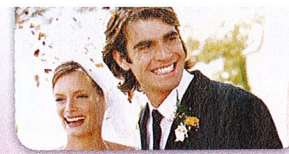


Looking Ahead

In this chapter, the Holy Spirit invites you to ►



EXPLORE how the Church calls us to stand up for a culture of life.



DISCOVER the joys and threats to life, love, and human relationships.



DECIDE how you can ask God in prayer to help you love responsibly.

CHAPTER

22

A large photograph of a woman with dark hair hugging a young girl with short brown hair from behind. Both are smiling warmly at the camera.

Commandments of Love

? How do you know when someone's "heart is in it?" What challenges do you face in expressing love to your family?

Learn about what Jesus said to the Pharisees, who said that the Law of Moses permitted divorce:

But Jesus told [the Pharisees], "Because of the hardness of your hearts, he wrote you this commandment. But from the beginning of creation, 'God made them male and female . . . and the two shall become one flesh, . . . Therefore what God has joined together, no human being must separate.'"

MARK 10:5-9

? What does Jesus mean when he speaks of "the hardness of your heart?"

Disciple Power

Temperance

One of the four Cardinal Virtues, temperance includes other virtuous acts and attitudes such as chastity, self-control, and responsible living according to God's plan for life and love. This virtue helps us to moderate our actions so that we do what is good and right.

Conflicting Cultures

In 1995, Blessed Pope John Paul II wrote an encyclical letter, the Gospel of Life. He called for all Christians to stand up for the culture of life rather than the culture of death. He asked them to adopt a "new heart," or to have a loving outlook toward life.

The members of St. Luke's Parish studied the Pope's encyclical and took it to heart. They thought of all the ways that they were already supporting a culture of life. They wondered what more they could do and asked the children of the parish to assist them.

Ben's class discussed the question. They thought of ways their families supported life by caring for one another and helping the poor and needy. Then Lin Zhang, a Chinese boy, remarked that Chinese people have great respect for their elders, especially when they can no longer care for themselves. He said, "We respect their wisdom and all they have done for us."

"So do the people of my culture," said Estella, who was Mexican. Our abuelos and abuelas, our grandparents, are the most respected members of our families. We ask their advice about everything. My abuela lives with us and takes good care of us."

Their teacher said, "I have an idea. Maybe we could make the elderly in our parish our special concern. Let's brainstorm some ideas and present them to the parish staff."

Today, St. Luke's Parish is known throughout the community for its care for the elderly. They prepare meals and run errands for them. They visit care centers for the elderly to read them stories and entertain them with songs and skits. They send friendship and get-well cards to those they cannot visit. All the people of St. Luke's support a culture of life.

? What do you do to show your respect for the older members of your family?



Respect for Others

Strengthening the Family

Honor your father and your mother.

EXODUS 20:12

The Fourth Commandment is one way that God tells us to build a culture of life. He commands that each family member contribute to the family's well-being. This means that family care for all members, especially the elderly and most vulnerable, is to be a top priority. After God, we are to honor our parents, even as adults. We are to respect and obey them and offer appropriate assistance when they are in need. We are to care for our parents later in their lives, in honor of their caring for us at the beginning of ours.

Promoting the Culture of Life

You shall not kill.

EXODUS 20:13

The principle underlying the Fifth Commandment is that all human life is sacred. This Commandment teaches that we must protect and nurture all human life, from conception to natural death. We are to respect and care for our own lives, health, and bodies, and those of others. We are to act safely and not put ourselves or others in unnecessary danger. We are to live as peacemakers.

The Fifth Commandment forbids abortion, **murder**, suicide, euthanasia, bullying, terrorism, unjust wars, and any act that violates the right to life or disrespects the dignity of the human person. This Commandment, however, does not prohibit defending human life with appropriate force. All people, a nation or an individual, have the right to safety and security in life. However, the spread of nuclear weapons is an evil threatening human life that must be overcome for the good of all. The Fifth Commandment promotes the culture of life.

FAITH FOCUS

What do these Commandments teach us about living the Law of Love?

FAITH VOCABULARY

covet

To covet is to unjustly desire what rightfully belongs to someone else


murder

The direct and intentional killing of an innocent person is murder.



Activity

Work with a group. Brainstorm ideas for a poster inviting families in your parish to support a culture of life. Write your ideas here. Make the poster and ask permission to display it in your parish.



Faith-Filled People

Ruth

When Ruth's husband died, she took care of her mother-in-law, Naomi. Ruth left her own homeland and took Naomi back to Bethlehem, where Naomi's family came from. Ruth worked in the fields owned by Boaz to feed herself and Naomi. Ruth and Boaz eventually married. Their son Obed was the grandfather of King David, who was an ancestor of Jesus. Ruth is an example of both faithfulness and respect for elders.

The Commandment of Faithfulness

You shall not commit adultery.

EXODUS 20:14

The Sixth Commandment teaches everyone to live a chaste life. Chastity is integrating the gift of human sexuality within the whole person. This involves self-control and modesty. This Commandment guides Christians to follow Christ as our model in the way we express our love for our family, friends, and others. We are always to express our sexuality in appropriate ways.

? How does a person live a chaste life in words as well as actions?

This Commandment also teaches about God's plan for marriage. In their marriage commitment, the husband and wife have promised to love, honor, and be faithful to each other until death. When a person has sexual relations with a person he or she is not married to, that person violates the Sixth Commandment. Marriage is broken or seriously weakened when this happens. The Sixth Commandment calls for faithfulness in which both spouses freely, fully, faithfully, and forever give the gift of self to the other.

Among sins gravely contrary to the Sixth Commandment are masturbation, artificial contraception, fornication, pornography, sterilization, and homosexual practices. Everyone experiences temptations to misuse the gift of sexuality. To dwell on these thoughts and desires can easily lead people to disrespect themselves and others. God's grace is always there to help us deal with such temptations.

? In what ways can you practice the virtues of faithfulness, loyalty, and chastity now so that you will prepare yourself for the lasting commitments of adulthood?



Practice Purity of Heart

You shall not covet your neighbor's wife.

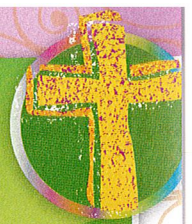
EXODUS 20:17

The Ninth Commandment teaches that everyone is to respect and honor the promises a husband and wife make to one another in marriage. We are not to do anything, not even desire to do anything, that would break up a marriage.

This Commandment also guides us to train ourselves to be pure in mind and heart, and in our actions. To **covet** someone or something, which is one of the Capital Sins, is to have an unjust and inordinate desire for someone or something that belongs to someone else. The Beatitudes and the Commandments correspond to one another. The Ninth Commandment teaches us we are to practice purity of heart.

When we act according to purity of heart, we practice the Cardinal Virtue of temperance. We demonstrate modesty through patience, decency, and discretion. Not only do we honor and respect others, we protect the “intimate center” of ourselves. This means that we love ourselves as God loves us.

Catholics Believe



The Dignity of Persons

God created us to love and respect one another as persons, not to use each other as objects. In creating us male and female, God gives men and women equal personal dignity. Each of the two genders is an image of the power and tenderness of God, equal in dignity, distinct in sexual identity (see CCC 2333–2336).

Activity

Marriage Today

Name a popular television show that depicts people in a relationship. Are the people in that relationship living according to the Commandments? How might the show affect the people viewing it?

TV Show

My Analysis



I FOLLOW JESUS

The Ten Commandments are reminders of how to be in loving relationships. In order to act responsibly in your relationships, you can channel your desires to meet the needs of others first. Prayer is an effective way to refocus your attention on what is most important in life.

THE CULTURE OF LIFE

Choose one of the Commandments addressed in this chapter. Create the outline of a story that supports a culture of life. Write or draw three scenes for the story in the boxes.

--	--	--

MY FAITH CHOICE

This week, I will think of the needs of older members of my family.
I will respect them by



Pray, "Jesus, you show us how to love. Help me to channel my desires so that I can see others with respect, as Jesus does. Amen."

Chapter Review

Mark the true statements "T" and the false statements "F." Change the false statements into true statements.

- F T 1. Adult children who live away from home have less responsibility to honor their parents than do younger children who still live at home.
- F T 2. All human life is sacred from the first moment of conception to natural death.
- F T 3. Everyone is called to live a chaste life.
- F T 4. The virtues of temperance and modesty help us to live the Sixth and Ninth Commandments.
- F T 5. The Fifth Commandment is about promoting the culture of life.

TO HELP YOU REMEMBER

1. The Fourth Commandment teaches that all family members are to contribute to the well-being of the family.
2. The Fifth Commandment teaches that we are to respect all human life as sacred and live as peacemakers.
3. The Sixth and Ninth Commandments teach us to live chaste lives in our thoughts and actions.

Peace Prayer

This well-known prayer of Saint Francis of Assisi summarizes the attitude of one who supports a culture of life in human relationships. Pray it often with your class and with your family.

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so much seek

to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life. Amen.



With My Family

This Week ...

In **Chapter 22**, "Commandments of Love," your child learned:

- ▶ The Fourth Commandment teaches that all family members are to contribute to the well-being of the family.
- ▶ The Fifth Commandment teaches that we are to respect all human life as sacred and to live as peacemakers.
- ▶ The Sixth and Ninth Commandments teach us to live a chaste life as Jesus did.
- ▶ The Cardinal Virtue of temperance helps us to moderate our actions so that we do what is good and right.

For more about related teachings of the Church, see the *Catechism of the Catholic Church*, 2196–2400, 2514–2533, and the *United States Catholic Catechism for Adults*, pages 373–416, 439–446.

Sharing God's Word

Read together Luke 1:46–55 (The Magnificat) and Luke 1:69–79 (The Canticle of Zechariah). Emphasize that prayer helps us to recognize God as the source of life and love. In prayer, we can turn to God for his loving kindness and tender mercies.

We Live as Disciples

The Christian home and family is a school of discipleship. Choose one of the following activities to do as a family, or design a similar activity of your own:

- ▶ Blessed Mother Teresa said, "Prayer enlarges the heart until it is capable of containing God's gift of himself." Invite family members to share how they

invite God into their hearts.

- ▶ Use family prayer time to pray for the specific needs of others. Then form a family action plan to help meet those needs.
- ▶ Have each family member handwrite a "love letter" to one another.

Our Spiritual Journey

Prayer is a way that helps us to persevere in love. Saint Paul calls for all Christians to pray without ceasing. This is possible if our wills are aligned with God's. The Church teaches us that such tireless activity comes from love. Love opens our hearts to faith, making prayer possible. Pray the Prayer of Saint Francis on page 205 with your family.



For more ideas on ways that your family can live as disciples of Jesus, visit

www.BeMyDisciples.com