



Living the Sacramental Life

OLA OCIA
January 13, 2026

<https://youtu.be/4jallPgYucc>

**Our next part of the OCIA journey
necessarily leads us to the connection
between a sacramental life & MORALITY**



SIN and MORALITY

Q. What do Christians mean by the word “sin”?

Q. Then for Christians, what’s the connection between sin and morality?

SIN and MORALITY

Let's distinguish a few terms

Venial Sins

Mortal Sins

Sins of Omission

Sins of Commission

SIN and MORALITY

Peace and goodwill towards
all is what's preferred,
right?....

... yet the opposite prevails -

WHY?

SIN and MORALITY

Original Sin -The sin owned by all

...this inclination towards evil, is
Original Sin



CATHOLIC MORALITY BEGINS WITH THIS...

CCC 1691

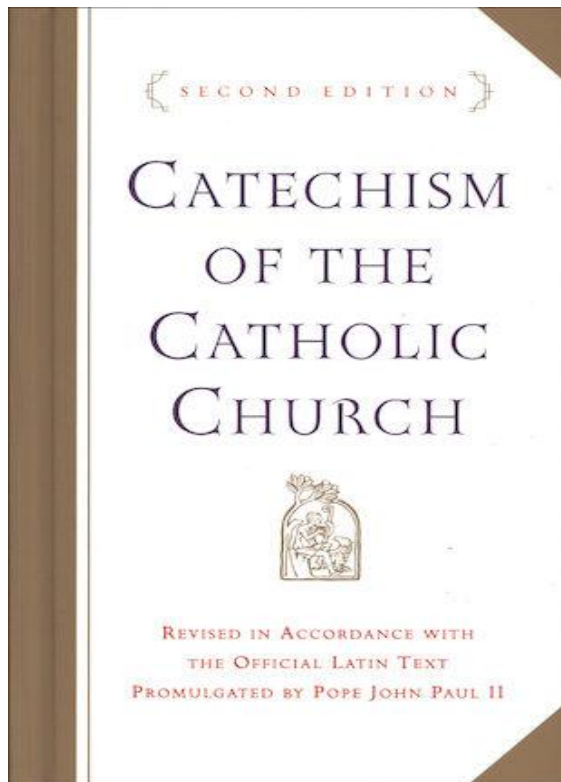
**“Christian, recognize
your dignity”**

GENESIS 1: 1-2 25-28 30-31

He created all things

Created you in His image

And He said it was good



THEOLOGICAL VIRTUES

1 CORINTHIANS 13:13

“There are in the end three things that last; faith, hope, and love, and the greatest of these is love.”



CARDINAL VIRTUES



The Hinge Virtues?



- Right judgment – wisdom
- Standing up for what's right...
no matter what!
- Courage - strength under duress
- Self-control

Small Group Discussion

Which of the cardinal virtues is **strongest** and which **needs to be strengthened** in order for me to more consistently live my Christian faith and values?

Prudence - right judgment

Temperance - self-control

Courage - strength under pressure

Justice - standing up for what's right
(no matter what)



**BREAK
TIME !!**



MORALITY

**What does the
Church say??**

A close-up photograph of a man and a woman sitting together, holding hands. The man is wearing a blue and white checkered shirt, and the woman is wearing a grey long-sleeved shirt. They are both wearing blue jeans. The background is blurred, focusing attention on their hands and the text overlay.

Infertility

Define

Discuss

Church Teaching

An illustration of a Black woman with curly hair and glasses, wearing a green tank top, with her hand on her chin in a thinking pose. The background is light green and features various contraceptive items: a red and green condom, a grey condom with yellow dots, a red condom, a white IUD, a blue syringe, a green condom, and a pink condom. The text 'Contraception' is written in large white letters with a black outline at the top left.

Contraception

Define

Discuss

Church Teaching



Sexual Orientation

Define

Discuss

Church Teaching

**"If a person is gay and seeks God
and has good will,**



Human dignity is the same for all
human beings: when I trample on
the dignity of another, I am
trampling on my own.

— *Pope Francis* —

who am I to judge?"

Euthanasia

Define

Discuss

Church Teaching



Lord, at times we sin and turn away from You. At times we fail to live up to what You call us to be.

In these moments, help us to always turn from sin and back to You. May we always trust in Your divine mercy and grace. Amen