by the Church; the individual committing the sin must have full knowledge that the act is serious, i.e., that it will separate him or her from God; and the act must be freely chosen.

**25. What is a venial sin?** A venial sin is a sin that does not meet all three conditions for a mortal sin.

**26. What are sins of commission and omission?** A sin of commission is doing what one morally ought not to do. A sin of omission is not doing what one morally ought to do.

## THE GIFTS AND FRUITS OF THE HOLY SPIRIT

*(pp. 40-42)*

**27. What are the means God provides so we can attain holiness?** God gives us sanctifying grace, all the sacramental graces, countless actual graces, and the gifts of the Holy Spirit.

**28. Who possesses the gifts of the Holy Spirit perfectly?** Jesus Christ possessed and practiced the gifts of the Holy Spirit perfectly.

**29. What are the gifts of the Holy Spirit?** The gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

**30. What do the seven gifts of the Holy Spirit do for us?** The gifts of the Holy Spirit make it possible for us to follow the promptings or inspirations that the Holy Spirit offers us.

**31. Why did Nicodemus come to see Jesus at night?** Nicodemus was afraid of what his fellow Pharisees might say.

**32. How did Nicodemus show courage?** Nicodemus came to see Christ in secret. When the Pharisees were deeply angry about Christ's rising popularity, Nicodemus defended Christ. After the Crucifixion, he and Joseph of Arimathea took Christ's body down from the Cross in a public showing of mercy to Christ.

**33. What are the fruits of the Holy Spirit?** The fruits of the Holy Spirit are the supernatural acts or works that flow joyfully from the Christian life: love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

**Discussion Questions (p. 42)**

- 1. What is true freedom?** It is the power to use one's will to *choose* what is objectively good—which is also what God wills for us—and to act accordingly.
- 2. Why does God give human beings freedom?** God gives us freedom in order that we might seek the truth of his law and act according to it.
- 3. What is conscience?** Conscience is a judgment of reason regarding the morality of our acts.
- 4. What is a right conscience?** A right conscience makes a correct judgment based on the moral law.
- 5. What is a moral act?** A moral act is done with deliberation and choice that has a moral content.
- 6. What are the three dimensions that determine the morality of an act?** The three dimensions that determine the morality of an act are the act in itself, one's intention in performing the act, and the circumstances surrounding the act.
- 7. What is a mortal sin?** A mortal sin is a grave offense against God that destroys a person's relationship with him by separating the person from divine love.
- 8. What are the three conditions for a sin to be mortal?** To be mortal, an evil act must be a grave or serious matter as defined by the Church; the individual committing the sin must have full knowledge that the act is serious, i.e., that it will separate him or her from God; and the act must be freely chosen.
- 9. What is a venial sin?** A venial sin is a sin that does not meet all three conditions for a mortal sin.
- 10. What are the gifts of the Holy Spirit?** The gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.
- 11. What are the fruits of the Holy Spirit?** The fruits of the Holy Spirit are the supernatural acts or works that flow joyfully from the Christian life: love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

## Chapter 5: THE FIRST COMMANDMENT

### THE DECALOGUE

*(p. 44)*

- 1. How are the Ten Commandments a gift?** God gave us the Ten Commandments, through which he revealed the natural law so we can know it with relative ease.
- 2. What are the two major divisions of the Decalogue?** The first three Commandments are about our duties toward God. The final seven Commandments pertain to our duties to other human beings.

### BELIEVE, TRUST, AND LOVE

*(p. 45)*

- 3. What does the First Commandment oblige?** The First Commandment obliges everyone to acknowledge the existence of the one true God and to worship him.
- 4. What are the three gifts we receive in Baptism that help us worship God adequately?** The theological virtues of faith, hope, and charity supernaturally help us believe in God, trust in God, and love God.
- 5. Why are faith, hope, and love called theological virtues?** These virtues are called “theological” since their origin and object is God: God is the origin of these virtues, and he gives them to us so we can reach him, who is also the object of these virtues.

### FAITH

*(pp. 46-48)*

- 6. Why should we believe something once we are convinced God has revealed it?** We should believe it because God can neither deceive nor be deceived.
- 7. What is prevenient grace?** Prevenient grace is grace that God gives us before we make an act of faith; it makes conversion to Christ possible.
- 8. What is the theological virtue of faith?** Faith is the stable disposition to believe in God—and all that he has said and revealed to us—and that the Holy Church proposes for our belief.
- 9. Can some of the revealed content of Faith be known by reason?** Yes. God reveals these natural truths so that everyone can know them fully, easily, and without error. For example, the existence of God and of the natural law are truths that can be known by reason.
- 10. Can all of the revealed content of Faith be known by reason?** No. The doctrine of the Blessed Trinity, the Incarnation of Christ, the Sacraments, and other truths of the Faith cannot be fully understood by reason.
- 11. Why is faith an ecclesial act?** God offers us the gift of faith through his Church.
- 12. What is voluntary doubt?** Voluntary doubt is deliberately calling into question some aspect of the Faith out of unwillingness to accept a doctrine or moral teaching.
- 13. What is schism?** Schism is refusing to submit to the authority of the Pope or the bishops united to him.
- 14. What is heresy?** Heresy is the rejection of a revealed truth of the Faith.
- 15. What is apostasy?** Apostasy is the total rejection of the Faith.
- 16. What is atheism?** Atheism is the denial of the existence of God.

## HOPE

*(pp. 48-49)*

- 17. What is the supernatural virtue of hope?** Hope is the capacity to trust in God’s mercy. It is confidence that God will give us all the graces needed to reach salvation and to be fully united with Jesus Christ.
- 18. How does future hope help us live present faith?** Difficulties in the present can be borne if the promise we hope for is worthwhile.
- 19. What is despair?** Despair is a chosen lack of trust in God’s mercy and love.
- 20. What is presumption?** Presumption is the assumption that one will be saved no matter what.

## CHARITY

*(pp. 49-50)*

- 21. What is the theological virtue of charity?** Charity is the power to love God above all things for his own sake, and our neighbor as ourselves for the love of God.
- 22. In what does love for a person consist?** Love for a person means acting for that person’s true good.
- 23. What is the limit of charity?** The limit of charity is laying down one’s life for friends.
- 24. Why should we love God above all things?** God should be loved above all things because he is our Creator and Savior.
- 25. What is indifference?** Indifference is a lack of commitment in living your Catholic Faith.
- 26. What is ingratitude?** Ingratitude is not being thankful to God for the good things in your life.
- 27. What is sloth?** Sloth is spiritual laziness or sadness because of the effort it takes to be a disciple.
- 28. What is lukewarmness?** Lukewarmness is a half-hearted commitment to living the Faith.
- 29. What might contribute to hatred of God?** Distaste for God’s laws, resentment over the consequences of personal sin, or some severe or tragic suffering might contribute to hatred of God.

## THE VIRTUE OF RELIGION

*(pp. 51-54)*

- 30. What is the virtue of religion?** Religion is the moral virtue that inclines us to worship or honor God because he is our Creator and Lord.
- 31. Why can we never fully give God what we “owe” him?** No one can repay God for creating, saving, and sanctifying us, but we can do something to honor him.
- 32. What are the four acts of religion?** The four acts of religion are adoration, thanksgiving, contrition, and petition.
- 33. What is idolatry?** Idolatry is treating a created thing as if it were God.
- 34. What is superstition?** Superstition is a belief that words, actions, events, or things can have some kind of magical power.
- 35. What is divination?** Divination is trying to predict the future or to see hidden things through powers other than God.
- 36. What is magic?** Magic is an attempt to gain a good or evil effect through occult forces. This is different from innocent entertainment that uses slight-of-hand tricks and optical illusions and makes no claim to occult forces.
- 37. What are irreligion, sacrilege, and simony?** Irreligion is disrespect, even mockery of, God’s goodness and dignity. Sacrilege is treating something holy in an unholy way, e.g., vandalizing a church. Simony is buying or selling spiritual goods.

- 38. What is satanic worship?** Satanic worship honors the Devil as if he were God. The perverse and violent rituals of Satanism harm bodies and souls.
- 39. What event changed St. Ignatius's life?** St. Ignatius was inspired by a biography of Christ and a book about the saints, which he read while bedridden.
- 40. What did the injured soldier Ignatius vow to become?** St. Ignatius vowed to become a soldier for Christ.
- 41. What are St. Ignatius's *Spiritual Exercises*?** The *Spiritual Exercises* is a collection of meditations, prayers, and mental activities to help one discern the presence of Jesus Christ in one's soul.
- 42. What question did St. Ignatius use to convert St. Francis Xavier?** St. Ignatius asked him repeatedly, "What does it profit a man, to gain the whole world and forfeit his life?" (Mk 8:36).
- 43. What is the fourth vow of a Jesuit?** The fourth vow is obedience to the Pope in regard to the missions.

**Discussion Questions (p. 54)**

- 1. What does the First Commandment oblige?** The First Commandment obliges everyone to acknowledge the existence of the one true God and to worship him.
- 2. What are the three gifts we receive in Baptism that help us worship God adequately?** The theological virtues of faith, hope, and charity supernaturally help us believe in God, trust in God, and love God.
- 3. What is the theological virtue of faith?** Faith is the stable disposition to believe in God and all that he has said and revealed to us, and that the Holy Church proposes for our belief.
- 4. What is the supernatural virtue of hope?** Hope is the capacity to trust in God's mercy. It is confidence that God will give one all the graces needed to reach salvation and to be fully united with Jesus Christ.
- 5. What is the theological virtue of charity?** Charity is the power to love God above all things for his own sake, and our neighbor as ourselves for the love of God.
- 6. What is the virtue of religion?** Religion is the moral virtue that inclines us to worship or honor God because he is our Creator and Lord.
- 7. What are the four acts of religion?** The four acts of religion are adoration, thanksgiving, contrition, and petition.

## Chapter 6: THE SECOND COMMANDMENT

### THE GRANDEUR OF GOD'S NAME

*(pp. 56-57)*

- 1. What does respect for a person's name show?** Respect for a person's name shows respect for that person's dignity.
- 2. How do the Jews show respect for God's name?** The Jews show respect for God's name by not speaking or even writing it.
- 3. How do we respect God's name?** We can show respect for God's name by speaking of him in a reverent way and by avoiding blasphemy, ridicule of the Faith, and false oaths.

### OATHS AND VOWS

*(pp. 57-59)*

- 4. What does the Second Commandment oblige?** The Second Commandment obliges us not to use God's name in vain, that is, in an empty or worthless way.
- 5. What is an oath?** An oath is a statement to another person that claims something to be true or promises to do something, with God as the speaker's witness.
- 6. What is a vow?** A vow is a promise made to God with another person as the witness.
- 7. When is it legitimate to make an oath?** An oath is legitimately made when a serious reason exists like an oath of office or before giving testimony in court.
- 8. What is an example of an oath that God himself swore?** After Abraham showed his obedience to God, God swore an oath to bless Abraham.
- 9. What was Christ's attitude toward swearing oaths?** While it is permissible to swear an oath for grave and right reasons, in most cases our simple word should be enough.
- 10. What are some reasons it would be evil to take an oath?** It would be evil to make an oath to call on God as a witness in a trivial matter, to support a lie, or to promise to commit a crime; all of these violate the Second Commandment.
- 11. When you make a vow, to whom do you make the promise?** The promise is made to God.
- 12. What are the typical vows taken in religious life?** The evangelical counsels of poverty, chastity, and obedience are typical.
- 13. Are Catholic married couples living under a vow?** Yes, married couples are living under their lifelong wedding vows.

### SINS AGAINST THE SECOND COMMANDMENT

*(pp. 59-64)*

- 14. What is blasphemy?** Blasphemy is speech holding God, holy persons, or holy things in contempt.
- 15. How serious is blasphemy?** Blasphemy is very serious as it is intrinsically evil.
- 16. What is ridicule of the Faith?** Ridicule of the Faith is irreverence toward things connected with the Faith. A few examples of public irreverence toward God are so-called humorous imitations of the Sign of the Cross, confession of sins, devotion to Mary, or the practice of chastity.

- 17. Why should we not tolerate ridicule of the Faith?** Ridicule of the Faith should not be tolerated because it is disrespectful and insulting to God and to the members of his Church.
- 18. What is a false oath?** A false oath is calling on God to be the witness to a lie.
- 19. What is perjury?** Perjury is a false promise taken under oath or making a promise without any intention of keeping it.
- 20. Is it a sin to use crude or obscene language that does not mention God's name?** Crude or obscene language may not offend against the Second Commandment, but it can be a sin against other Commandments, especially if used to defy legitimate authority; if it scandalizes or hurts others; or if it is used in a manner that is immodest, impure, or disrespectful of human dignity or sexuality.
- 21. What are some reasons St. Thomas More could be called the ideal layman?** St. Thomas More was a good husband, father, friend, worker, citizen, and Christian.
- 22. Why did St. Thomas More resign from the most important post in England?** Though St. Thomas More was old friends with King Henry VIII, he decided to resign his post as Chancellor because he thought the King was wrong to divorce his wife, make himself the head of the Church in England, marry his mistress, and demand that everyone publicly agree with these actions.
- 23. Why is St. Thomas More an example of keeping the Second Commandment?** St. Thomas More was willing to give up everything, his profession and life, rather than to take an oath that he considered false.

**Discussion Questions (p. 64)**

- 1. What does the Second Commandment oblige?** The Second Commandment obliges us not to use God's name in vain, that is, in an empty or worthless way.
- 2. What is an oath?** An oath is a statement to another person that claims something to be true or promises to do something, with God as the speaker's witness.
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## Chapter 7: THE THIRD COMMANDMENT

### TO DO WHAT WE OUGHT

*(pp. 66-67)*

- 1. Why should people be willing to obey the natural law?** The natural law requires us to do what is good for us and prohibits us from doing what is bad for us.
- 2. Why should Catholics be willing to obey Church law?** Like the natural law, ecclesiastical law commands us to do things we should do and avoid things we should avoid. Both are for our own good.

### THE SABBATH IN THE OLD TESTAMENT

*(pp. 68-69)*

- 3. What natural law precepts does the Third Commandment fulfill?** The Third Commandment fulfills the natural law to give due honor to God our Creator and to take rest and leisure for our bodies and minds.
- 4. What is one reason why Genesis may describe creation as taking six days?** Many scholars believe that is described in such a way to highlight the Sabbath with its obligation to rest and worship God.
- 5. Who gets to rest on the Sabbath, according to the Old Testament?** Everyone gets to rest on the Sabbath.

### CHRIST AND THE SABBATH

*(p. 69)*

- 6. Why did the Pharisees accuse Christ of violating the Sabbath?** The Pharisees criticized Christ because he healed people on the Sabbath, the day of rest.
- 7. How did the Pharisees and Christ view the Sabbath differently in terms of means and ends?** The Pharisees tended to see the Sabbath as an end in itself, whereas Christ said, “The Sabbath was made for man, not man for the Sabbath.” This corresponds to the natural need for people to worship God and rest.
- 8. Why is Sunday the Lord’s Day?** The Lord’s Day is the day of the week that Christ rose from the dead.
- 9. Why is the Resurrection so important in Christianity?** The Resurrection is the fundamental event upon which Christian faith rests.
- 10. What is the significance of Sunday worship in terms of creation?** By worshiping on Sunday, we celebrate the completion of the first creation and the beginning of the new creation in Christ.

### FROM SABBATH TO THE LORD’S DAY

*(pp. 70-71)*

- 11. What were the two days of worship that the first Christians observed?** The first Christians still observed the Jewish Sabbath every Saturday in synagogues and celebrated a liturgy of the Word of God. On the following day, Sunday, they celebrated the Eucharist in their private homes.
- 12. Where is the Liturgy of the Word and of the Eucharist combined?** They are combined in the Mass.
- 13. What is the origin of Holy Days of Obligation?** Holy Days of Obligation come from the custom of celebrating important events in the life of Our Lord and of honoring the Blessed Virgin Mary, saints, and martyrs.

## THE OBLIGATION TO ATTEND MASS

*(p. 71)*

- 14. How do Catholics keep holy the Sabbath?** Catholics keep the Sabbath holy, above all, by attending Mass on Sunday.
- 15. Why does the Church require attendance at Sunday Mass and Holy Days of Obligation?** Attendance at Mass is required because of the Third Commandment to keep the Sabbath holy and the tremendous spiritual benefits for those who participate.
- 16. For what reason can the faithful be excused from Mass on these days?** One can be excused for serious reasons such as illness, the care of infants, or the geographical impossibility of being at Mass.

## THE OBLIGATION TO REST

*(pp. 72-73)*

- 17. Does resting on Sunday mean doing nothing?** No. Rest from work gives us time to worship God, replace lost energy, enrich ourselves with cultural activities, and deepen family life and friendships.
- 18. What kind of work is permitted on Sunday for Christians?** Work that is required for people's welfare and safety is permitted on Sunday.
- 19. What did St. Ambrose govern before he became Archbishop of Milan?** St. Ambrose was the civil governor of a Roman province.
- 20. What was unusual about St. Ambrose's ordination as bishop?** Because St. Ambrose was a catechumen at the time, he had to be baptized and ordained as a priest before he could be installed as bishop.
- 21. What are some of St. Ambrose's contributions to the Faith?** St. Ambrose opposed Arianism, was a famous preacher, developed Church music, and encouraged monasticism.

**Discussion Questions (p. 74)**

- 1. What natural law precepts does the Third Commandment fulfill?** The Third Commandment fulfills the natural law to give due honor to God our creator and to take rest and leisure for our bodies and minds.
- 2. How did the Pharisees and Christ view the Sabbath differently in terms of means and ends?** The Pharisees tended to see the Sabbath as an end in itself, whereas Christ said, “The Sabbath was made for man, not man for the Sabbath.” This corresponds to the natural need for people to worship God and rest.
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- 5. Why must Catholics attend Mass on Sundays and Holy Days of Obligation?** Attending Mass is required because of the Third Commandment to keep the Sabbath holy and the tremendous spiritual benefits for those who participate.
- 6. For what reason can the faithful be excused from Mass on Sundays and Holy Days?** One can be excused for serious reasons such as illness, the care of infants, or the geographical impossibility of being at Mass.
- 7. Does resting on Sunday mean doing nothing?** No. Rest from work gives us time to worship God, replace lost energy, enrich ourselves with cultural activities, and deepen family life and friendships.
- 8. What kind of work is permitted on Sunday for Christians?** Work that is required for people’s welfare and safety is permitted on Sunday.

## Chapter 8: THE FOURTH COMMANDMENT

### THE FOURTH COMMANDMENT

*(p. 76)*

- 1. To what do the final seven of the Ten Commandments pertain?** They pertain to our duty to love our neighbor.
- 2. What is the subject of the Fourth Commandment?** The subject of the Fourth Commandment is the love between parents and children and the relations between those in authority and those under authority.

### THE FAMILY AS A COMMUNITY OF LOVE

*(p. 77)*

- 3. Why do children owe honor to their parents?** Children are a consequence of their parents' love, and God makes parents responsible for their children's well-being. Therefore, children owe honor, obedience, respect, and love to their parents both for giving them life and as representatives of God's authority over them.
- 4. How important is parental love for the well-being of children?** Parental love has tremendous importance for the emotional, psychological, and spiritual health of children.
- 5. What are the consequences for children of parental disunity?** The consequences are confusion and psychological problems that often cause lifelong wounds.

### OBSERVANCE IN THE OLD TESTAMENT

*(p. 78)*

- 6. What did the book of Exodus promise children who honored their parents?** Children who honored their parents were promised a long life in the Promised Land.
- 7. According to Sirach, what are some blessings that a child is promised for honoring his or her parents?** The blessings to a child who honor his or her parents are safety, atonement for sins, children of their own, answered prayers, long life, and happy parents.
- 8. What does Sirach say about taking care of aged parents?** Children should help parents when they get old and show kindness even if they become senile. God will richly bless children who do this.

### DUTIES OF CHILDREN TO THEIR PARENTS

*(p. 79)*

- 9. What do young children owe their parents?** Young children owe their parents honor and obedience.
- 10. What limits parental obedience?** Children do not have to obey if asked to do something that is morally wrong.
- 11. When a child obeys a parent or a student obeys a teacher, whom is the young person really obeying?** He or she is really obeying God.

### DUTIES OF PARENTS TO THEIR CHILDREN

*(pp. 80-81)*

- 12. What are the three major duties parents have toward their children?** Parents must be fair and understanding, impart appropriate discipline, and instruct their children in the Faith.

**13. What does fairness and understanding entail?** Fairness and understand requires that parents treat their children with the respect owed them as children of God. Parents do not “own” their children; children belong to God, and God has entrusted those children to the care of their parents.

**14. What is discipline?** Discipline means training in good habits like the proper use of freedom, self-control, and responsibility—in fact, every virtue.

**15. According to the Epistle to the Hebrews, why should children accept discipline from their parents?** It seems painful at first, but it makes a person “righteous,” or holy, later on.

**16. What is instruction in the Faith?** Instruction in the Faith is the parents’ serious obligation to form and educate their children. Parents are called not only to teach the doctrines of the Faith but also to lead by example, teaching the children how to pray and to develop a friendship with Jesus Christ and how to live without an excessive attachment to material goods.

**17. Why must parents be mindful of their own religious practices?** Parents must be mindful because there is often a direct connection between their own religious practices and those of their children.

**18. How can we show honor to members of our extended family?** We can honor them by taking care of them, especially those who are elderly or disabled.

## **OBLIGATION OF CITIZENS**

*(pp. 82-83)*

**19. As Christian citizens, why must we obey civil authority?** We are doing the will of God.

**20. What did St. Paul mean when he wrote that civil authority “does not bear the sword in vain”?** St. Paul meant that civil authority can justly punish offenders.

## **GOVERNMENTAL OBLIGATIONS TO CITIZENS**

*(pp. 84-86)*

**21. Is legitimate authority found only in parents and in the government?** No. People with authority to govern others are found in schools, businesses, civic associations and the military.

**22. Why does God have ultimate authority over us?** God has ultimate authority because he is the author of everything in creation.

**23. Why are some humans granted authority over others?** People in authority are given legitimate power because they need it to serve the good of their communities.

**24. What makes laws just?** Laws are just if they respect the fundamental rights of the human person and promote the conditions that make the exercise of these rights possible.

**25. Do human rulers grant rights, or do they recognize them?** Rights belong to individual people, and rulers must recognize and respect them; otherwise, their rule is unjust.

**26. What is subsidiarity?** Subsidiarity is the basic principle that should guide the hierarchical relations in a civic society: Lower levels of society have the right to carry out their own business, and higher authority intervenes only if necessary.

**27. What are some of St. Elizabeth Ann Seton’s firsts?** St. Elizabeth founded the first free Catholic school in America, founded the first religious order for women in America, and was the first native-born citizen of the United States to be canonized.

**28. What sacrifice did St. Elizabeth make by converting to Catholicism?** When St. Elizabeth returned to America from Italy as a widow, she was abandoned by many of her family and friends and had to raise her children in poverty.

**29. How was St. Elizabeth’s life a combination of action and contemplation?** St. Elizabeth actively founded schools and orphanages but maintained a constant contemplative presence of God through prayer, devotion to the Blessed Virgin Mary, Sacred Scripture, and the Eucharist.

**Discussion Questions (p. 86)**

- 1. What is the subject of the Fourth Commandment?** The subject of the Fourth Commandment is the love between parents and children and the relations between those in authority and those under authority.
- 2. Why do children owe honor to their parents?** Children are a consequence of their parents' love, and God makes parents responsible for their children's well-being. Therefore, children owe honor, obedience, respect, and love to their parents both for giving them life and as representatives of God's authority over them.
- 3. How important is parental love for the well-being of children?** Parental love has tremendous importance for the emotional, psychological, and spiritual health of children.
- 4. What limits parental obedience?** Children do not have to obey if asked to do something that is morally wrong.
- 5. What are the three major duties parents have toward their children?** Parents must be fair and understanding, impart appropriate discipline, and instruct their children in the Faith.
- 6. As Christian citizens, why must we obey civil authority?** We are doing the will of God.
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## Chapter 9: THE FIFTH COMMANDMENT

### THE FIFTH COMMANDMENT IN DIVINE REVELATION

*(pp. 88-89)*

- 1. What is the basic idea of the Fifth Commandment?** The Fifth Commandment explicitly prohibits murder and implicitly commands respect for all human life.
- 2. What is the first sin recorded in the Bible after the Fall of Adam and Eve?** The murder of Abel by his brother Cain is the first recorded sin after the Fall.
- 3. After Cain had killed his brother Abel, how did God punish him?** God punished Cain by making him a wanderer on earth. God protected Cain from any retribution by placing a mark on him since vengeance is God's alone.

### THE FIFTH COMMANDMENT IN THE NEW TESTAMENT

*(p. 90)*

- 4. How did Christ extend and perfect the Fifth Commandment?** Christ condemned not only murder but also its root causes—anger, hatred, and vengeance—demanding instead that we love and forgive one another.
- 5. What is scandal?** Scandal is the sin by which a person exhibits an attitude or behavior that encourages other people to sin.
- 6. How far does Christ's command to love extend?** Christ's command to love extends to loving even those who hate us and seek to do us harm.

### RESPECT FOR LIFE AT ITS BEGINNING

*(pp. 91-93)*

- 7. Why is abortion murder?** Since new human life, which is made in the image and likeness of God, comes into existence at the moment of conception, an abortion is considered murder due to the direct killing of an unborn child in its mother's womb.
- 8. Why is one's ability to live independently or one's stage of development an invalid basis for determining human personhood?** There is no basis to claim that a stage of development determines human personhood since, if there were, then we could easily assert that a newborn or toddler is not a person or that a young child or adolescent is not a person because they rely on their parents for food and care.
- 9. Why is embryonic stem-cell research immoral?** Embryonic stem-cell research requires the destruction of human embryos in order to get the stem cells needed for research. Those embryos are unborn children and must be shown the same dignity and respect as every child already born.
- 10. Why is it wrong to clone a human being for research and therapy or even organ harvesting?** Reproductive human cloning is contrary to God's plan for each person to be the unique fruit of spousal love. In addition, these practices would result in murdering an innocent, helpless human being for the benefit of someone already living.

## RESPECT FOR LIFE UNTIL ITS NATURAL END

*(p. 93)*

- 11. What is the problem with determining if someone should live or die based on “quality of life”?** A terminal illness, a debilitating physical condition, or a mental health issue such as severe depression cannot justify killing another person or oneself. A person’s worth lies not in his or her perceived value to society but rather in his or her innate status as a child of God.
- 12. What is the difference between euthanasia, assisted suicide, and suicide?** Euthanasia is a person’s decision to end the life of another person judged to have a “poor quality of life.” Assisted suicide is when a person requests the help of another person to end his or her life. Suicide is ending one’s own life.
- 13. How should we treat terminally ill persons?** They should receive palliative care to relieve depression and physical suffering and be surrounded by love. They must not be told implicitly or explicitly that they would be better off dead or, even worse, that they have a duty to die.
- 14. Why does the Church not judge the state of salvation of persons who have killed themselves?** Many extenuating circumstances could diminish the subjective guilt of this tragic action such as severe depression and other mental problems. As members of the Church, we should all pray for those who have taken their lives.

## SELF-DEFENSE AND CRIMINAL JUSTICE

*(pp. 94-95)*

- 15. Under what circumstances can one use violence, even deadly force, against another?** We all have the right to defend ourselves and others against unjust aggression. Our actions, however, must be proportionate to the threat we face.
- 16. When may police use force or courts punish?** The proportionate force and punishment may be applied when they are acting to protect the common good of society.
- 17. Is capital punishment intrinsically evil?** No. The state may apply it only for very serious crimes and if there are no other available means to protect society from this individual. It should be viewed as a measure of last resort.
- 18. Why does the Church currently wish to abolish the death penalty in almost all circumstances?** In most societies capital punishment is rarely if ever justified. Also, there is concern for the souls of the capital offenders and caution in not allowing them the opportunity to repent and redeem themselves.

## JUST WAR DOCTRINE

*(pp. 95-96)*

- 19. Why is war never intrinsically good, even when justified?** Every war causes immense and incalculable suffering and death to whole nations and to combatants and civilians alike.
- 20. What are the principles for waging a just war?** The principles are (1) self-defense, (2) last resort, (3) probability of success, and (4) proportionality. In the course of conducting the war, a nation must, moreover, never deliberately target noncombatants.
- 21. Who has the responsibility to apply the just war criteria to combat situations?** Everyone—even individual soldiers engaged in combat—must adhere to the just war criteria. For example, a soldier who is ordered to participate in genocide should not obey.
- 22. What is wrong with the arms race?** The time, creativity, wealth, and natural resources it uses for more and deadlier weapons would be much better spent on serving the common good of individual nations.

## **RESPECT FOR THE INTEGRITY OF THE BODY**

*(pp. 97-100)*

- 23. Why it right to take care of the body?** We are stewards of the that life God has given us. We should cultivate good health, avoid physical injury to ourselves and others, and show due respect and reverence for our bodies.
- 24. What is the cult of the body?** It is giving the human body a godlike status or an importance that it does not have. Extreme efforts at bodybuilding, obsession with weight loss, and unnecessary plastic surgery are examples of the cult of the body.
- 25. Why is gluttony a sin against the Fifth Commandment?** It makes pleasure an end in itself and may cause illness or premature death.
- 26. When are organ transplants illicit?** They are illicit when the donor or the recipient does not give informed consent, when the dangers are not proportionate to the good sought, when organs essential to the personal or procreative identity are involved, or when it causes the death of one person to help another.
- 27. Why is sterilization wrong?** Destroying one’s procreative faculties is mutilation of a healthy bodily system, which is a serious sin.
- 28. Why is substance abuse wrong?** Substance abuse impairs self-control and proper judgment, which can lead to offensive and even tragic consequences such as automobile accidents, violence, overdoses, and inappropriate sexual behavior.
- 29. Why is Jacques Fesch like the Good Thief who died with Christ?** Fesch was a criminal put to death for his crimes, but he felt close to Christ on the Cross at the end.

**Discussion Questions (p.100)**

- 1. What is the main idea of the Fifth Commandment?** The Fifth Commandment explicitly prohibits murder and implicitly commands respect for all human life.
- 2. How did Christ extend and perfect the Fifth Commandment?** Christ condemned not only murder but also its root causes—anger, hatred, and vengeance—demanding instead that we love and forgive one another.
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## Chapter 10: THE SIXTH AND NINTH COMMANDMENTS

### PURITY IN THOUGHT, WORD, DEED

*(p. 102)*

- 1. What is the main idea of the Sixth and Ninth Commandments?** The Sixth and Ninth Commandments prohibit violations in thought, word, or deed against marriage and the virtue of chastity.
- 2. Is human sexuality good or evil?** Human sexuality, when exercised in harmony with human nature, is good.

### MARRIAGE AND THE NATURAL LAW

*(p. 103)*

- 3. What does it mean to say that men and women are complementary?** Complementarity means that the natural differences between men and women support and complete each other.
- 4. What are the two purposes inherent in the marital act?** One of the purposes of the marital act is the *unitive* purpose, the loving unity of husband and wife. The other is the *procreative* purpose, which is the cooperation with God to bring a new person into the world.
- 5. What is the responsibility inherent in procreation?** The inherent responsibility in procreation is to care for and educate any child who might be conceived.

### FIDELITY IN THE OLD TESTAMENT

*(p. 104)*

- 6. What does “one flesh” mean in Genesis?** “One flesh” refers to the marital bond between Adam and Eve, which is reflected in their sexual union.
- 7. What is lust?** Lust is a consequence of Original Sin: “Lust is disordered desire for or inordinate enjoyment of sexual pleasure” (CCC 2351).
- 8. When did lust enter the world?** Lust entered the world immediately after the Fall of Adam and Eve, which, as a consequence of Original Sin, obscured the original vision of the meaning and purpose of marriage and sexuality.
- 9. What is wrong with sexual pleasure sought only for itself?** When sought only for itself, sexual pleasure is morally disordered since it is isolated from its inherent procreative and unitive purposes (CCC 2351).
- 10. Why was moral law in the Old Testament imperfect and provisional?** God led his people gradually away from their sinfulness and toward his full revelation in Christ. When Christ came, the Old Law was perfected and the Commandments were restored to their full, intended meaning.

### FAITHFULNESS IN THE NEW TESTAMENT

*(pp. 105-106)*

- 11. Is every spontaneous emotion or impulse of passion the sin of lust?** No. Lust is the act of the will that says yes to a feeling or impulse of passion.
- 12. What does Christ teach about divorce?** Christ taught that divorce goes against the original plan of God that marriage be exclusive and lifelong.

## MARRIAGE

*(pp. 106-107)*

- 13. What graces are received in the Sacrament of Matrimony?** One receives graces necessary to live the original meaning of marriage that Christ restored, which is a lifelong covenant of love for the good of the spouses and the procreation and rearing of children.
- 14. How does the marital act make husband and wife potential co-creators with God?** The marital act makes a husband and wife open to cooperate with God in the creation of a new human being made in the image and likeness of both the parents and of God.
- 15. What is the property of exclusivity in marriage?** Exclusivity refers to the gift of self only to one's spouse. You cannot give yourself to more than one person.
- 16. What is the property of indissolubility in marriage?** Indissolubility refers to the property of a marriage bond: that it cannot be broken except by death.

## SINS AGAINST MARRIAGE

*(pp. 107-109)*

- 17. What are some of the serious sins against marriage?** Sins against marriage include divorce, adultery, polygamy, incest, sexual abuse, cohabitation, contraception, and artificial methods of conception.
- 18. What is NFP?** Natural family planning refers to abstaining from the marital act during those times when conception could occur or having relations during those times in the hope of a conception.
- 19. Why is artificial insemination a violation of the unitive purpose of the marital act?** Artificial insemination seeks the conception of new life apart from the marital act. The dignity of human life requires that the conception of new life be the fruit of the physical expression of marital love and not the result of a medical procedure.
- 20. Besides attempting to bring about procreation without sexual union, what else is gravely wrong about *in vitro* fertilization?** It involves the creation of many other—"spare"—embryos that are either destroyed or frozen for an indefinite time. The use of nonspousal donors or "surrogate" mothers constitutes additional grave offenses against the dignity of marriage.
- 21. Is having a child of one's own issue an inalienable human right?** No. The option to adopt, however, can fulfill the desire to have children and a great act of love can be shown—which is something creative in and of itself.

## THE VIRTUE OF CHASTITY

*(p. 109)*

- 22. How do married couples live chastity?** Married couples live chastity through a loving, faithful, and exclusive union that never deliberately separates sexual intercourse from its unitive or procreative purposes.
- 23. How do the unmarried live chastity?** An unmarried person lives chastity by continence, that is, by not engaging in sexual activity in thought, word, or deed.

## SINS AGAINST CHASTITY

*(pp. 109-111)*

- 24. Where is the place in which the unitive and procreative meanings of sex are properly joined?** The two meanings of sex are joined in the marital act expressed between a husband and wife.
- 25. How should a person deal with impure thoughts or desires?** A person should respond by first recognizing the temptation and then rejecting it before dwelling on it, which might lead to committing a sin of impurity.
- 26. What are the major sins against chastity?** Sins against chastity include viewing pornography, masturbation, premarital sex, prostitution, rape, and homosexual acts.

**27. What made the Samaritan woman realize Christ must be a prophet?** Without the woman telling him, Christ “knew” her complicated life situation, past and present.

**28. What amazing thing does Christ reveal to the Samaritan woman?** Jesus revealed to the Samaritan woman that he is the Messiah.

### Discussion Questions (p.112)

- 1. What is the main idea of the Sixth and Ninth Commandments?** The Sixth and Ninth Commandments prohibit violations in thought, word, or deed against marriage and the virtue of chastity.
- 2. What are the two purposes inherent in the marital act?** One of the purposes of the marital act is the *unitive* purpose, the loving unity of husband and wife. The other is the *procreative* purpose, which is the cooperation with God to bring a new person into the world.
- 3. What is the responsibility inherent in procreation?** The inherent responsibility in procreation is to care for and educate any child who might be conceived.
- 4. What is lust?** Lust is a consequence of Original Sin: “Lust is disordered desire for or inordinate enjoyment of sexual pleasure” (CCC 2351).
- 5. Is every spontaneous emotion or impulse of passion the sin of lust?** No. Lust is the act of the will that says yes to a feeling or impulse of passion.
- 6. What does Christ teach about divorce?** Christ taught that divorce goes against the original plan of God that marriage be exclusive and lifelong.
- 7. What are the effects of the Sacrament of Matrimony?** Matrimony joins a baptized man and woman in a lifelong covenant of love for the good of the spouses and the procreation and education of children.
- 8. How does the marital act make husband and wife potential co-creators with God?** The marital act makes a husband and wife open to cooperate with God in the creation of a new human being made in the image and likeness of both the parents and of God.
- 9. What is the property of exclusivity in marriage?** Exclusivity refers to the gift of self only to one’s spouse. You cannot give yourself to more than one person.
- 10. What is the property of indissolubility in marriage?** Indissolubility refers to the property of a marriage bond: that it cannot be broken except by death.
- 11. What are some of the serious sins against marriage?** Sins against marriage include divorce, adultery, polygamy, incest, sexual abuse, cohabitation, contraception, and artificial methods of conception.
- 12. What is NFP?** Natural family planning refers to abstaining from the marital act during those times when conception could occur or having relations during those times in the hope of a conception.
- 13. What are the major sins against chastity?** Sins against chastity include viewing pornography, masturbation, premarital sex, prostitution, rape, and homosexual acts.

## Chapter 11: THE SEVENTH AND TENTH COMMANDMENTS

### PRINCIPLES OF THE JUST USE OF CREATED GOODS

*(pp. 114-115)*

- 1. What is the main concern of the Seventh and Tenth Commandments?** The main concern of the Seventh and Tenth Commandments is the correct possession, use, and attitude toward worldly goods.
- 2. What is stewardship?** Stewardship is our responsible and just use of God's creation.
- 3. According to Genesis, what right over the earth does God give to mankind?** God has given us the use of the earth with the order to fill and subdue it (cf. Gn 1:28-30).
- 4. What is divine versus human creation?** God divinely creates out of nothing. Through work, we transform God's creation in ways that fulfill the various needs of human existence.
- 5. What is the doctrine of the universal destination of goods?** The universal destination of goods means that—since every person has an innate right to life, nourishment, and shelter—the created goods of the earth are supposed to benefit everyone, including our descendants, not just a select few.
- 6. How does the right to private property support the universal destination of goods?** Owning property is a way that people can secure their basic needs and have something to share with others.
- 7. Why is a desire for basic goods not coveting?** Human beings rightly desire the basic goods that are necessary for the preservation of life and the maintenance of human dignity.
- 8. Why should we use material goods in moderation?** Those who hold goods for use and consumption should use them with moderation, reserving the better part for guests, the sick, and the poor (cf. CCC 2405).
- 9. When can one person rightly take or use the private property of another?** Another's private property can be used in times of dire need—e.g., extreme poverty, natural or man-made disaster, or emergency—when there is an obvious and urgent necessity for food, water, shelter, medical care, transportation, or self-defense.

### VIRTUES THAT PROMOTE HUMAN DIGNITY

*(pp. 116-117)*

- 10. Why are the inequalities between people part of God's plan?** God wills that each receive what he needs from others and that those with particular "talents" share those gifts with those who need them.
- 11. From God's perspective, what is good about inequality?** Inequality gives people an opportunity to grow in virtues like kindness and generosity, building up the human community in holiness as we anticipate the perfection of the Kingdom of God.
- 12. What virtues are necessary to use the goods of creation properly?** To use goods properly, it is necessary to exercise the virtues of temperance, justice, and solidarity.
- 13. What is temperance?** Temperance is the virtue by which one exercises self-control over the desire for pleasure.
- 14. What is justice?** Justice is the virtue by which one gives everyone what one owes them.
- 15. What is solidarity?** Solidarity, or social charity, is the recognition that we are all in this life together and should help one another.

## SINS AGAINST THE SEVENTH COMMANDMENT

*(pp. 117-118)*

- 16. What are some of the sins against the Seventh Commandment?** Sins against the Seventh Commandment include robbery, bribery, identity theft, wastefulness, excessive gambling, trafficking of stolen goods, and cheating.
- 17. What is restitution?** Restitution is the duty to repair or pay back the equivalent of what one has damaged or taken unjustly.

## SINS AGAINST THE TENTH COMMANDMENT

*(p. 118)*

- 18. What is the sin of covetousness?** Covetousness is the decision of the will to make someone else's good one's absolute good.
- 19. What are the major forms of covetousness?** Forms of covetousness include greed, avarice, and envy.
- 20. What are two remedies for temptations toward covetousness?** Two remedies for temptations toward covetousness are practicing generosity and poverty of spirit.

## THE SOCIAL DOCTRINE OF THE CHURCH

*(pp. 118-120)*

- 21. What is the social doctrine of the Church?** The social doctrine of the Church is the collection of moral teaching with regard to the dignity of the human person, his or her basic rights, and the requirements of the common good.
- 22. Why did the social teachings of the Church arise?** The social teachings of the Church were articulated as a response to serious problems related to poverty and poor working conditions at the start of the industrial age.
- 23. Why is it everyone's responsibility to abide by the Church's social teachings?** The Church's social teachings are precepts of the natural law—not Divine Revelation—so they apply to everyone, not just Catholics.
- 24. Who has the primary task of implementing social justice?** Social justice is the primary task of lay people, whether they are Catholics or not.
- 25. What responsibility do rich nations have toward poor ones?** Rich nations should help poor nations develop. This responsibility is moreover an obligation of justice if their prosperity has come from exploiting poor nations.
- 26. What responsibility do multi-national corporations have toward poor countries in which they do business?** They must practice stewardship in regard to the resources of those nations and respect the human rights of the people involved.
- 27. What is the proper aim of foreign aid, whether private or public?** The aim of foreign aid should be to bring about the full development of human society.

## LOVE FOR THE POOR

*(pp. 120-122)*

- 28. What is our Christian duty toward the poor?** We have the duty to love the poor as Christ has loved us.
- 29. How does gainful employment contribute to love for the poor?** Gainful employment gives us the ability to assist those who are in need.
- 30. How does Christ "save" Zacchaeus?** Christ said, "Today salvation has come to this house," which means that he had been welcomed into Zacchaeus's house. Christ's public ministry was to bring his message to the Jews, which included Zacchaeus.
- 31. How does Zacchaeus show that Christ's salvation has come to him?** Zacchaeus resolved to make a fourfold restitution to anyone that he had cheated and to give half his wealth away to the poor.

**Discussion Questions (p.122)**

- 1. What is the main concern of the Seventh and Tenth Commandments?** The main concern of the Seventh and Tenth Commandments is the correct possession, use, and attitude toward worldly goods.
- 2. What is stewardship?** Stewardship is our responsible and just use of God's creation.
- 3. What is the doctrine of the universal destination of goods?** The universal destination of goods means that—since every person has an innate right to life, nourishment, and shelter—the created goods of the earth are supposed to benefit everyone, including our descendants, not just a select few.
- 4. How does the right to private property support the universal destination of goods?** Owning property is a way that people can secure their basic needs and have something to share with others.
- 5. What virtues are necessary to use the goods of creation properly?** To use goods properly, it is necessary to exercise the virtues of temperance, justice, and solidarity.
- 6. What are some of the sins against the Seventh Commandment?** Sins against the Seventh Commandment include robbery, bribery, identity theft, wastefulness, excessive gambling, trafficking of stolen goods, and cheating.
- 7. What is restitution?** Restitution is the duty to repair or pay back the equivalent of what one has damaged or taken unjustly.
- 8. What are the major forms of covetousness?** Forms of covetousness include greed, avarice, and envy.
- 9. What is the social doctrine of the Church?** The social doctrine of the Church is the collection of moral teaching with regard to the dignity of the human person, his or her basic rights, and the requirements of the common good.
- 10. Who has the primary task of implementing social justice?** Social justice is the primary task of lay people, whether they are Catholics or not.
- 11. What responsibility do rich nations have toward poor ones?** Rich nations should help poor nations develop. This responsibility is moreover an obligation of justice if their prosperity has come from exploiting poor nations.
- 12. What is our Christian duty toward the poor?** We have the duty to love the poor as Christ has loved us.

## Chapter 12: THE EIGHTH COMMANDMENT

### NOTHING BUT THE TRUTH

(p. 124)

- 1. What is the main idea of the Eighth Commandment?** The main idea of the Eighth Commandment is our requirement to speak the truth and to honor the good name of others.
- 2. Why is lying offensive to God?** Lying is offensive to God because he is truth itself.
- 3. Why is lying damaging to human beings?** Lying damages or destroys trust, which is the basis of social living.

### THE EIGHTH COMMANDMENT IN THE OLD TESTAMENT

(pp. 125-126)

- 4. Whose lie is at the basis of the Fall of Adam and Eve?** The lie of Satan, who is “a liar and the father of lies,” is at the basis of the Fall.
- 5. Can God be relied upon to keep his word?** Yes. God is truth.
- 6. According to Proverbs, does wisdom personified ever lie?** No. “Hear, for I will speak noble things, and from my lips will come what is right; for my mouth will utter truth; wickedness is an abomination to my lips” (Prv 8:6-7).

### THE EIGHTH COMMANDMENT IN THE NEW TESTAMENT

(pp. 126-127)

- 7. According to Christ, what will the truth do for us?** The truth will set us free from the bondage of sin and death.
- 8. To what extent is the Christian called to witness to the truth?** We are called to be witnesses to the extent of enduring torture and death.

### THE VIRTUE OF TRUTH

(pp. 127-128)

- 9. What are the two moral obligations that every person has in regard to the truth about reality, according to the encyclical *Dignitatis Humanae*?** Every person is obligated to seek the truth, especially religious truth, and then to live by it once it is known.
- 10. How can the virtue of veracity be shown as a disciple of Christ?** Veracity can be shown with sincerity with oneself, with others, and with God.
- 11. What is a practical means of growing in sincerity with God?** We can grow in sincerity with God by honestly confessing our sins to him and by performing a daily examination of conscience.

### TRUTH IN CHARITY

(p. 128)

- 12. What is the Christian formula for telling people truths they do not want to hear?** Christians are called to “speak the truth in love,” in other words, to speak with sincerity, compassion, and understanding.
- 13. What is fraternal correction?** Fraternal correction is privately and tactfully admonishing someone who is doing something wrong.

**14. What is simplicity in dealing with others?** Simplicity means our words and our actions are the same.

**15. Why must we be humble in correcting others?** We must be humble because we are as weak as anyone else, prone to seeing other's small faults but being blind to our own much greater ones.

## TRUTH AND SECRECY

*(pp. 129-130)*

**16. When should we reveal the truth about something, and when should we be silent?** We should reveal the truth to someone who has a right to know (such as parents who ask where their children have been) but not speak when the person does not have the right to know (such as gossiping a secret).

**17. What is the basic duty toward the truth of someone who works in the media?** Those in the media should tell the truth as objectively as possible, not ruin people's reputations without just cause, and not harm the common good by scandalizing the people being informed.

**18. What are professional secrets?** They are secrets that members of some professions must keep; examples might be between a lawyer and client or a doctor and patient.

**19. What is the seal of confession?** It is the absolute prohibition of a priest to reveal the contents of a sacramental confession.

## SINS AGAINST TRUTH

*(pp. 130-131)*

**20. What are the sins against truth and the Eighth Commandment?** Sins against the Eighth Commandment include lying, gossip, slander, duplicity, dissimulation, hypocrisy, perjury, rash judgment, flattery, boasting, mocking, and revealing secrets.

## GRAVITY OF SINS AGAINST TRUTH

*(pp. 131-132)*

**21. What factors affect the gravity of a sin against the truth?** The factors that affect the gravity of a sin are the nature or object of the lie, one's intention, the circumstances, and the effect.

## THE DUTY TO MAKE REPARATIONS

*(pp. 132-133)*

**22. Why is restitution necessary for a lie?** A lie is a sin against justice, which by its very nature demands restitution.

**23. What are some ways restitution can be made?** Restitution can be done by private or public exposure of the lie, as circumstances demand.

**24. Can you be forgiven a sin against truth if you do not intend to make reparation?** No. Reparation is a moral obligation; every effort must be made to restore whatever was lost to the victims of our dishonesty.

**25. How was St. Joan a victim of rash judgment at the hands of the English?** St. Joan was wrongly convicted of heresy, largely because she was not allowed to defend her supernatural premonitions.

### Discussion Questions (p.134)

- 1. What is the main idea of the Eighth Commandment?** The main idea of the Eighth Commandment is our requirement to speak the truth and to honor the good name of others.
- 2. Why is lying damaging to human beings?** Lying damages or destroys trust, which is the basis of social living.
- 3. To what extent is the Christian called to witness to the truth?** We are called to be witnesses to the extent of enduring torture and death.
- 4. What are the two moral obligations that every person has in regard to the truth about reality, according to the encyclical *Dignitatis Humanae*?** Every person is obligated to seek the truth, especially religious truth, and then to live by it once it is known.
- 5. What is the Christian formula for telling people truths they don't want to hear?** Christians are called to "speak the truth in love," in other words, to speak with sincerity, compassion, and understanding.
- 6. When should we reveal the truth about something and when should we be silent?** We should reveal the truth to someone who has a right to know (such as parents who ask where their children have been) but not speak when the person does not have the right to know (such as gossiping a secret).
- 7. What are the sins against truth and the Eighth Commandment?** Sins against the Eighth Commandment include lying, gossip, slander, duplicity, dissimulation, hypocrisy, perjury, rash judgment, flattery, boasting, mocking, and revealing secrets.
- 8. Why is restitution necessary for a lie?** A lie is a sin against justice, which by its very nature demands restitution.

## Chapter 13: THE BEATITUDES

### BLESSED ARE...

*(pp. 136-137)*

- 1. What are the challenges this chapter focuses on?** This chapter focuses on the challenges that Christians face in living a good moral life.
- 2. How do Christians live the natural law?** We obey the Ten Commandments in their full meaning as Christ revealed them to his Apostles.
- 3. Where can the full meaning of the Commandments be found?** The full meaning of the Commandments can be found in the teachings of Christ, specifically in the Beatitudes.
- 4. In the Beatitudes, from whose perspective do we see human life?** The Beatitudes permit us to see human life with the vision of Christ.
- 5. What does the Kingdom of God mean?** Essentially the Kingdom of God means having the life of Christ within you.

### POVERTY IN SPIRIT

*(pp. 137-138)*

- 6. What is poverty of spirit?** Poverty of spirit is knowing our need for God and being open to what God can do for us.
- 7. How did Christ live poverty of spirit?** Christ was poor in spirit by emptying himself of his divinity by becoming man. He lived material poverty by working as a lowly carpenter. In his public life he only had the clothing on his back and no home. In his Passion he completely emptied himself.
- 8. How can a follower of Christ imitate Christ's poverty of spirit?** One way a follower of Christ can imitate Christ's poverty is through detachment.
- 9. How does poverty of spirit affect how you treat others?** Having poverty of spirit allows us to put the goods that we possess at the service of others.

### SUFFERING

*(pp. 138-139)*

- 10. How do Christians deal with suffering?** We can offer our suffering to God for the benefit of ourselves and others. Rather than leading to bitterness, suffering can open our hearts to forgiving, understanding, and feeling compassion for others.
- 11. How does comfort in mourning apply to others?** We should be compassionate to those who are suffering, bringing them Christ's words and presence.

### MEEKNESS

*(p. 140)*

- 12. What is meekness?** Meekness is the humility, gentleness, and obedience proper to a disciple of Christ.
- 13. How did Christ live meekness?** Christ epitomized virtuous gentleness. Though he is God, he took the form of a slave, even washing the feet of his Apostles at the Last Supper.

**14. How does a follower of Christ live meekness?** With a quiet strength, the meek disciple endures sufferings, disappointments, and insults and responds with humility, love, and forgiveness.

**15. What is one thing Christians do not do in regard to the Faith?** We do not violently impose the Faith on others.

## **RIGHTEOUSNESS**

*(p. 141)*

**16. What is desire for righteousness?** The desire for righteousness is the desire to be just, holy, or morally perfect, which Christ promises will come true.

**17. For what did Christ hunger and thirst?** Christ hungered and thirsted so human beings could again be righteous.

**18. How does thirst for righteousness affect the life of a Christian?** Thirst for righteousness may lead some to dedicate their lives to social justice.

**19. How does our hunger for justice apply to others?** Hunger for justice spurs us to want to see everyone enjoy the peace, happiness, justice, and healing promised by Christ.

## **MERCY**

*(p. 142)*

**20. What is mercy?** Mercy is an unmerited act of kindness.

**21. How did Christ personify mercy?** Christ came, lived, and died to bring us salvation and sanctification.

**22. How do we receive Christ's mercy?** We receive mercy by showing mercy to others.

**23. How do we extend mercy to others?** One way to extend mercy is through practicing the spiritual and corporal works of mercy.

## **PURITY OF HEART**

*(pp. 143-145)*

**24. How will the pure of heart see God?** The pure of heart will be able to see God's "vision" of his being, goodness, truth, beauty, love, everything he is, and everything he has created.

**25. How did Christ live purity of heart?** All of Christ's public activities tied directly to his divine mission. He lived to do his Father's will.

**26. What does purity of heart mean for a follower of Christ?** A follower of Christ attunes his or her intellect and will to the demands of God's holiness in charity, chastity, and truth.

**27. What does purity of heart mean in relation to our neighbor?** Purity of heart means acting with simplicity, openness, goodness, and purity, and wishing to share the Faith with others.

## **PEACEMAKING**

*(p. 145)*

**28. What does the "peacemaker Beatitude" promise?** Those who reconcile people, turning them from enemies to friends, are children of God.

**29. How was Christ a peacemaker?** Christ reconciled people to God and to one another.

**30. How do we become peacemakers?** First, we need to develop a humble but strong heart through prayer and the Sacraments, especially Penance.

**31. How can we best be peacemakers?** We can be peacemakers by witnessing to the truth of Jesus Christ and humbly loving and serving others as he did.

## **PERSECUTION**

*(pp. 146-147)*

- 32. What will be the result of being persecuted for doing what is right?** We will receive a profound happiness on earth and will be rewarded by eternal life with God in Heaven.
- 33. Can we expect to be persecuted if we follow Christ?** If one is faithful to Christ, he or she will be persecuted. People who are hardened in sin tend to erroneously hate people who are good.
- 34. What is a “dry martyr”?** A “dry martyr” is a term to describe a person who is made to suffer for Christ without being killed.
- 35. Which Sacrament helps us be witnesses for Christ?** The Holy Spirit gives us special graces in Confirmation to enable us to do what Christ expects of us, and in so doing, to remind others what he expects of them.
- 36. How did St. Teresa of Avila want to suffer as a little girl?** Along with her brother, St. Teresa wanted to be martyred in the land of the Moors so they could be in Heaven.
- 37. How did the Ecumenical Council of Trent view man?** The Ecumenical Council of Trent recognized the basic goodness of human nature and the beauty of the redeemed human soul.
- 38. What came out of St. Teresa’s suffering?** Through her sufferings, St. Teresa began the practice of mental prayer (meditation) and became immersed in God.
- 39. How did St. Teresa view prayer?** St. Teresa viewed prayer as having a conversation with God.

**Discussion Questions (p.148)**

- 1. In the Beatitudes, from whose perspective do we see human life?** The Beatitudes permit us to see human life with the vision of Christ.
- 2. How did Christ live poverty of spirit?** Christ was poor in spirit by emptying himself of his divinity by becoming man. He lived material poverty by working as a lowly carpenter. In his public life, he only had the clothing on his back and no home. In his Passion, he completely emptied himself.
- 3. How does comfort in suffering apply to Christ?** At the end of his voluntary fast in the desert, angels comforted Jesus. In the Garden of Gethsemane, after Christ asked his Father, if possible, to allow the cup of suffering to pass him by, an angel strengthened him.
- 4. How did Christ live meekness?** Christ epitomized virtuous gentleness. Though he is God, he took the form of a slave, even washing the feet of his Apostles at the Last Supper.
- 5. For what did Christ hunger and thirst?** Christ hungered and thirsted so that human beings could again be righteous.
- 6. How did Christ personify mercy?** Christ came, lived, and died to bring us salvation and sanctification.
- 7. How did Christ live purity of heart?** All of Christ's public activities tied directly to his divine mission. He lived to do his Father's will.
- 8. How was Christ a peacemaker?** Christ reconciled people to God and to one another.
- 9. What is a "dry martyr?"** A "dry martyr" is a term to describe a person who is made to suffer for Christ without being killed.

## Chapter 14:

# LIVING THE CHRISTIAN LIFE FROM THE INSIDE OUT

### THE LIFE OF A CHRISTIAN

*(p. 150)*

- 1. Whose choice is it to become a disciple of Christ?** We all have to make the personal choice to be a disciple of Christ.
- 2. How does one become a mature person of faith?** Maturity takes moving faith from the outside in to the inside out, i.e., choosing to live the Faith one was taught as a child.
- 3. What is the best way to freely want to live the Faith?** The best way to live the Faith is out of love.

### THE CALL TO FOLLOW CHRIST

*(pp. 151-152)*

- 4. What does it mean that only God is good?** God is perfect goodness. Whenever we seek that we think is good, we ultimately seek God.
- 5. Why should we keep the Commandments?** Christ teaches that a life of happiness is directly connected to keeping the Commandments.
- 6. Why is the moral code inside us subject to human freedom?** It is up to us to decide to live it or not.
- 7. What makes following the moral law difficult?** The gravity of Original Sin makes it difficult to follow the moral law.
- 8. What makes following the moral law possible?** God's grace in the Sacraments and the virtues that we develop along the way help to foster the freedom and self-possession we need to follow the moral law.

### THE UNIVERSAL CALL TO HOLINESS

*(pp. 152-153)*

- 9. What is the universal call to holiness?** The universal call to holiness is the doctrine that "all Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity" (LG 40).
- 10. How did the members of the early Church unite themselves to God?** The first Christians prayed together, attended Mass together, and were united to the Pope and the bishops.

### OUR INTERIOR LIFE

*(pp. 153-156)*

- 11. What is the interior life?** The interior life is the use of our natural faculties such as our will, intellect, memory, and imagination to come to know and seek God, to contemplate his mystery, to discern his plan for our lives, and to pursue greater personal holiness by drawing ever closer in intimacy with him.
- 12. What does it mean to develop one's interior life?** Developing the interior life means growing in one's relationship with God on a day-by-day, lifelong basis.
- 13. What is the first step in developing one's interior life?** We begin to develop the interior life with an encounter with Christ, by whom we can come to know the Father better and to develop a deep love for him.
- 14. What are two major "inputs" to get to know God?** Two major "inputs" we can give to our interior life of knowing Jesus Christ are the Sacraments and good doctrine, especially the words and the actions of Christ during his life on earth.

- 15. How can we grow in loving God?** We can grow in our love of Christ by encountering him daily in prayer, the Mass and Holy Communion, the Liturgy of the Hours, and many other devotions and spiritual practices.
- 16. What is mental prayer?** Mental prayer is an interior conversation with Christ.
- 17. What are some ways we can “hear” Christ in our prayer?** We can “hear” Christ by reading about his life and then meditating on it.
- 18. How do we serve God?** We serve God by serving our neighbor, who is anyone in need we can assist.
- 19. What is the ultimate service to God?** The ultimate service to God is laying down one’s life for someone else.

## **THE IMITATION OF CHRIST**

*(pp. 156-160)*

- 20. What are the two most fundamental moral rules?** The two most fundamental moral rules are to love God with your whole heart and to love your neighbor as yourself.
- 21. What is the natural progression of learning to live the Christian life from the inside out?** Living the Christian life from the inside out begins by knowing God, then loving God, and then serving God.
- 22. What does it mean to imitate Christ?** Imitation of Christ means to be committed to live according to Christ’s moral perspective, acting in every situation in the same moral disposition that he exemplified.
- 23. What was remarkable about Bl. Pier Giorgio’s religious life given his father’s own faith life?** His father was an agnostic, so it is remarkable that Bl. Pier Giorgio was so fervent in his faith.
- 24. What did Bl. Pier Giorgio mean when he said, “Charity is not enough: We need social reform”?** He meant that, in addition to charity, it was necessary to reform the socioeconomic system so that the poor would have the means to take care of themselves.
- 25. Was Bl. Pier Giorgio’s love for the poor only theoretical?** No. Bl. Pier Giorgio concretely supported poor people. When he was given money by his father after graduation, he gave it all to the poor. He supported a widow who had three children, bought a bed for a disabled person dying of cancer, found shelter for a homeless woman, and gave up his coat to a poor man shivering in the cold.
- 26. How did Bl. Pier Giorgio feel about the Italian fascists?** Bl. Pier Giorgio was boldly opposed to the fascists and even participated in public demonstrations against the rising power of Mussolini’s Fascist Party in Italy.

**Discussion Questions (p.160)**

- 1. How does one become a mature person of faith?** Maturity takes moving faith from the outside in to the inside out, i.e., choosing to live the Faith one was taught as a child.
- 2. What does it mean that only God is good?** God is perfect goodness. Whenever we seek that we think is good, we ultimately seek God.
- 3. What is the doctrine of the universal call to holiness?** The universal call to holiness is the doctrine that “all Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity” (LG 40).
- 4. What does it mean to develop one’s interior life?** Developing the interior life means growing in one’s relationship with God on a day-by-day, lifelong basis.
- 5. What is the first step in developing one’s interior life?** We begin with an encounter with Christ, by whom we can come to know the Father better and to develop a deep love for him.
- 6. What are two major “inputs” to get to know God?** Two major “inputs” we can give to our interior life of knowing Jesus Christ are the Sacraments and good doctrine, especially the words and the actions of Christ during his life on earth.
- 7. How can we grow in loving God?** We can grow in our love of Christ by encountering him daily in prayer, the Mass and Holy Communion, the Liturgy of the Hours, and many other devotions and spiritual practices.
- 8. How do we serve God?** We serve God by serving our neighbor who is anyone in need we can assist.
- 9. What is the natural progression of learning to live the Christian life from the inside out?** Living the Christian life from the inside out begins by knowing God, then loving God, and then serving God.
- 10. What does it mean to imitate Christ?** Imitation of Christ means to be committed to live according to Christ’s moral perspective, acting in every human situation in the same moral disposition that he exemplified.

## Chapter 15: CONCLUSION

### HAPPINESS, NOW AND LATER (1–2)

*(pp. 162-164)*

- 1. What is delayed gratification?** Delayed gratification is making sacrifices now so as to receive some kind of reward or relief in the future.
- 2. Why is Heaven not completely delayed gratification?** Living a moral life today actually begins the happiness of Heaven.
- 3. What did God create us for?** God created us for happiness, the fullness of which is to be with him in Heaven.
- 4. What was God’s model when he designed human nature?** God’s model was the “new Adam,” Jesus Christ.
- 5. Why did God become man?** God became man to reconcile us to himself so we could attain the happiness that he desires for us.
- 6. How do we achieve true happiness?** We achieve true happiness through Jesus Christ.
- 7. How do we connect with God in this life?** We connect with God through Christ and his Church, which is his Mystical Body.

### HAPPINESS, NOW AND LATER (3–5)

*(pp. 164-166)*

- 8. How do we know the will of God?** We know God’s will through our own conscience and the Church.
- 9. Does every person know the moral law to some extent?** Yes, every person knows the moral law to some extent through the natural law, which can be discovered by reason.
- 10. What is conscience?** Conscience is one’s honest judgment of whether he or she has done the right thing or not based on his or her understanding of the moral law.
- 11. Why do Catholics have a special gift when it comes to doing God’s will through the moral law?** As Catholics, we have Divine Revelation as a special gift, which can help us properly form our conscience.
- 12. Where do we find the fullest revelation of the moral law?** The fullest revelation of the moral law is found in the Person of Jesus Christ.
- 13. What is the central mystery of the Faith?** The central mystery of the Faith is the doctrine of the Blessed Trinity—one God in three Persons: Father, Son, and Holy Spirit.
- 14. What is the purpose of human existence seen in light of the Blessed Trinity?** The purpose of human existence is to be united to God the Father, through his Son Jesus Christ, by the power of the Holy Spirit.
- 15. How did Christ perfect the moral law given through Moses and the prophets?** Christ elevated the moral law to reflect the plan for human relationships that God had originally intended in creation.
- 16. What did Christ claim in terms of the Law and the prophets?** Christ claimed to come to fulfill the Law and the prophets; that is to say, he came to perfect the Mosaic Law, extend it by including interior dispositions, and fulfill by living it perfectly.

## **HAPPINESS, NOW AND LATER (6–7)**

*(pp. 167-168)*

- 17. Why do we need to educate our conscience?** We must educate our consciences because we do not create the moral law; rather, we learn it.
- 18. In what sense does God not judge us?** God accepts our own positive or negative judgment of conscience according to our own understanding of the moral law.
- 19. Why might we not want to know the objective moral law?** Due to concupiscence we tend to have a temptation to make ourselves the center of truth, to be our own definers of good and evil.
- 20. Who safeguards the objective moral law?** Christ entrusted the fullness of Revelation, including morality, to the Church.
- 21. How are we free and not free in regard to the natural law?** We are free to obey or disobey the natural law, but we are not immune from the consequences of doing what goes against human nature.
- 22. Why are virtues vital for the freedom of the will?** The virtuous person finds it easy and enjoyable to do what is right and feels repelled by evil.

## **HAPPINESS, NOW AND LATER (8–9)**

*(pp. 168-169)*

- 23. What kind of love is demanded of the children of God?** Children of God must prove their sacrificial love with deeds.
- 24. How are love of God and neighbor inter-connected?** We show our love for God by loving our neighbor.
- 25. Who are our neighbors and how much must we love them?** Every person in need whom we can assist is our neighbor. We must love our neighbors to the point of sacrifice.
- 26. Does charity begin at home?** Yes, in living Christ’s New Commandment of Love, it is natural that we first love those closest to us—parents, brothers and sisters, relatives, friends, classmates, and so on.
- 27. Why should our love extend to those outside of our home as well?** We must go beyond those that the world considers unlovable. As Christ taught, we must love our enemies, the poor, the sick, the homeless, and the imprisoned.
- 28. How do we put the New Commandment of love into practice?** We put Christ’s love into practice by saying “yes” to God’s will even when it is hard.

## **HAPPINESS, NOW AND LATER (10)**

*(p. 170)*

- 29. What is the result of following the law of Christ?** Following the law of Christ results in joy.
- 30. When does Heaven begin?** Heaven begins on earth in the happiness that comes from following Christ’s law.

**Discussion Questions (p.170)**

- 1. What did God create us for?** God created us for happiness, the fullness of which is to be with him in Heaven.
- 2. How do we achieve true happiness?** We achieve true happiness through Jesus Christ.
- 3. How do we know the will of God?** We know God’s will through our own conscience and the Church.
- 4. What is conscience?** Conscience is one’s honest judgment of whether he or she has done the right thing or not based on his or her understanding of the moral law.
- 5. How did Christ perfect the moral law given through Moses and the prophets?** Christ elevated the moral law to reflect the plan for human relationships that God had originally intended in creation.
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- 7. Why are virtues vital for the freedom of the will?** The virtuous person finds it easy and enjoyable to do what is right and feels repelled by evil.
- 8. What kind of love is demanded of the children of God?** Children of God prove their sacrificial love with deeds.
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