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)