

Catechetical Sessions on Christian Morality: An Overview

Catechetical Sessions on Christian Morality is a rich course that gives young people a solid grounding in the foundations of Christian morality to add to what they have already received in their faith community and in their family. The manual presents young people with the fundamental concerns of the moral life in a Catholic Christian context. Above all, the course is an invitation to young people to build God's Reign by loving themselves and others as God loves them. In other words, *Catechetical Sessions on Christian Morality* is an invitation to become holy, healthy, and happy. In doing so, the young people will bring God and the world together!

Session Outcomes

Chapter 1: "Introduction to Christian Morality"

- The learner will be introduced to the Church's teaching on morality.
- The learner will understand the meaning in Catholic Tradition of beatitude, free will, and sin.
- The learner will realize that all humans are created in the image and likeness of God.
- The learner will apply the three factors for determining the morality of individual human actions: the action itself, the intent, and the circumstances.

Chapter 2: "Social Justice"

- The learner will recognize that God calls human society to reflect the loving relationship within the Trinity.
- The learner will understand the four foundations of Catholic social teaching: the common good, political responsibility, human dignity, and solidarity.
- The learner will discover the biblical roots of social justice.
- The learner will explore the interdependent relationship between service and justice.

Chapter 3: "Sources of Moral Truth"

- The learner will recognize natural law as part of human nature.
- The learner will appreciate the relationship between the Old Law (the Ten Commandments) and the New Law (the law of the Gospel).
- The learner will be able to identify the laws, or precepts, of the Church.
- The learner will discover ways to integrate these laws with the formation of conscience.

Chapter 4: "Honoring God"

- The learner will explore what it means to put God above all things.
- The learner will realize that everyday speech is a powerful tool for serving God.
- The learner will develop strategies for observing the Sabbath.

Chapter 5: "Honoring Family: An Intergenerational Session"

- The learner will appreciate that God is the source of the mutual respect due within the family.
- The learner will understand the relationship between the child's responsibility of respect and the parent's duty of care.
- The learner will understand how the fourth commandment applies to the civil authority.
- The learner will understand that civil disobedience and political action are based on Catholic teachings.

Chapter 6: "Respecting Life"

- The learner will recognize that the foundation of the fifth commandment is the fact that all humans are created in the image of God.
- The learner will understand how life issues—such as capital punishment, war, abortion, genetic engineering, euthanasia, suicide, and scandal—are related to the fifth commandment.

- The learner will realize that the responsibility to respect life includes respecting her or his own health.

Chapter 7: "Respecting Sexuality: The Gift of Sexuality"

- The learner will appreciate God's gift of sexuality.
- The learner will understand that marriage is the appropriate place for the full expression of the gift of sexuality.
- The learner will explore the value of chastity in marriage and in the single life.
- The learner will understand the reasons for the exclusive expression of sexual relations in a sacramental marriage, revealed in the sixth commandment, and the value of purity of heart, which is the basis of the ninth commandment.

Chapter 8: "Respecting Sexuality: The Challenge of Sexuality"

- The learner will understand how sexual sin separates us from God's plan and how chastity strengthens our relationship with God.
- The learner will confront the sexual temptations of today's culture, which affect both single and married people.
- The learner will understand the situation of the homosexual person in the context of God's gift of sexuality.

Chapter 9: "Respecting Material Goods"

- The learner will understand the Church's teaching on the seventh commandment with respect to stealing.
- The learner will be aware of the application of the tenth commandment to the dangers of materialism and envy.
- The learner will consider the best way to serve God through vocation, work, and wealth.

Chapter 10: "Respecting Truth"

- The learner will understand the importance of truth and the harm of lying.
- The learner will experience the power of words to make or break confidences and reputations.
- The learner will realize how important a foundation of truth is for society and how necessary reparations are when truth is violated.

Chapter 11: "The Moral Life"

- The learner will understand and learn how to cultivate the cardinal virtues: prudence, justice, temperance, and fortitude.
- The learner will understand the value and the source of the theological virtues: faith, hope, and charity.
- The learner will appreciate the meaning and importance of forgiveness and grace in living a Christian moral life.