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LIFE IS A GIFT								
Express that all creation is a gift from God, who is loving.	X	X	X	X	X	X	X	X
Recognize the goodness of creation.	X	X	X	X	X	X	X	X
State that God, who is most generous, loves the world into existence.	X	X	X	X	X	X	X	X
Explain that all creation is sacramental because God is revealed through it.	X	X	X	X	X	X	X	X
Explain that life is a gift.			X	X	X	X	X	X
Express that every person is a gift from God.	X	X	X	X	X	X	X	X
Describe how the body itself, just by the fact that it exists, communicates that the human being is a gift.					X	X	X	X
Recognize that each person is unique and unrepeatable.			X	X		X	X	X
Recognize that we are called to see the world and others as God sees—as gifts.	X	X	X	X	X	X	X	X
Explain how the human body is a visible sign (a sacrament) of God's invisible love.		X	X		X	X	X	X
CREATED IN THE IMAGE OF GOD								
Explain that all people are created in the image and likeness of God.	X	X	X	X	X	X	X	X
Explain that human beings are people with dignity to be loved, not treated like objects.	X	X	X	X	X	X	X	X
Explain that God created each person with both body and soul united.				X	X	X	X	X
Identify humanity as the summit of creation.		X			X	X	X	X
Identify the human person as distinct from the rest of creation because humans can think, are free to choose, and can love.				X		X	X	X
Explain that because human beings have been created as a gift in the image of the Trinity, they learn about themselves by giving themselves to others.		X		X	X	X	X	X
Explain why each human person is intrinsically good.		X	X		X	X	X	X
Identify man's unique relationship with God as set apart from the rest of creation: naming the animals, cultivating the earth, and choosing between good and evil.	X	X		X	X	X	X	X
Differentiate how man, as the pinnacle of creation, is both similar and dissimilar to God.				X		X	X	X
Articulate that human beings are made for relationship with God (communion).		X		X	X	X	X	X
Explain that human beings become the image of God more fully in a free, authentic, self-giving relationship.				X	X	X	X	X
Discuss how man images the communion of the Three Persons in one God.			X	X	X	X	X	X
THE UNITY OF MALE AND FEMALE								
Identify the two ways in which the human person has been created in the image of God: male and female.				X	X	X	X	X
Explain that God made each human being as a male or a female as revealed in their bodies.					X	X	X	X
Recognize that God created men and women equal in dignity and made them to be in unity, complementing each other.		X	X		X	X	X	X
Names reasons that God made people male and female in Genesis 1:27 and Genesis 2:18–22.				X	X	X	X	X
Explain why human beings are people to be loved, not treated like objects.	X	X	X	X	X	X	X	X
Identify how every man and woman has a unique role to be son/daughter, brother/sister, etc.	X		X		X	X	X	X

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Explain that we are created and called to be a mutual help to one another to live good and happy lives together.	X	X	X	X	X	X	X	X
Identify why the male/female difference is fruitful and good.	X				X	X	X	X
Explain the complementarity of marriage and celibacy for the sake of the kingdom.	X	X	X		X	X	X	X
UNIQUELY MADE FOR LOVE								
Explain that each person is created to love, by love, and for love.	X	X		X	X	X	X	X
State that love is to desire what is good for another person.	X	X	X	X	X		X	X
Explain the two great commandments that Jesus taught: love of God and love of others.	X	X	X	X	X	X	X	X
Recognize that Jesus reveals the love of the Father.	X	X	X	X	X	X	X	X
Explain that love is the ability to participate in the love of God himself: total, faithful, fruitful, and generous.		X		X	X	X	X	X
Describe himself or herself as a son or daughter of God.	X	X	X	X	X	X	X	X
Explain that each person is created for a self-giving relationship with God.		X	X	X	X	X	X	X
Recognize our purpose as being created by God out of love in order to love and be in communion with him in heaven.		X	X	X	X	X	X	X
GIFT OF SELF								
Recognize that God calls us to make a gift of ourselves in love.	X	X	X	X	X	X	X	X
Explain that a gift must be sincerely given and received to be authentic.			X	X	X	X	X	X
Explain that it is necessary for each person to make a free, authentic gift of themselves in relationships.	X		X	X	X	X	X	X
Explain that each relationship of self-giving requires each person to also be in relationship with God.	X	X	X	X	X	X	X	X
Identify Jesus Christ as the model of what it means for a human being to be a free, authentic gift.	X	X	X	X	X	X	X	X
Explain the gift-of self as thoughts, words, or actions that place oneself at the service of others and seek the true good of the other.	X	X	X	X	X	X	X	X
Think of the of-self as thoughts, words, or actions that place oneself at the service of others and seek the true good of all. Identify some simple, everyday occurrences in which we participate in self-giving relationships with our families.	X	X	X	X	X	X	X	X
Describe that giving of ourselves to others includes little ways each day, through kind words and thoughtful deeds.	X	X	X	X	X	X	X	X
State that being with others in society implies giving ourselves as a gift to others and receiving others as a gift.	X	X	X	X	X	X	X	X
Relate how we learn more about ourselves through our relationships with others.			X	X	X	X	X	X
THE FALL AND REDEMPTION								
Identify the broken relationships caused by Original Sin: the human person and God; human beings and nature; between human beings, and within one's self.	X	X	X	X	X	X	X	X
Explain that Original Sin happened because man distrusted and disobeyed God.	X	X	X	X	X	X	X	X
Point out that as a result of Original Sin, man experiences concupiscence and needs to bring emotions and desires into harmony with what is truly good.			X	X	X	X	X	X
Recognize that suffering is a result of the Fall and can make it difficult for us to see the gifts of God.		X	X	X	X	X	X	X

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Explain that even after the Fall, creation remains a good gift and is able to be redeemed.		X		X	X	X	X	X
Relate man's relationship with God in original holiness to the restoration of man's relationship with God through Baptism.	X	X	X	X	X	X	X	X
Relate how Christ nourishes communion through the gift of himself in the Eucharist.	X	X	X	X	X	X	X	X
LANGUAGE OF THE BODY								
Explain how, the human body can reveal God through loving actions.		X	X	X	X	X	X	X
Identify how the human body reveals the person.						X	X	X
Explain how the body itself reveals man's special dignity.				X	X	X	X	X
Recognize that human beings manifest their inner lives through their body language.				X	X	X	X	X
Describe how people's character is embodied in their behaviors and the way they carry themselves. (cf. 1 Corinthians 6:19-20; 1 Thessalonians 4:4)				X	X	X	X	X
Connect how virtues (which have to do with man's inner life) are expressed through the body.				X	X	X	X	X
Explain the body-soul unity in the human person from the standpoint of the "language of the Body."					X	X	X	X
Describe how the human body is a Temple of the Holy Spirit and why it is necessary to "glorify God in your body." (1 Corinthians 6:15,20)					X	X		X
LIFE ACCORDING TO THE SPIRIT/PURITY OF HEART								
Recognize Jesus as the source of hope throughout our daily tasks and difficulties.	X	X	X	X	X	X	X	X
Identify God as the source of good desires in our hearts.		X	X	X	X	X	X	X
Explain that a pure heart is drawn to things that are true, good, and beautiful.		X		X	X	X	X	X
Identify immodesty and not taking care of one's body as a misuse of one's sexuality.		X			X	X	X	X
Recognize that with God's help and grace, we can live lives of virtue.		X	X	X	X	X	X	X
Identify that self-mastery is needed for a person to make a gift of himself to the other.					X	X	X	X
Explain the beatitude "Blessed are the pure in heart, because they will see God." (cf. Matthew 5:8)				X	X			
Define virtue as a disposition of the human soul, developed by grace and practice, to do good; identify chastity and modesty as essential to respecting ourselves and others.			X	X	X	X	X	X
State that a person is pure in heart when he/she perceives and respects others as a gift and seeks to make a gift of himself/herself to others.		X		X	X		X	X
Describe the virtue of reverence for God, his creation, and other people as treating them with respect and honor, for God is all good and his creation is a good gift.	X	X	X	X	X	X	X	X
Relate being connected to Jesus the True Vine (John 15:4-5) to manifesting the Fruits of the Spirit (Galatians 5:22-23).		X	X	X	X			X
Articulate how virtue is part of "life according to the Spirit." (cf. Ephesians 6:13-17)			X	X	X	X	X	X
Recognize that "life according to the Spirit" and following the law of God lead to true freedom and happiness.		X	X	X	X	X	X	X
Recognize that true freedom comes from choosing the good.	X	X	X	X	X	X	X	X

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VOCATION								
Identify that the entire Christian life shows the mark of the love of Christ and the Church.	X	X	X	X	X	X	X	X
Explain how we make a gift of ourselves through our work.		X	X	X	X	X	X	X
Relate how work helps us fulfill a mission.			X		X	X	X	X
Describe love as a participation in the love of God himself; love is total, faithful, fruitful, generous.			X	X	X	X	X	X
Explain that vocation is the way one makes a total gift of self.			X	X	X	X	X	X
Explain that God invites but does not force, when he calls someone to the vocation of married life, consecrated life, or the priesthood, leaving the person free to respond.	X		X	X	X	X	X	X
Explain the nature of consecrated life as giving oneself totally to Christ and being a sign of our future life in heaven.	X		X	X	X	X	X	X
Explain that when God calls a man and a woman to the vocation of marriage, he is inviting them into a special sacrament of his love. (Ephesians 5)	X		X	X	X	X	X	X
RESURRECTION OF THE BODY AND PERFECT UNION WITH GOD								
Identify heaven as the free, perfect, mutual communion between God and human beings after this life, unending and full of joy.				X	X	X	X	X
Explain how joy, peace, and happiness in this lifetime are a foretaste of heaven.		X		X	X	X	X	X
Explain what will happen to the body at the Resurrection.				X			X	X
State that the soul's vision of God will completely delight and satisfy the human person, bringing the fullness of happiness.				X			X	X
Recognize that in heaven there will be profound unity and harmony between the soul and the body.		X		X	X	X	X	X
Discuss that at the Resurrection we will experience the most perfect communion with God and others.			X	X	X	X	X	X
Identify ways where God is, or was, present in their own lives.	X	X	X	X	X	X	X	X
Discuss how at the Resurrection we will see as God sees and that the bodies of the redeemed will perfectly reveal his love.			X				X	