

God Calls Us to Obey

Keep these ideas in mind as you study **Unit 1, Session 4**.

When we follow the Holy Spirit in true freedom and make the Fruits of the Holy Spirit part of our lives, we know that our acts are good.

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In his Letter to the Galatians, Saint Paul taught that we can live in true freedom if we cooperate with the Holy Spirit.

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The Fruits of the Holy Spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

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The virtue of prudence helps us recognize the good in every situation and to make good choices. The Holy Spirit helps us be prudent by helping us form a good conscience.

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We make an examination of conscience to see how well we are living up to our commitment to Jesus Christ. We can do this by reflecting on the Ten Commandments, the teachings of the Church, and what God calls us to do every day.

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It is a good practice to make a frequent examination of conscience instead of waiting until we are about to celebrate the Sacrament of Reconciliation.

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Peter Canisius was a Jesuit priest who always tried to see the good in people. He helped Father Couvillon overcome his pride and get along better with others.

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Although we are all tempted to sin, we can use free will to make good choices.

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