

Formation in Christian Chastity

5th Grade: The Truth will set you free...

INTRODUCTION

Truth seems to be in short supply within society. Nominalism or the lack of objective truth seems to rule the day and our decisions. The fact remains that there is truth and for the Christian, truth is a person. Jesus is *the Way, the Truth and the Life*" (John 14:6).

We are also taught that His words are truth and life (John 5:24 and 17:17). All that Christ teaches us is to make us joyful or joy-filled (John 10:10b). God has reveal His truth through Scripture, Sacred Tradition, and the teaching office of the Church, i.e., the Pope and the Bishops in union with Him (Magisterium). We can also know the truth about what is good and right through reason (our ability to think, understand, and judge).

Society propagates many lies and for the fifth grade, one of those lies we desire to combat is the dignity of life. Life is precious from conception to natural death. Each person, regardless of their ability to contribute to society, is precious in the eyes of the Lord because He "formed us in our mother's womb" (Psalm 139:13 and Jeremiah 1:5). The pro-life message is important in order to approach human life in the manner in which God intended.

At this age, the youth have begun to form (CCC 1783-1785) their conscience (CCC 1776-1777). It is important for the youth and their parents to understand that we have a right to act in conscience (CCC 1782, 1786). That being said, a properly formed conscience is one that is in conformity with the Word of God (Scripture and the teachings of the Church) and faith (CCC 1802). Many young people do not understand that the cultural, experiences and even familial situations may erroneously form our conscience (CCC 1790-1794).

This lesson is to assist the youth to understand that the moral law is order to our happiness and joy. This means that since we are made for the good, the true and the beautiful we must prudentially choose what and who informs us. This lesson also tackles basic life issues.

CATECHIST PREPARATION

SCRIPTURE TEXT

Jeremiah 1:5
Matthew 1:23
John 8:38

Formation in Christian Chastity

5th Grade: The Truth will set you free...

KEY CONCEPTS TO COMMUNICATE

- We were made for truth and Jesus wants us to know Him and follow the truth.
- The virtue of chastity helps us clearly see truth and live it out practically
- The body has a language of its own and, therefore, is made for truth as an expression of our dignity because we are adopted sons and daughters of God.

KEY TERMS TO UNDERSTAND

The following defined terms are for the catechist to better understand the terms within the lesson plan. It is our hope that the catechist is able to distill and communicate in their words to the student the principles of the terms. Words are important and we want to use the correct terms even if the fullness of the word is not completely understood. In many ways, some of our most important terms are meant to be understood in a progressive revelation. Each year the terms will be given a deeper understanding for the student.

Beauty/Beautiful: That which instinctively appeals. According to St. Thomas Aquinas, "Beauty relates to the cognitive faculty; for beautiful things are those which please on being seen. Hence beauty consists in due proportion" (*Summa Theologica*, I, 5,4). There is, consequently, beauty not only in things material but also, and especially, in things spiritual. "Union in distinction makes order; order produces agreement; and proportion and agreement, in complete and finished things, make beauty" (St. Francis de Sales, *Treatise on the Love of God*, I).

Chastity: The virtue that moderates the desire for sexual pleasure according to the principles of faith and right reason. In married people, chastity moderates the desire in conformity with their state of life; in unmarried people who wish to marry, the desire is moderated by abstinence until (or unless) they get married; in those who resolve not to marry, the desire is sacrificed entirely. (Etym. Latin *castus*, morally pure, unstained.)

Community: A group of persons who share the same beliefs, live together under authority, and co-operate in pursuing common interests for the benefit of others besides their own members. The degree of common belief, living, and activity determines the intensity of the community and its distinctive identity as a human society.

Formation in Christian Chastity

5th Grade: The Truth will set you free...

Double Effect: The principle that says it is morally allowable to perform an act that has at least two effects, one good and one bad. It may be used under the following conditions:

1. the act to be done must be good in itself or at least morally indifferent; by the act to be done is meant the deed itself taken independently of its consequences;
2. the good effect must not be obtained by means of the evil effect; the evil must be only an incidental by-product and not an actual factor in the accomplishment of the good;
3. the evil effect must not be intended for itself but only permitted; all bad will must be excluded from the act;
4. there must be a proportionately grave reason for permitting the evil effect. At least the good and evil effects should be nearly equivalent. All four conditions must be fulfilled. If any one of them is not satisfied, the act is morally wrong.

An example of the lawful use of the double effect would be the commander of a submarine in wartime who torpedoes an armed merchant vessel of the enemy, although he foresees that several innocent children on board will be killed. All four required conditions are fulfilled:

1. he intends merely to lessen the power of the enemy by destroying an armed merchant ship. He does not wish to kill the innocent children;
2. his action of torpedoing the ship is not evil in itself;
3. the evil effect (the death of the children) is not the cause of the good effect (the lessening of the enemy's strength);
4. there is sufficient reason for permitting the evil effect to follow, and this reason is administering a damaging blow to those who are unjustly attacking his country.

Freedom: The immunity from determination or compulsion whether internal (from within a person's will) or external (from an outside source); the objective absence of constraint or coercion, notably with reference to civil society, as freedom of religion, assembly, and education.

Good: In general, whatever is suitable or befitting someone or something. Practically, however, it is that which all things tend toward or desire. The good is the desirable, and therefore the object of the natural (or supernatural) needs or tendencies of a being.

Lectio Divina: This Latin phrase literally means divine reading. An ancient practice for reading Scripture, the early Church Fathers also called it spiritual

Formation in Christian Chastity

5th Grade: The Truth will set you free...

reading and was, and still is, a staple for daily prayer. In a 2005 speech, Pope Benedict encouraged the practice of Lectio Divina stating,

"I would like in particular to recall and recommend the ancient tradition of *Lectio divina*: the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart (cf. *Dei Verbum*, n. 25). If it is effectively promoted, this practice will bring to the Church - I am convinced of it - a new spiritual springtime."

There are many private/group techniques but at the core it is comprised of the following four steps: Lectio, reading of a passage or section of the Word of God; Meditatio, invoking the Holy Spirit and considering the giving passage; and Oratio, responding to the word through a movement of the heart; and contemplation, opening our heart and resting in God's presence to allow what He has spoken to take root. In a Bible study, this is most often practiced by reading the passage, providing a catechesis or framework for understanding the selection, reading the passage again and discussing/wrestling with what it is saying, and ending with a prayer of thanks. There is a tendency to want a commitment for immediate application. Life-changing commitments happen after a sufficient time of reflection. Participants should be encouraged think, pray and come back the next week with an application.

Liberty: Freedom, but with stress on the person who enjoys or exercises the freedom. Liberty, therefore, is more the *subjective power of self-determination*; freedom is more the *objective absence of constraint or coercion*, notably with reference to civil society, as freedom of religion, assembly, and education.

Marital Act: It is the act by which a natural husband and natural wife give themselves totally to one another body and soul. This act cooperates with God the Father and sometimes God chooses to create a new human being through it.¹

Modesty: The virtue that moderates all the internal and external movements and appearance of a person according to his or her endowments, possessions, and station in life. Four virtues are commonly included under modesty: humility, studiousness, and two kinds of external modesty, namely in dress and general behavior.

¹ The biological explanation is reserved to parents, in accordance with #133.4 of The Truth and Meaning of Human Sexuality.

Formation in Christian Chastity

5th Grade: The Truth will set you free...

Nominalism: A theory that universal ideas, like truth, goodness, and humanity, are only names. It denies that universals are true concepts, present in the mind, that correspond to and are founded on objective reality. All abstract ideas, according to the nominalists, are only useful labels. (Etym. Latin *nominalis*, belonging to a name.)

Truth/True: Conformity of mind and reality. Three kinds of conformity give rise to three kinds of truth. In *logical* truth, the mind is conformed or in agreement with things outside the mind, either in assenting to what is or in denying what is not. Its opposite is error. In *metaphysical* or *ontological* truth, things conform with the mind. This is primary conformity, when something corresponds to the idea of its maker, and it is secondary conformity when something is intelligible and therefore true to anyone who knows it. In *moral* truth, what is said conforms with what is on one's mind. This is truthfulness and its opposite is falsehood.

Formation in Christian Chastity

5th Grade: The Truth will set you free...

LESSON PLAN

1. Begin with a prayer invoking the Our Lady of Guadalupe to assist us to know the truth (Suggestion follows):

Our Lady of Guadalupe, please obtain God's grace, protection and spiritual health for my family and for all families. Make our homes safe and pure, a home which recognizes the kingship of Jesus--a sanctuary of peace, joy, and love. Help us to image in our family, the Holy Family of Nazareth – Jesus, Mary, and Joseph. Help us to know and live out the truth of Christ's love for us and for all people, and to realize that the more we live chaste, pure lives, the better we will know and live out the truth.

Bring us God's grace to always respect and defend human life, which is so precious a gift from the Father. Intercede for us with Jesus, that we may be granted the grace of living holy lives and of going to heaven one day to live eternally in happiness with the Holy Trinity, with you, Our Lady of Guadalupe, and with all the blessed. Amen.

St. Joseph, Patron of Family life, Pray for Us!
Saint Juan Diego, Pray for us!

2. Provide an overview – what is the starting point and where are we going?
3. Set the stage for the study
 - a. **Question 1:** What is truth?
 - i. All answers (within reason) are correct. Take even those answers that are based on subjective truth.
 - b. **Answer 1:** Truth is that which conforms to reality as seen from God's perspective.
 - c. **Question 2:** What is objective truth?
 - i. A number of the youth may disagree with this or say that it depends.
 - d. **Answer 2:** Objective truth is that truth which is the same for everyone, at all times in all places.
 - i. Choose extreme examples to make your point.
 1. Murder is wrong
 2. You do not marry your sister/brother
 3. Genocide is wrong
 - ii. Explain how subjective truth is still based on objective truth even when it is wrong
 - e. **Question 4:** Is there something or someone that has the ability to teach us the truth all the time?

Formation in Christian Chastity

5th Grade: The Truth will set you free...

- f. **Answer 3:** Yes, Jesus through His Church.
 - g. There are two types of truth:
 - i. Revealed
 - 1. God reveals His truth through:
 - a. Scripture
 - i.
 - b. Sacred Tradition,
 - c. Teaching office of the Church
 - i. Pope and the Bishops in union with Him (Magisterium).
 - ii. Reasoned
 - 1. We can also know the truth about what is good and right through reason (our ability to think, understand, and judge).
 - 2. All good desires within our hearts are true, God put them there. How we act on them is another story. Many times we respond to the desire in inappropriate ways.
 - a. Example: I steal the money to go to Rome.
 - i. What is the desire? I want to go to Rome.
 - 1. Is that a good desire? Yes.
 - 2. The way in which I fulfilled that desire was inappropriate.
 - b. This type of truth may be reasoned to. There is also revealed truth which is trustworthy because of the one who said it – The Blessed Trinity
4. Lectio Divina: Scripture
 - a. Have a three teens read the following:
 - i. Jeremiah 1:5
 - ii. Matthew 1:23
 - iii. John 8:38
 - iv. John 14:6
 - b. Highlight that readings proclaim that:
 - i. The Lord knows us before we are even formed in our mother.
 - ii. Before the Lord was born or even conceived He had a name and a mission
 - iii. Jesus only does what He hears god the Father saying. Since God the Father is also truth, Jesus is incapable of being wrong.
 - iv. Jesus is not just **a** truth, He is **The Truth**. In fact, all truth resides in Him and those whom He has delegated to teach it.
5. **Study of the Life Issue**
 - a. How would you answer this question:

Formation in Christian Chastity

5th Grade: The Truth will set you free...

- i. **Question 4:** Is all human life sacred and precious? At what point?
- ii. **Answer 4:** Yes, from conception to natural death.
 1. **Because each person has an immortal soul which is given at the moment of conception, life is sacred.**
 2. Science tells us that from the moment of conception the DNA in a child is completely different from that of the mother – they are separate human beings from the beginning
 - a. It is never permissible to purposefully terminate the life of a child at any stage of development²

6. **Study of Self**

- a. How would you answer these next two questions:
 - i. **Question 5:** What are you worth as a person? And to clarify, not in the sense of what are the chemicals in my body worth or monetarily but what are YOU worth?
 - ii. **Answer 5:** Our worth has no value because you cannot put a price on an immortal soul.
 - iii. **Question 6:** Are you happy and excited about who you are?
 - iv. **Answer 6:** We may not be pleased with every part of what we are or the decision we make which determines who we are. God does not make junk and regardless of our age, utility, decisions (virtue or vice), looks – we are good because God made us.
 1. **God does not make junk**
 2. “my body was not hidden from you when I was made in secret” Psalm 139: 16
7. God the Father loves us as we are and sees us as we will be. You are important to the God. He said so!
 - a. **We are created in the image and likeness of God (Gen. 1:26-27)**
 - b. **We are truly children of God (1 John 3:1)**
 - c. God the Father has a personal, individual, loving interest in each one of us
 - i. By baptism we are incorporated into the royal house of David into the family of God
 - ii. He has made Himself accessible to us through Jesus
 - iii. He has made it possible to change by the power of the Holy Spirit

² Please note that the wording allows for ectopic pregnancies (Principle of Double-Effect). Even in these cases and others similar, it is never permissible for the mother (or the individual who is making the decision) or doctor (including medical team) to ever intend to terminate the life of the child whether they recognize that it is a child or not.

Formation in Christian Chastity

5th Grade: The Truth will set you free...

- iv. **He loves us! (John 3:16)**
 - v. He desires to be in relationship with us
 - vi. **He wants to give us a better life. (John 10:10b)**
8. We need to see ourselves as God sees us
- a. **Ephesians 1:36**
 - i. The Father has bestowed or entrusted us with “every spiritual blessing in the heavens”
 - ii. The Father chose us in Him before the world began
 - iii. The Father predestined us through Jesus to be His adopted sons/daughters
 - b. There has never been another You, nor will there be. **You are precious in the eyes of the Lord (1 Pt. 3:4)**
 - c. God loves you as you are but loves you too much to leave you the way you are.
 - d. You are destined for greatness. **He told us that we will reign with Him and by grace are even greater than the angels. (Hebrews 2:7)**
9. The One who Knows you the best, loves you the Most
- a. He loves Us Unconditional ! **(1 Jn. 4:10)**
 - b. We like to argue:
 - i. I need to fix myself first.
 - ii. I need to straighten out everything first
 - iii. Rubbish! You’re just making excuses. He does not want to change your personality or who You are, He wants to maximize all your gifts and talents
 - c. We need to accept ourselves
 - i. If God the Father loves us just the way we are, it should motivate us to accept ourselves and treat our friends in a similar manner
10. The Father’s love and power is real
- a. If we remain open to Him, and let Him transform us then we will be able to say that the **love He has is sweeter than wine. (Song of Songs 2:2)**
 - i. To experience this, we need to be able to hear Him say that to us
 - 1. Impediments to our hearing is called sin
 - a. Jesus freely forgives us through confession
 - i. Without judgment
 - ii. Without condemnation
 - b. We are meant to experience His friendship through the sacraments

Formation in Christian Chastity

5th Grade: The Truth will set you free...

- b. Invite the teens to use the sacraments and to begin listen to the Jesus and ask Saint Gianna to teaches us to respect life and keep us close to Him in prayer:

Dear Saint Gianna,

You showed the power of a mother's love. You sacrificed your own life, so that your baby daughter might live. Please intercede for us and all our unborn brothers and sisters. We ask that all mothers will choose life for their unborn children, as you did, and that each child will be respected and protected, the way that you cherished your own children. Amen.

APPLICATION QUESTIONS

1. **How can we show our family and friends that we know the truth?** Answers might include: by acting as Christ would, by sharing the Gospel with them, by following the teachings of Christ and His Church.
2. **What can I do to show my respect for human life?** Answers might include: pray for an end to abortion and euthanasia; practice the corporal and spiritual works of mercy; speak up for life when you come across someone advocating a stance which is contrary to the right to life. We also show respect for life when we treat our classmates with respect and kindness.
3. **In what ways can you show how much you value other people – especially younger children?** Answers might include: helping younger students with their homework; collecting food, clothing, and toys for needy families; performing acts of kindness for younger brothers and sisters or other students.

POST-BIBLE STUDY RESOURCES & REFERENCES

LIVES OF THE SAINTS

Our Lady of Guadalupe and St. Juan Diego:

In 1531, on a hillside in central Mexico, Mary, the Mother of Jesus, and our mother, appeared to an Aztec man named Juan Diego five times. She appeared to him as a pregnant Aztec princess. After one of the apparitions, as Juan was hurrying to be with his uncle who was very sick and thought to be near death, she told Juan not to worry and that his uncle would be healed. When he arrived at his uncle's home, his uncle was completely better. She also told Juan, who had recently converted to the Catholic Faith, to tell the local bishop, Bishop Zumarraga that she wanted a church built there, at the sight of the apparition. When Juan told this to Bishop Zumarraga, he demanded a sign. Mary, who

Formation in Christian Chastity

5th Grade: The Truth will set you free...

identified herself to Juan as the Ever-Virgin, Mother of the True God, told him to pick some roses from the hillside and deliver them to the bishop. Juan did find and pick such roses, which was a miracle in itself since the roses were not in season at that time. When he opened his tilma (cloak) to show the bishop the roses, not only did the beautiful roses fall from the tilma, but miraculously painted on the tilma was a beautiful image of Mary as she had appeared to Juan Diego. The bishop had a church built at the site of the apparitions and this site is one of the most visited pilgrimage sites in the world today with several million people visiting it each year. The tilma contains the same image that our Blessed Mother left on it almost 500 years ago. After the apparitions millions of people living in Mexico and elsewhere in the Americas converted to Catholicism. One of the effects of this was that human sacrifice, which was commonly practiced by some of the native people up to that time, ceased. Thus, the apparitions of Our Lady of Guadalupe were instrumental in the saving of, and respect for, human life. It is for this reason that Mary is invoked under the title of Our Lady of Guadalupe as Patroness of the Unborn. She is also invoked under this title as Patroness of the Americas. Juan Diego was recently canonized a saint.

St. Gianna Beretta Molla:

St. Gianna Beretta Molla was a devoted, pious, and loving wife, mother, and doctor who lived in Italy. In 1962, while she was pregnant with her fourth child, a doctor discovered that Gianna had cancer. The doctor recommended abortion, but Gianna refused. Shortly after giving birth she died from complications. As a result of her heroic sacrifice, St. Gianna is considered a patron saint of the pro-life movement.

POTENTIAL QUESTIONS

1. **How do we know the Bible is true?** We have confidence in Sacred Scripture because it was given to us by the Apostles and has been faithfully transmitted to us through the Church.
2. **How do we know that Sacred Scripture has been faithfully handed down through the ages?**
3. **What if I do not believe in objective truth?** Believing or not believing in something does not make it true. If there is one example that we may point to that is always true e.g., $2+2=4$, then we must be open to the fact that there is more than one objective truth that we need to yield to.
4. **What if I do not want to believe truth?** We are always free to believe or not to believe – that has no bearing on truth itself. It does, however, have an impact upon us who are made for the truth. To live in a lie is a type of insanity which will limit our ability to be happy and joyful. Our minds, hearts

Formation in Christian Chastity

5th Grade: The Truth will set you free...

and bodies were made for objective truth, God designed us that way. We do not have the ability to change how our we “operate” any more than we have the ability to change God or His creation.

5. **Can't I just follow my conscience?** Absolutely! The Church though is the arbiter of a correctly formed conscience. When in doubt, or if there is disparity, it is the Church who is guaranteed to be correct in issues related to faith and morals.
6. **Why did God make us?** Answer: God made us to know Him, love Him, and serve Him so as to be happy with Him forever in heaven. This may also be summarized by the Nigerian Catechism that answers the same question by stating, “He thought that we would like it!”
7. **Does God love everyone?** Answer: Yes, God loves everyone, because God is love.
8. **Why does the Church hate those who are gay?** Answer: The Church does not hate those who suffer from same-sex attraction (SSA). It does call for repentance for those who participate in sex sin. Additionally, it offers assistance for those who suffer from SSA since it is a disorder that deserves our compassion, healing and proper education.

ADDITIONAL REFERENCES FROM CHURCH TEACHING

CCC 81: “*Sacred Scripture* is the speech of God as it is put down in writing under the breath of the Holy Spirit.”⁴²

“And [Holy] *Tradition* transmits in its entirety the Word of God which has been entrusted to the apostles by Christ the Lord and the Holy Spirit. It transmits it to the successors of the apostles so that, enlightened by the Spirit of truth, they may faithfully preserve, expound and spread it abroad by their preaching.”⁴³

CCC 2466: In Jesus Christ, the whole of God’s truth has been made manifest. “Full of grace and truth,” he came as the “light of the world,” he is the Truth.²⁵⁷ “Whoever believes in me may not remain in darkness.”²⁵⁸ The disciple of Jesus continues in his word so as to know “the truth [that] will make you free” and that sanctifies.²⁵⁹

CCC 2270: Human life must be respected and protected absolutely from the moment of conception. From the first moment of his existence, a human being

²⁵⁷ *Jn* 1:14; 8:12; cf. 14:6.

²⁵⁸ *Jn* 12:46

²⁵⁹ *Jn* 8:32; cf. 17:17.

Formation in Christian Chastity

5th Grade: The Truth will set you free...

must be recognized as having the rights of a person--among which is the inviolable right of every innocent being to life.⁷²

REFERENCE BOOKS/ARTICLES

- A Father Who Keeps His Promises Scott Hahn
- Theology for Beginners Frank Sheed
- *Is everything in the Bible True?* Karlo Broussard³
<http://www.catholic.com/magazine/articles/is-everything-in-the-bible-true>

MEDIA CLIPS

- Saving the Runt (*Charlotte's Web*) Wingclips.com
- One Person's Worth (*Schindler's List*) Wingclips.com
- Natural State of Freedom (*Amistad*) Wingclips.com
- Prisoner 24601 (*Le Misérables*) Wingclips.com
- What Does God Want Me to Do? (Fr. Mike Schmitz) YouTube

⁷² Cf. CDF, *Donum vitae* I, 1.

³ *Catholic Answers magazine*

Formation in Christian Chastity

5th Grade: The Truth will set you free...

Selected Bibliography

Catechism of the Catholic Church, 2nd. Citta del Vaticano: Libreria Editrice Vaticana, 1997.

John Paul II, *Man and Woman He Created Them: A Theology of the Body*. Boston, MA: Pauline Books & Media, 2006.