



Junior High Lesson Plan

"I live, now not I; but Christ lives in me." Gal. 2:20

Purpose:

Students will:

1. Be familiar with the Four Cardinal Virtues and Three Theological Virtues.
2. Be able to identify ways in which these virtues have shaped the lives of many saints throughout the history of the Church.
3. Understand the importance of practicing these virtues in order to become virtuous.
4. Be introduced to a virtuous use of the internet that is still entertaining.

Supplies:

1. *Catechism of the Catholic Church* (CCC #1716-1876)
2. **List of Web Resources** and **Saints Biographies** (optional)
3. **Know Your Saints and Blessed Quiz**
4. **Practicing Virtues Assignment**
5. Permission Slips from parents to create Disciples Now account

Activity #1: Heroic Virtue on Display: Saints on the Web

1. Visit [Patron Saints Index](#)¹, [Catholic Online: Saints and Angels](#)², [Magnificat List of Saints](#)³, [Official Vatican Website](#)⁴ for lists of saints and blessed.
2. See the list of **Saints Biographies** provided for a good selection of diverse saints, or you can include one or more of your favorite saints.
3. Discuss the reason for learning about and "praying to" the saints.
 - a. These are examples of how to live our lives as Christians.
 - b. These are people who have overcome many of the same problems we face today.
 - c. These are people who are currently with God in heaven and who have the ability to stand face to face with God and ask him for help.
 - d. Their prayers have special potency because of their special place in heaven and because of their ability to spend all their time in prayer for us while we go about our everyday lives.
4. Point out ways in which each of these saints developed the four cardinal and three theological virtues.
5. Have them pay special attention to the way in which most of the saints did not start out with these virtues, but over time developed them through the help of God, their parents, or their own life lessons.
6. Have students fill out the **Know Your Saints and Blessed Quiz**.

Activity #2: Heroic Virtue in the Catechism (Combine with Activity #3)

1. Read through Part 3: Section 1: Ch. 1: Article 7 of the *Catechism of the Catholic Church* (CCC #1803-1845).

¹ <http://www.catholic-forum.com/saints/indexsnt.htm>

² <http://www.catholic.org/saints/>

³ <http://www.magnificat.ca/cal/eng/l/liste-sts.htm>

⁴ http://www.vatican.va/news_services/liturgy/saints/index_saints-blesseds_en.html



2. Discuss each paragraph making sure to point out the main points discussed in the “In Brief” section (CCC #1833-1845).
3. Focus much of your time and energy in learning and understanding the Four Cardinal Virtues and the Three Theological Virtues.
4. This may take a few days to go over completely. Be sure to break up the lecture slightly with other activities.

Activity #3: Developing Virtues: Training to be Heroes

1. Discuss ways in which we become virtuous people (CCC #1810-11).
 - a. Education about the virtues and good actions – this includes learning from others’ actions and examples as well as learning in the classroom.
 - b. Deliberate acts – this is the deliberate choice of the individual in a given situation.
 - c. Perseverance – when we make mistakes we learn from them and we try again.
 - d. With the help of Divine Grace – the frequent reception of the sacraments of reconciliation and the Eucharist.
2. Since virtue is an acquired way of life and way of thinking, it goes without saying that in order to become virtuous, we must practice being virtuous.
3. Pass out the **Practicing Virtues** assignment and go over the directions of the assignment.
4. Have them return the assignment at the end of the week or at the end of a period of time that you choose.

Activity #4: Net Virtues: Practicing virtues on the Internet

1. Take the class to the computer room or work with one computer in the classroom that has web access and a projector.
2. Go online and visit several of the pages listed below (and others that you may find).
3. Explain to them the importance of being virtuous in their choices on the internet.
 - a. All bad decisions lead to a destruction of our relationship with God and lead to more bad decisions.
 - b. All good decisions build on our relationship with God and on each other.
 - c. If we feel like it is something we wouldn’t want our parents to see, then often times we shouldn’t be seeing it ourselves.
4. There are other options for use on the internet:
 - a. www.disciplesnow.com instead of Facebook or MySpace
 - b. www.godtube.com instead of YouTube
 - c. <http://www.holyspiritinteractive.net/youth/> or <http://www.youthapostles.com/> instead of your current homepage
 - d. www.lifeteen.com instead of MSN or Yahoo
 - e. You can find several other good Catholic teen sites to tell your students about at: <http://www.phatmass.com/directory/index.php/cat/784>. See our **List of Web Resources**.
5. Go to: www.disciplesnow.com
6. Direct the students to the various pages found on the site including an individual’s page (perhaps one that you create prior to this date).



7. Have the students register and set up their own pages (this requires prior permission from the parents and must be checked with your school handbook).
8. Invite the students to invite their friends to this site and use it instead of MySpace or Facebook or other such social networking sites.

Further Suggestions:

1. Encourage students to learn more about the lives of the saints by having each student write a report on a saint they find most interesting. As part of the assignment, make sure the report includes how the student relates to that particular saint or how the saint might be able to help them in their lives.
2. A virtuous life leads to a life of obedience to God's will. Discuss this connection with your students since it is in following God's will for our lives that we become truly happy.
3. For bonus points, have the students answer questions which can be answered easily by going to one of the above sites. Perhaps, you can make it a daily or weekly "Trivia Question."
4. Set up a time to tour the Seminary of Our Lady of Providence with the young men in your class and a time to tour one of the several convents of religious sisters around the area with the young women in your class.



DIOCESE OF PROVIDENCE

OFFICE OF VOCATIONS

485 MOUNT PLEASANT AVENUE PROVIDENCE, RI 02908-3301
☎ 401-831-8011 FAX: 401-521-4192

WWW.CATHOLICPRIEST.COM

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