

Seeking Freedom

IN PURSUIT: SEEKING THE MORAL LIFE SESSION 04 PARENT SHEET

Dear Parents,

In this final session, we discussed how living a moral life brings freedom and how we cannot ultimately free ourselves from sin. We need grace, especially grace in the sacrament of reconciliation. A considerable amount of time will be spent looking at the Ten Commandments in light of freedom. Here are some of the main points:

- In the Old Testament, freedom was synonymous with the redemption we talked about in Session 3.
- "Freedom consists not in doing what we like, but in having the right to do what we ought." -St. John Paul II
- The Commandments are not oppressive rules but are linked with our freedom. They are given to God's people by Him after he frees them from slavery to keep them free from slavery to sin.
- A virtue is an interior disposition, a positive habit, a passion that has been placed at the service of doing good. (CCC 1803,1833).
- We cannot grow in virtue on our own; we need the freely given gift of God's grace.

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from the video or small group time that stood out to you?
- What was something that surprised you when you reread the Commandments through the lens of freedom?
- What is a virtue you think you'd like to grow in?

COMMIT: The best way we can access Jesus' healing and forgiveness is to receive the sacrament of reconciliation. In this sacrament, we are also given the grace we need to combat future sins. This sacrament is an essential part of coming into the fullness of freedom offered to us in the moral life. This week, your teen committed to go to confession.

Theme Scripture

"For freedom Christ set us free; so stand firm and do not submit again to the yoke of slavery."

GALATIANS 5:1