

THEOLOGY OF THE BODY

CLASS NOTES – CH. 4

Chapter 4 – How Should I Act?

1. VOCAB Habit: an action repeated so often that it becomes part of one's character ("First we make our habits, then our habits make us.")
2. VOCAB Virtue: a good, holy habit that leads us to happiness
3. VOCAB Vice: a bad, sinful habit that leads us to unhappiness
4. VOCAB Grace: what God offers to us to help us develop virtue and kick-out vice (comes especially through the sacraments)
5. Becoming Virtuous
 - a. "Practice makes perfect."
 - i. To become who you want to be, you have to practice
 - ii. One thing every saint did: "Practice love."
 - b. It's one thing to talk the talk. Quite another to walk the walk. (James 2:26b)
6. Your True Self
 - a. If you want to become your true self (St. INSERT NAME), you can't be a different "you" depending on who you're with.
 - b. Good advice:
 - i. Choose friends that are going to help you act like a saint
 - ii. Take charge of what you watch, see, read, listen to, focus on, and give your time to
 - iii. Ask God, "Who do YOU want me to be?"
 - iv. Create a mission statement that you read every day
 - v. Write down goals
 - vi. Make a schedule
 - i. Find some heroes (already in Heaven or well on their way there)