



# Living the Sacramental Life

OLA OCIA

January 13, 2026

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

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

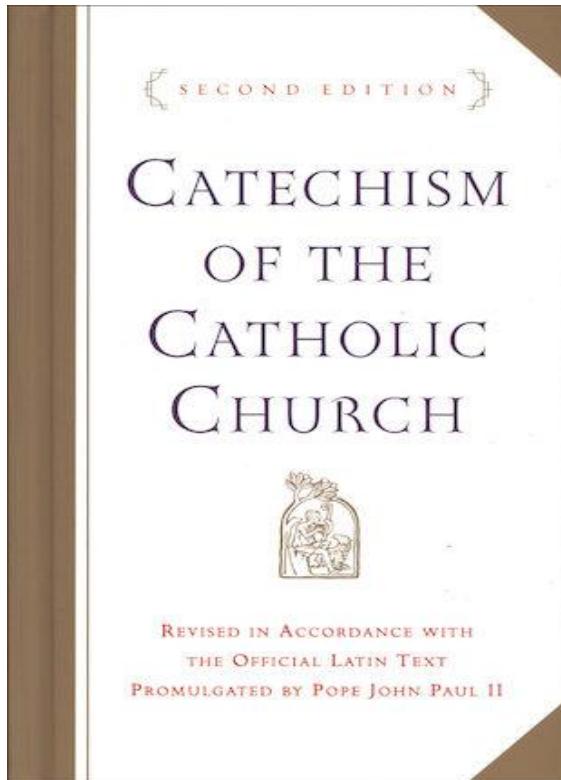
Original Sin -The sin owned by all



...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

CARDINAL  
VIRTUES

*Prudence*

*Justice*

*Fortitude*

*Temperance*

## 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)

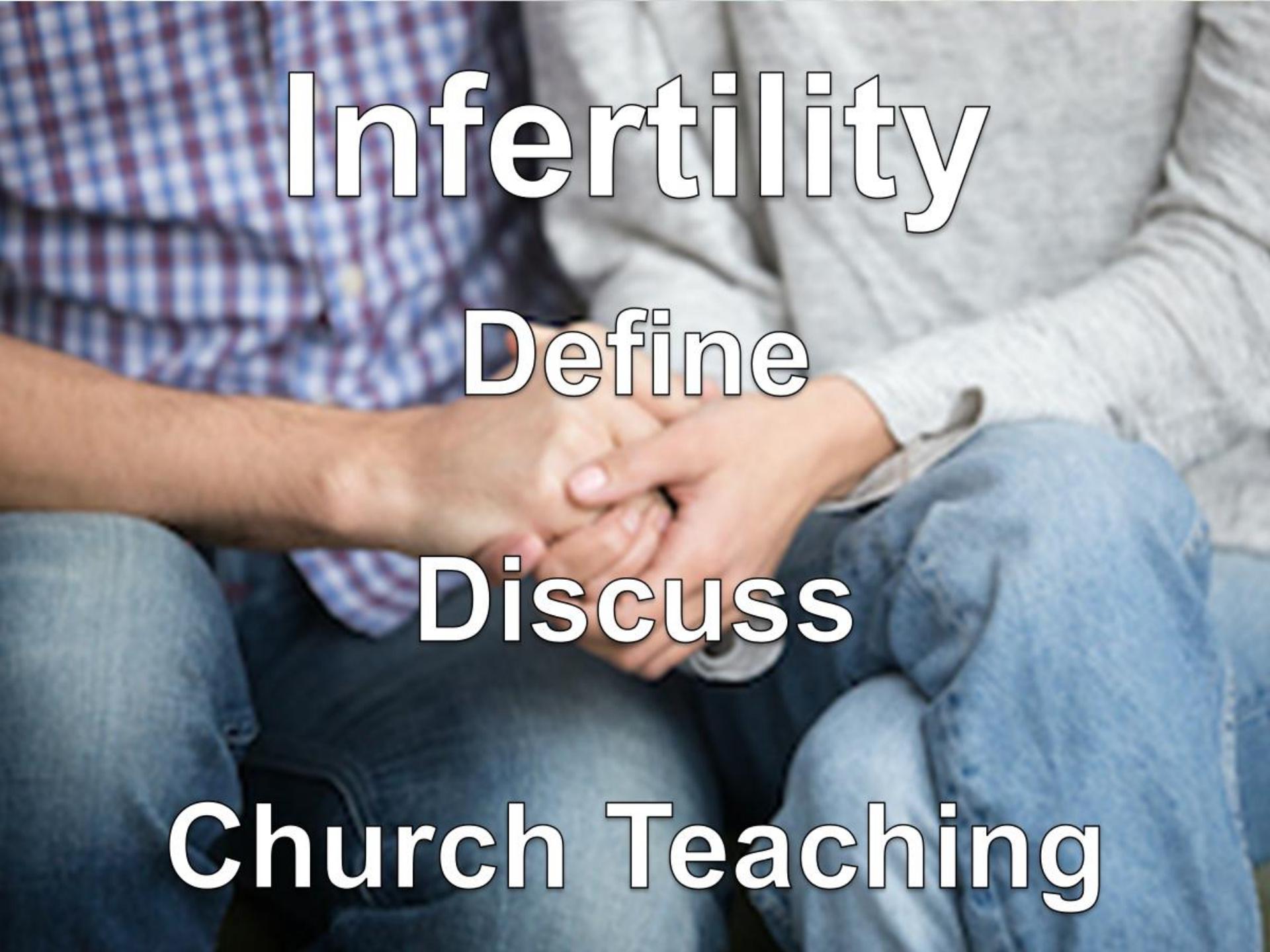


**BREAK  
TIME !!**



**MORALITY**

**What does the  
Church say??**



Infertility  
Define  
Discuss  
Church Teaching

# Contraception

Define

Discuss

# Church Teaching



# Sexual Orientation

Define

**CATHOLICS**

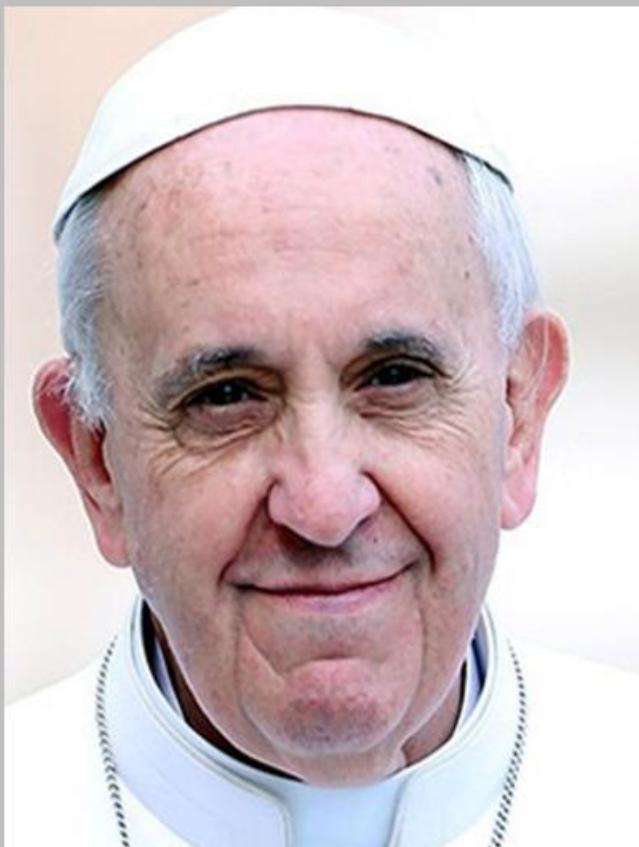
FOR  
Discuss

**LGBT EQUALITY**

# 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