

FAMILY FAITH

Chapter 11: We Are Called to Be Holy

Through grace and virtue, we can live like Christ.

Chapter Summary

Created in the image of God, we are called to live a life in Christ. Through the power of the Holy Spirit, we can live like Christ. The Beatitudes show us how to live like Christ. They teach us how to be truly happy and holy. The Holy Spirit gives us grace and the theological virtues so that we are able to live holy lives. We can be truly happy and holy when we do what is virtuous. A virtuous person can do what is right with ease and joy because he allows the Holy Spirit to work in his life. But sin injures our growth in virtue. There are two types of sin: venial and mortal. “Mortal sin destroys charity in the heart of man by a grave violation of God’s law” (CCC 1855). We can receive Jesus’ forgiveness through the Sacrament of Reconciliation.

More for Parents

We all want to raise good children, but do we ever think about raising holy children? As parents, we must make sure that our children are not just kind, polite, and nice but also faithful, prayerful, and loving toward God above all else. Only by God’s grace is this possible. Therefore, the best way to raise holy children is by constantly opening the door for God’s grace to flood into their lives. Most importantly, frequently take them to the sacraments. Teach them that the demands of holiness are much more than simple goodness. Teach them this through your own words and deeds. If they see you living a truly holy and integrated life, then they will try to follow you.

Virtue in the Family

We develop a holy character by living with the virtues. Only by God’s grace can we do this. In every moment of our day, every choice we make leads us to developing either a holy character or the opposite.

Made for More

- Read a story to your children from the life of the patron saint you chose at Confirmation. Ask them what they notice about this saint. What makes this saint have a good character? How can everyone in your family imitate this saint?
- Memorize the Ten Commandments together as a family. Share with one another moments of obedience and disobedience. This is how you can form your consciences together, which will help you make choices that develop a holy character.
- Family prayer activity
 - Read this together: The Greatest Commandment is “to love the Lord your God with all your heart, and with all your soul, and with all your mind” and “to love your neighbor as yourself” (Matthew 22:37, 39).
 - Spend time in silence, asking God to show you how to obey this Greatest Commandment better.
 - Conclude by praying this out loud together: “Lord, I love You with all my heart, with all my soul, and with all my mind. Because I love You, I love my neighbor. Help me love You more perfectly. Amen.”

Vocabulary Words for Your Children to Review

- **conscience**
- **mortal sin**
- **venial sin**

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