

IV. The Supports for Moral Living

All people are called to live a moral life. Others support us, and we support others in living out this calling. 1949, 2045, 2030

A. Personal Prayer and Openness to the Holy Spirit

The development of a life of prayer is one of the best supports for a Catholic's moral life. God is with us and, through the empowerment of the Spirit, we discover within ourselves the ability to choose God's will regardless of the cost, even if it be the cost of our very life.

1811, 2745, 2544

B. The Witness of the Community

We Catholic Christians belong to a community of faith. All the members of the community (our families, the people in our parish, our friends and teachers in our school or parish religious education program) are called to support us with the witness of their lives. Together we strive to be faithful to the love of God in Jesus Christ.

2030, 2044-46, 1253

relationships and activities, drug and alcohol abuse, and the pressure of media, music and those peers who encourage irresponsible behavior.

1809, 2342, 2339

There are healthy ways to use our energy, that will help us to avoid temptations. Some of these are:

- to participate in sports and games,
- to develop our talents, hobbies and interests,
- to volunteer to help others in our community.

1803, 2848

It is always prudent to avoid those situations which may lead us to sin. Yet, even with the best intentions, we will sometimes experience temptations to use the gift of our sexuality inappropriately. Such temptations are moments of opportunity for us to be faithful to what God has called us to be.

1806, 2343, 2863

Jesus our Savior, who has compassion on us in our weakness, will always respond to those who turn to him in prayer. The regular practice of prayer, frequent recourse to the sacraments and Sacred Scripture, and cultivating moral and religious virtue [see *Grade Seven: Personal Growth, Part I: The Human Person, Section II*] will strengthen us to choose what is right and to resist temptation when it occurs.

1784, 1802, 1811, 2340, 2849

Sacred Scripture and the lives of the saints provide us with excellent examples of victory in the struggle against all temptation. The Virgin Mary is a shining example of purity, and intercedes for us in time of need.

2520, 2030

C. Developing Friendships

Fully integrated human beings need to develop a variety of relationships with family, friends and acquaintances. We need to form friendships with persons of both sexes.

2347

Some of these relationships will be closer and more enduring than others. During young adolescence, we need to avoid exclusive dating, which limits our own growth and our opportunities for friendship with others.

D. Seeking Advice

Adults can be positive role models for adolescents learning to form interpersonal relationships. Parents, catechists, priests and religious, among others, can be of great assistance during this process of becoming sexually mature. From their own experience they are aware of the questions, fears, and struggles which young adolescents have, and they

can be of help by listening and by offering advice and guidance.

2207, 2221-24

E. Responding to God's Gift

In God's plan, our sexuality is intended to abound to our joy and our
fulness of life.

369, 384, 2331, 2333

The Holy Spirit is present in each of us to guide, strengthen, comfort and
challenge us.

1265-66, 1742

Through prayer we are empowered to become the fully mature person
God has called us to be.

2340, 2013, 2345

understand the evil we would be doing.

- We give our full consent, that is, we fully intend the evil we would be doing.

1854, 1856-61, 1874

Venial sin is not serious enough to break our relationship with God, but it weakens that relationship because it is an action we know is wrong, yet freely choose to do. The continual committing of venial sin can lead us to commit mortal sin.

1854-55, 1862-63, 1875

Capital sin is the name given to the seven basic tendencies in us which are the chief sources of sin in our lives.

1865-66

- *Pride* is a disordered seeking of praise and honor, and a denial of the real nature of our relationship as obedient children of a loving God. 2540, 2094
- *Covetousness* is a disordered desire for possessions and material things. 2536, 2514
- *Lust* is a disordered desire for sexual pleasure. 2351, 2529
- *Envy* is the resentment of another person's talents, personal success or good fortune. 2538-40, 2553-54
- *Gluttony* is a disordered desire for food and drink. 2290
- *Anger* is disordered rage which causes one to seek revenge or desire injury to another. 2259, 2302, 2262
- *Sloth* is a disordered desire to avoid our duties and responsibilities toward God and others. 2094, 2733

Sin not only jeopardizes our relationship with God, it also has an impact on the entire community. Failure to love lessens the bond of love among us all.

1440

Sins of individuals can give rise to social situations and institutions opposed to God's goodness, such as slavery, child labor, prostitution, and exploitation of third world countries for profit. Structures which perpetuate violence, injustice, and other disorders in society are called "social sin." Social sin is an outgrowth of personal sins, and leads its victims to do evil.

1869, 408