

## Faith Summary

Jesus gives us grace that helps us make good moral choices and act on these choices in our everyday lives. Making good moral choices includes respecting our bodies and practicing the virtue of chastity. Chastity unites our physical sexuality with our spiritual nature and helps us to be complete human persons.



### Word I Learned

chastity

### Ways of Being Like Jesus

Jesus was respectful to others and remained true to himself. *Be respectful to others and take care of yourself.*



### Prayer

*Jesus, thank you for giving me the sacraments and through them the grace to make good choices.*



## With My Family

**Activity** Make a plan with your family to get some exercise together. For example, take a walk or bike ride through your neighborhood or through a nearby woods or park.

**Faith on the Go** Ask one another: *Do you have a special place when you want to be alone? What is special about this place?*

**Family Prayer** *Heavenly Father, let us know the love you have for us. Through the gift of this love, help us to care for and protect our bodies and our minds.*