

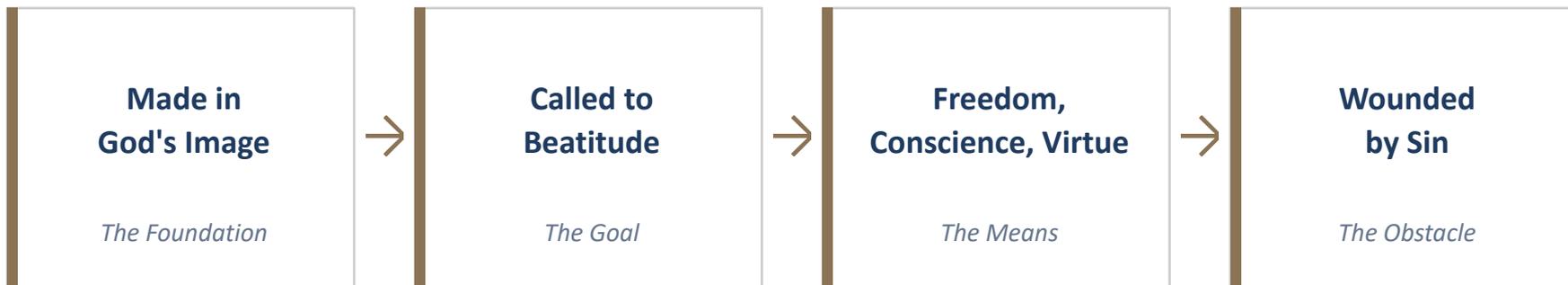
# The Dignity of the Human Person

*Catechism of the Catholic Church  
Part III, Section 1, Chapter 1*

Parent Session for Sacramental Preparation

# The Big Question

*What does it mean to be human,  
and how do we live accordingly?*



# The Beatitudes: The Path to True Happiness

*Matthew 5:3-12 — Jesus reveals what authentic human flourishing looks like*

1. Blessed are the poor in spirit
2. Blessed are those who mourn
3. Blessed are the meek
4. Blessed are those who hunger and thirst for righteousness

5. Blessed are the merciful
6. Blessed are the pure in heart
7. Blessed are the peacemakers
8. Blessed are those persecuted for righteousness

# What Makes an Action Good or Bad?

Every human act has three components. All three must be good for the act to be morally good.

## Object

(The What)

What action is being done?

**Example:**

*Sharing a toy with a sibling*

## Intention

(The Why)

Why is the person doing it?

**Example:**

*To show love vs. to get praise*

## Circumstances

(The How/When/Where)

What factors affect the action?

**Example:**

*Freely vs. only when forced*

# Forming Conscience

Conscience is the interior voice that calls us toward good and away from evil.  
It must be formed — it's not automatically correct.

## Sacred Scripture

God's Word reveals His will

## Church Teaching

The Magisterium guides us in truth

## Prayer

Listening for the Holy Spirit's guidance

## Wise Counsel

Seeking advice from faithful people

# The Virtues: Habits That Help Us Do Good

## Cardinal Virtues

(Acquired through practice)

### Prudence

Knowing the right thing to do

### Justice

Giving others what they're owed

### Fortitude

Courage to do what's right

### Temperance

Self-control and balance

## Theological Virtues

(Gifts from God)

### Faith

Believing in God and His revelation

### Hope

Trusting in God's promises

### Charity

Loving God and neighbor

# Family Examination of Conscience

*Use these categories for family reflection, adapting language for your children's ages:*

## Love of God

Prayer, Mass participation,  
using God's name respectfully,  
priorities

## Love of Family

Honoring parents, patience,  
helping cheerfully, sharing

## Love of Neighbor

Kindness, truthfulness,  
avoiding gossip, forgiveness

## Care of Self

Body as temple, self-control,  
gratitude

*See your handout for complete examination questions*

# Questions for Reflection

1 Our culture offers many definitions of happiness. How do the Beatitudes challenge or confirm what you teach your children about what makes a good life?

2 How do you help your children develop their conscience at home? What challenges do you face?

3 Which virtues does your family practice well? Which need more attention?

*You are the primary teachers  
of your children in the faith.*

The parish supports the beautiful work  
you're already doing at home.

Key References: CCC 1700-1876