

What is grace? _____

What is virtue? _____

Which of the Four Cardinal Virtues would you like to develop most in your life? _____

Why? _____

Which of the Seven Gifts of the Holy Spirit do you want most: _____

Why? _____

What Fruit of the Holy Spirit do you want most? _____

Why? _____

What (according to *The Dignity of the Human Person* handout) is the definition of love? _____

Do you think it is important for people to dress modestly? _____

Why or why not? _____

Why is chastity the key to winning the spiritual battle? _____

Grace, the Virtues, and the Gifts of the Holy Spirit

The goal of the Christian life is to give glory to God. In doing this, we become like Jesus—holy and ready for heaven.

We are not on our own to accomplish this goal. In fact, it would be impossible except that God gives us all the help we need through the **grace** which He pours into us. Our response to the gift of God's grace is to live lives of **virtue**, which God helps to do through the **gifts of His Holy Spirit**.

Grace is God's life poured into us. There are three kinds:

- 1) Sanctifying Grace—the life and love of the Trinity. It raises us up to share in God's life and it makes us holy. Although sanctifying grace should be permanent, it can be lost through serious sin.
- 2) Actual Grace—temporary help from God which does 2 things:
 1. enlightens the mind so we can see the difference between good and bad in every situation
 2. strengthens the will to do the right thing

*How often do you know the right thing to do, but still refuse to do it?
Ask God for grace!*
- 3) Sacramental Grace—the supernatural help God gives us according to the particular sacrament we receive. For example, the grace of the sacrament of matrimony is intended to perfect the couple's love and to strengthen their indissoluble unity.

Our response to God's grace is **virtue**, which is the acquired habit of doing the right thing. There are two types of virtue:

- 1) The Three Theological (or Supernatural) Virtues of Faith, Hope and Love. These are put into the soul by God at baptism.
- 2) The four Cardinal (or Moral) Virtues of Prudence, Justice, Temperance and Fortitude are those we must acquire with the help of God's grace.

"Cardinal" is Latin for "hinge." The Cardinal Virtues are the hinges on which the rest of our moral life swings.

God gives us all the help we need to get to heaven through His grace, which we respond to with virtue. Again, we are not on our own; God help us grow in virtue through the **Seven Gifts of the Holy Spirit**, which are listed for us in Isaiah 11:1-2:

There shall come forth a shoot from the stump of Jesse,
and a branch shall grow out of his roots.
And the **Spirit of the LORD (piety)** shall rest upon him,
the spirit of **wisdom** and **understanding**,
the spirit of **counsel** and **might**,
the spirit of **knowledge** and the **fear of the LORD**.

The seven gifts are received at baptism, perfected at Confirmation, and activated as we cooperate with God's grace. They help us grow in holiness as each one perfects a specific virtue.

The Three Theological Virtues

The Theological Virtue of

Faith

The means by which we accept God's revelation as true

is perfected by the gift of

Understanding

Deeper insight into the truth of God's revelation

Faith is to believe God

The Theological Virtue of

Hope

The reliance on God which includes the desire to possess God as the supreme good

is perfected by the gift of

Knowledge

To know in your "knower" the will of God concerning created things

Hope is to desire God

The Theological Virtue of

Love

The union of the soul in friendship with God

is perfected by the gift of

Wisdom

To put first things first in the light of eternity

Love is to attain God

The Cardinal Virtues

The Cardinal Virtue of

Prudence

Knowing what to do,
when to do it and
how to do it

is perfected by the gift of

Counsel

Enables us to hear
what God is telling
us to do

Prudence is the highest of the Cardinal Virtues
Basically it's practical common sense

The Cardinal Virtue of

Justice

To seek and to
promote fair play

is perfected by the gift of

Piety

Enables us to make
a right and holy
approach to God
with **reverence**

Justice is the second in priority
It is to give each person his/her due

The Cardinal Virtue of

Temperance

The means by which
a person uses
balance

is perfected by the gift of

Fear of the Lord

A positive fear
of sin not of

Temperance is the good habit that allows a person to relax
and have fun without crossing the line and committing sin.

The Cardinal Virtue of

Fortitude

The ability to
persevere in times
of trial and

is perfected by the gift of

Might

Strengthen us
to do the will of
God in all things

"Fight the good fight"
I Timothy 6:11-16

The Dignity of the Human Person

Man Created

Original Innocence

- Intellect sees the person
- Will chooses the best for the other

The other is seen as a person

This is the definition of love

This is expressed in the phenomena of nakedness without shame

Man Fallen

Original Sin

- Intellect obscured
- Will prevented from choosing the best for the other

The other is seen as an object

Love is now frustrated

This is expressed in the phenomena of nakedness with shame

The image of God in man is distorted but not destroyed

Man Redeemed

Innocence Restored

- Restored at baptism although not completely
- We still have the ever latent ability to use others

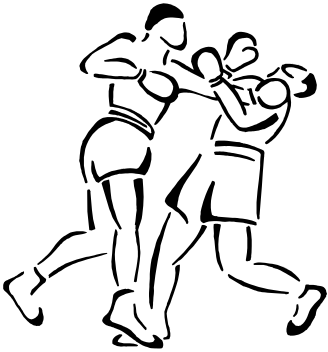
This summons us to Spiritual Battle which is summed up in Self-Control

- Spirit vs. Flesh
- Purity vs. Impurity
- Shame vs. Shamelessness
- Modesty vs. Immodesty

The key to all is Chastity

Spiritual Battle

*But I say, walk by the Spirit, and do not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh; for these are opposed to each other, to prevent you from doing what you would. But if you are led by the Spirit you are not under the law. Now the **works of the flesh** are plain: fornication, impurity, licentiousness, idolatry, sorcery, enmity, strife, jealousy, anger, selfishness, dissension, party spirit, envy, drunkenness, carousing, and the like. I warn you, as I warned you before, that those who do such things shall not inherit the kingdom of God. But the **fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. Galatians 5:16-24*



The Main Event

Spirit

vs.

Flesh

Concupiscence

Purity

vs.

Impurity

Sees person through the body

See body as object

Shame

vs.

Shamelessness

Covers body out of respect
for the person

Exposes the body to the
degradation of the person

Modesty

vs.

Immodesty

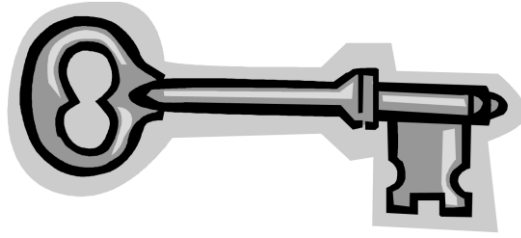
Dress like person for others

Dress like object for to love
others to use

“The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! Matthew 6:22-23

Chastity

The Key to Winning the Spiritual Battle



Chastity is the only efficient means of willfully controlling the disordered impulses regarding the value of sexuality. It bespeaks love of self and love of others. It frees us from the desire to use others.

To be chaste means to have a transparent attitude toward the person—transparent in the sense that the person is what shines through, not just the body.

Chastity is not simply pushing sexuality into the subconscious where it waits to explode.

It is a “yes” to which certain “no’s” are the consequence.

- “Yes” to the value of the person
- “Yes” to the value of human love (interior of the persons)
- “No” to a sexual emotional urge that, because of circumstances, will only devalue oneself and others.
- “No” to the reigning of sexual values over the value of the person.

Chastity is a quickness to affirm the value of the person in every situation, including the value of the body. It requires a humility of the body which keeps humble in light of the greatness of the person.