

# CVOL

## 7TH GRADE

### WHY?

To inform our young adults of the truth about love & human sexuality present in the Gospels and continued in the tradition of the Catholic Church

### QUESTIONS?

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### CATHOLIC VISION OF LOVE

TOPICS  
Purpose  
Vocation  
Chastity & Modesty  
Reconciliation

### FOR PARENTS: OVERVIEW

It's hard to be a parent, especially these days. Your young adult is bombarded by inappropriate behavior and images everywhere and both the good and the bad are at their fingertips. The following pages are designed to equip your young adult with truth about their hearts, desires, and sexuality. Though it may be uncomfortable to speak to your young adult about these issues, they need YOUR guidance and support. Don't be afraid if you don't know the answer - learn with them!



### Tips for Parents:

If you don't have time to monitor your child's device, they don't need it.

Talk. Talk. Talk.

Be open to their thoughts and opinions.

Show respect for yourself and your spouse.

Be an example of virtue, not perfection.

Allow God to work with you.

# Catholic Vision of Love

## 7<sup>th</sup> Grade

Name: \_\_\_\_\_

**Directions:** Read through the following sections answering each question as best as you can. Make sure to watch each video listed and answer the corresponding questions. Provide thoughtful answers and take your time through each section. You'll need access to the internet, YouCat, and Bible.

**Directions for Parents:** Please review the work completed and sign at the end of each page to verify that you have read and/or talked about your child's answers. If you don't have access to the internet, please contact me.

## Purpose

 YouTube "Cloudy with a Chance of Meatballs (Inventions)" (<https://youtu.be/fTTeMQCnz3A>)

1. After watching the clip from Cloudy with a Chance of Meatballs, what did Flint think his purpose was?
2. Flint thought his purpose was to be an inventor. What is your purpose in life? There is no right or wrong answer 😊



Reflect on that question for just a second. You may have answered with, "My purpose is to be a mom. I want to be a dad. I want to be a teacher. I want to be a CEO." All of these are good answers, but that's not YOUR PURPOSE. All those answers fall short for you living out your full purpose in life.

**Your full purpose in life is to glorify God in all that you do.**

3. How can you glorify God daily in your own life? Provide 3 examples.

Example 1:

Example 2:

Example 3:

Parent Signature: \_\_\_\_\_

# VOCATION



Open up your YouCat to **section 138** on page 85. Read section 138 and answer the following question.

1. How is the church structured?

Each of us is called to a different **VOCATION**. A **vocation** is a specific plan that God has for you. It is meant for you and only you. It is a plan for your fulfillment, joy, and most importantly your salvation. It's how we get ourselves and those around us to Heaven!



Open your Bible to **Jeremiah 29: 11-12** and record the following verses below:

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Think of vocation as a tree. The trunk is the universal vocation. This is the vocation that everyone is called to, the vocation with a little "v" and that's **holiness**. So, all other vocations flow out of that trunk into the branches. Those branches are the specific calls in life or the Vocation with a big "V." You can be called to married life, religious life (priest, sister, nun, brother), or the consecrated single life. We are all called to something BIGGER and specifically designed for us. But first, we have to be holy.

1. Who is the holiest person you know? What characteristics make them holy?
2. Go to **section 342** on page 189 in your YouCat. What does it say the purpose of your life is?

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3. As a young adult you are living out holiness every day. What ways are you living out your call to holiness. Some examples may be going to Sunday Mass regularly, going to Edge Nights, being attentive at Upper Room, praying the rosary, praying before you eat or go to bed, serving the poor, etc.

4. Mass is very important to our growth in holiness. Go to **section 169** on page 103 in your YouCat. What happens when we attend mass?



Look up **John 6:55** and record the verse below:

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## Chastity & Modesty



Keep those bibles open! Find **1 Timothy 4:12** and record the verse below:

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Pause here and complete the **Catechism Modesty Worksheet**  
(Found on the last page of this packet)



YouTube “Worth Waiting For” (<https://youtu.be/BR9UWj1q304>)

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1. What stood out to you during the “Worth Waiting For” video?
  
2. Do you believe all those phrases that appear on the screen towards the end of the video?
  
3. If yes, why (with as much honesty as possible)?
  
4. If no, why (with as much honesty as possible)?



The gift of patience gives us peace, power, and purity. The sacrifice for waiting for something good can be agonizing!! Think of Christmas Eve. We want those presents! Think of when you are hungry in school and lunch seems light years away – your body is screaming at you because you are so hungry! Pause now and just pray for the gift of patience and understanding. God wants to fulfill the desires of your heart and everything good will unfold with time.

Sex is everywhere. It’s on TV, the internet, in our music, on billboards, magazine ads; if you name it, a sexual image will most likely be involved to sell you something. Many people that you’ll talk to think that the Church’s teachings on sex are just restrictive, prudish rules. So, let’s play a game. Below are listed some beliefs. Determine if the statement is **TRUE** or a **LIE**. Circle your choice for each statement.

TRUE or LIE: The Church just wants you to suppress anything that has to do with sex or romance.

TRUE or LIE: God wants me to be enslaved to rules.

TRUE or LIE: God wants me to be free.

TRUE or LIE: We are called to erase or destroy sex.

TRUE or LIE: We’re called to live out our sexuality within the light and truth of Jesus.

TRUE or LIE: Sacrifices are life giving.

The Church ***never*** calls for suppressing our sexuality. That’s actually against our nature as a human being and creation of God! But we are called to a vocation of **Chastity**.




Read **sections 404-406** in your YouCat on pages 220-221.


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**Answers:** lie, lie, true, lie, true, true

1. From your YouCat reading, what is a chaste life?

2. Does everyone have to live a chaste life? Even married people?


 Chastity is a virtue that's related to temperance. Temperance is the ability to master our own desires and choose what God wants over what we want. In chastity, there are areas in which we can fail or fall. Sins like adultery, pornography, and masturbation all damage our chastity – all of these sins have the same root: we chose ourselves over God.


 Each of us is called to live out chastity in the way that fits our current state in life. For a single person, chastity looks different than it does for someone who is married. Someone in the religious life practices chastity in a different way from a married person. People who are single have to practice sexuality differently than a married couple, who uses chastity for a different reason. The physical union that happens within a marriage is a “sign and pledge of spiritual communion.” It actually brings a man and wife closer to each other and to God! This union is so powerful it actually creates life! That is why we believe artificial fertilization, conception, and abortion go against our very nature.

### Nature of Sex

1. **Unitive** – unite two people

2. **Procreative** – how society and the human race continue

 The nature of sex needs those two components to have proper purpose in our lives. It forever links a man and woman together and keeps our society of human beings in existence.

 That's all great, but here's the thing: most of us aren't married, right? Does that mean you just sit around and not have sex? NO! We're also called to be **MODEST**.

Open your bible to **Matthew 5:8**. What is the 6<sup>th</sup> beatitude?

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So much of the struggle for purity happens in our minds and our hearts. We need to strive to control or reroute our thoughts. We have certain safeguards to help in our fight.

Parent Signature: \_\_\_\_\_

**How to safeguard yourself:**

**Step 1:** Be aware of your thoughts. Are your thoughts of modesty and purity or not? If they aren't good thoughts you can try the **Balloon Method**.



If an impure thought enters your mind or if an image seems to catch your attention just treat it as a balloon that floats by - something that was there, but just floats past you.

**Step 2:** Be pure in speech. Avoid gossip and scandal. Avoid dirty jokes. Words have tremendous power! After all, when a priest speaks words at mass, bread and wine become Jesus' body and blood!

**Google** the word **transubstantiate**. What is the definition?

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**Step 3:** Be pure in action. It's not a list of "DON'Ts" but actually a calling of "DO'S." We have to work to grow in purity. Dress with class and expect more of yourself and others.

**Want to be a purity NINJA? Do ya??!! Do Ya??!!!**



**You'll need some things:**

1. Prayer – just asking God for help and being open to His grace
2. Go to Confession – shame is pain, you don't need it
3. Go to Mass – you receive purity itself, the best medicine for a broken heart
4. Fast – your willpower crushes all competition!!!

Have you been doing all those things listed above? If yes, how often? If not, what is holding you back?

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What are some positive examples of how we use our bodies to glorify God? Hint: What are some postures or actions to take or do at mass?

Example 1:

Example 2:

**Modesty is more than just the way we dress. It's a lifestyle of class and respect. It comes from the confidence of living with Christ in our hearts. In being pure, we are truly set free - the freedom that God desires for us. He needs you to bring Him to others through your example.**

Hey! But I'm broken and purity is hard and I struggle with self-hatred, guilt, and insecurities!  
So...let's talk Confession!

## CONFESSION



YouTube "Making a Good Confession" (<https://youtu.be/GCmumpsrwBE>)

How does Fr. Mike define sin in the video (2:53)?

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What is Fr. Mike's suggested 4 starting places for making a good confession or "cheat sheets" (3:30)?

- 1.
- 2.
- 3.
- 4.

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You can check out confession times at <https://diopitt.org/parishfinder> to find any parish close to you. We offer confessions regularly at St. Richard on Wednesdays from 6:00pm-6:45pm before mass and Saturdays from 3:30-4:30pm.

**Parents,**

Please review your child's work. We ask that you sign each page to confirm that you reviewed the material with your child. If you have any questions, comments, or concerns about the contents of this class or any other aspect of Faith Formation, please contact me at 724-444-1971 EXT. 115 or send me an email at [holllys@saintrich.org](mailto:holllys@saintrich.org). You and your family will remain in our prayers.

Parent Signature: \_\_\_\_\_

# CATECHISM MODESTY

Handout A

## EDGE NIGHT HANDOUT

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### INSTRUCTIONS

The following statements are from the *Catechism of the Catholic Church*. In order to read the full quote, you can use the number to look it up in the Catechism. Read the statement below and write in your own words what you believe the statement is saying about our need for modesty or what modesty means.

**2521** [Modesty] means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with the dignity of persons and their solidarity.

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**2522** Modesty is decency. It inspires one's choice of clothing. It keeps silence or reserve where there is evident risk of unhealthy curiosity. It is discreet.

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**2523** Modesty inspires a way of life, which makes it possible to resist the allurements of fashion and the pressures of prevailing ideologies. (See also Romans 12:1-2)

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**2524** Teaching modesty to children and adolescents means awakening in them respect for the human person.

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