

## Sixth Grade: Lesson 19

### What are the Effects of Sin and How do you Beat Sin?

#### Learning Objective:

This lesson builds upon the previous lesson and explores the various ways in which social sin manifests itself in communities and examines the roots of some of these behaviors. Catechists should help youth evaluate interactions on social media and assess them in light of the themes of Catholic Social Teaching. Youth should be warned about the dangers of the occult. While some of these practices appear harmless, they are openings for evil to enter one's life.

#### Learning Outcomes: Students Will ...

- Understand that the passions (feelings/emotions of love, hatred, desire, fear, joy, sadness, and anger) lead us to actions that can be good or evil (CCC 1762-1775, Mark 7:18-23).
- Discuss the role of persistence in prayer to overcome difficulties (Luke 18:1-8, CCC 2742).
- Recognize and apply the Gifts and Fruits of the Holy Spirit.
- Recognize the diversity of cultures, traditions, talents and gifts, all within the Body of Christ.
- Define prejudice, discrimination, and racism and discuss their effects on community and discuss strategies to overcome these issues.
- Discuss the effectiveness of prayer in working toward peace and justice.
- Discuss the effects of excluding, ignoring, and manipulating others.
- Demonstrate the skill of listening - to hear others respectfully and to be open to the voice of God.

#### Materials Needed:

- Prayer space items, Bibles, pencils,
- Copies: 7 Gifts of the Holy Spirit (handout), select from the following activities: Turn Away from Sin, Use your Passion for Good, God's Love Shines Through You

#### As Students Enter Class:

- You may want to have a handout reminding students what the 7 Gifts from the Holy Spirit are. Ask them to look it over, select one of the gifts, and on the back write and/or draw what the gift means to them.
- [7 Gifts of the Holy Spirit](#)

Beginning of Class:

- Gather around your prayer space and select a prayer. Ask the Holy Spirit to open your hearts and minds to hear God's word today.

Lesson Order	Implementation Ideas
Lesson 19 Video	<p data-bbox="646 243 1094 283">This video is 3:44 in length.</p> <p data-bbox="646 317 1386 468">Highlights: Last time, we explored how to live holy lives by setting boundaries with our behaviors and through living virtuously within our vocations.</p> <p data-bbox="646 510 1409 699">Today we will think about the 10 Commandments and how we can choose to behave in ways that are pleasing to God. When we live good lives and follow God’s laws, we experience internal joy and happiness.</p> <p data-bbox="646 741 1409 1010">God realizes we have many emotions and feelings. Sometimes, we can turn an emotion, such as anger, into a positive. For example, you may experience someone being mistreated at school. You realize this is wrong and you comfort that person. You redirected your anger into something good.</p> <p data-bbox="646 1052 1398 1320">However, if our passions are not tempered, then we can make poor decisions that are hurtful to ourselves and others. The Bible warns us of certain behaviors that may appear harmless but are openings for evil in our lives. Examples from the occult are psalm readings, tarot cards, or Ouija boards.</p> <p data-bbox="646 1362 1300 1402">Carla then reads from Galatians 5:19-26</p> <p data-bbox="646 1444 1409 1505"><i>Now the works of the flesh are obvious: immorality, impurity, licentiousness,</i><sup>a</sup></p> <p data-bbox="646 1514 1377 1617"><i>20idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions,</i><sup>b</sup></p> <p data-bbox="646 1625 1377 1755"><i>21occasions of envy,* drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.</i></p> <p data-bbox="646 1764 1414 1824"><i>22In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness,</i><sup>a</sup></p> <p data-bbox="646 1833 1403 1894"><i>23gentleness, self-control. Against such there is no law.</i><sup>c</sup></p>

	<p>24Now those who belong to Christ [Jesus] have crucified their flesh with its passions and desires.<sup>s</sup></p> <p>25If we live in the Spirit, let us also follow the Spirit.<sup>t</sup></p> <p>26Let us not be conceited, provoking one another, envious of one another.<sup>u</sup></p> <p>God wants you to turn to Him for guidance and direction. God shows us how to live holy lives through sacred scripture.</p>
<p>Is This a Sin?</p> <p>Fr. Mike speaks quickly so if you can put on your CC, students may find it helpful to read the words as they follow along.</p>	<p>This video is 6:52 in length. It is a Fr. Mike Schmitz video.</p> <p>Highlights: Fr. Mike answers a question about sin. For Example: Someone was angry at another and wrote a nasty letter to that person; however, decided against sending it and threw the letter away. Is that a sin?</p> <p>We need to determine if the sin was stopped due to internal or external forces. External circumstances that prevent you from sinning, would still require you to go to confession because you had the intent to sin.</p> <p>Internal circumstances that stop you from sinning mean you stopped yourself and that is an act of virtue and not a sin. One caveat to that is the degree to which you allowed the anger. If you consented to it internally, you should bring it to confession.</p>
<p>What are Emotions?</p>	<p>This video is 4:33 in length.</p> <p>Highlights: This video explains what emotions are for and why we have them.</p> <p>Emotions are like a signpost on a road or highway. Emotions point to a deeper reality that helps us make sense to what is going on in our lives and what's important. John Paul II said an emotion is a reaction to a value. That</p>

	<p>means when we feel an emotion, something we find important or valued is being triggered or touched upon. There is a difference between thoughts and feelings. Feelings can be a guidepost. They help us understand what's going on. Thoughts are beliefs we have about the world, ourselves, or others.</p> <p>Paying attention to our emotions and feelings is important. When we look at an emotion, as a reaction to a value, we can take a second to understand what's going on with ourselves and others, so we can make better decisions and build better relationships.</p> <p>Emotions alone can be scary. We are not called to be completely ruled by our emotions, nor are we called to completely suppress them. Ignoring emotions isn't healthy. Pay attention to them as signposts, to accept and then understand.</p> <p>Stop and Discuss: What's the difference between a thought and an emotion? The presenter mentions a signpost and a guidepost. What is the difference?</p>
How to Strengthen Your Will	<p>This video starts at 7:05 of the 13:39 length. Note that the first few minutes are slightly confusing, but then the message begins, and it is well presented.</p> <p>Highlights: St. Paul in his letter to the First Corinthians says that all the runners complete but only one wins the prize, so run so you may obtain it. We're striving for eternal salvation for ourselves and others.</p> <p>3 Practices to Strengthen our Will:</p> <ol style="list-style-type: none"> <li>1) Perseverance: Have consistent sacrifice in your life. For example, give up eating</li> </ol>

	<p>something you love as a spiritual sacrifice and unite it with an intention. This will help us grow in perseverance and to carry our daily cross.</p> <p>2) Patience: The ability to endure something for a long period of time. Accept the annoyances and inconveniences of life and offer it up to God.</p> <p>3) Prayer: Prayer has a two-fold benefit. It is an exercise of the mind, which is also an exercise of the will. It helps us develop the mental energy we need to strengthen our will. We put on the mind of Christ and learn to love with the heart of Christ.</p> <p>Discussion: What are your thoughts about the 3 practices to strengthen your will? Perhaps you do this during Lent, but we are asked to do this year-round. Do you have an example of a time when you showed perseverance or patience?</p>
Seven Gifts of the Holy Spirit	<p>This video is 6:14 in length.</p> <p>Highlights: As an adopted son or daughter of God, we are called to live with a specific purpose. Through that purpose, God is calling you to live a certain way. It's up to you to find that purpose and God will provide help to do this.</p> <p>One major way is through the sacraments, especially the Sacrament of Confirmation, which you will receive in 8<sup>th</sup> grade. Through Confirmation, you will be given 7 Gifts of the Holy Spirit.</p>

## 7 GIFTS OF THE HOLY SPIRIT



The video examines each gift and explains what they are and how they are used.

### Fear of the Lord



A fear of  
being separated  
from God

### Piety



A deep respect &  
reverence for God  
and reliance on prayer  
and worship

## Knowledge



How we look at created things and their effects and realize our dependence should be put on God

## Fortitude





To resist fear and overcome obstacles by being courageous and strong

## Counsel



Helps us to judge our actions and make split second decisions



	<div> <div> <u>Understanding</u>  </div> <div> <p>To realize the deep mysteries of the faith</p> </div> </div> <div> <div> <u>Wisdom</u>  </div> <div> <p>Seeing things through God's perspective</p> </div> </div> <p>Discussion: Looking at our handout of the 7 Gifts of the Holy Spirit and the information learned from this video, what thoughts or questions do you have about the Holy Spirit?</p>
Turn Away from Sin Activity	Students are asked to draw a picture telling Satan to flee when he brings evil into our lives.
Use Your Passions for Good	Students are asked to look at various emotions and reflect on how to acknowledge them and use them to help others.
God's Love Shines Through You	Students are asked to reflect on how they are called to serve now and when they are older.
Closing Prayer	<p>Invite students to gather around your prayer space and consider a prayer of thanksgiving to the Holy Spirit for the gifts provided to help us live virtuously.</p> <p>Invite students to add what the 7 gifts are.</p>

