

The Yuma Series of Theology Classes for Young Professional Women  
*Living the Christian Life*  
*An introduction to Christian morality*

Class One. The law: order, path and happiness.

Class Two. The conscience. Happiness now and forever.

Class Three. What we do when we do what we do

The moral activity: one act after another –doing the walk

A freely chosen kind of behavior. The “object”, the intention.

Voluntary or not? Free choice.

The circumstances

The kinds of acts: good or bad (and indifferent?)

Making options –radical options. Doomed? Saved?

Class Four. Where do we go from here? The end and the means.

What we are: body, feelings, intellect, will, grace. The virtues

Who we are: created by God, made children of God by adoption

The obstacles, the enemies, the threats. Self-knowledge.

The battles, the real battles. How to do it. Prayer, self-denial,

The assistance: the sacraments, the saints, the guardian angel

Growth: virtues of prudence and fortitude. Docility to God Holy Spirit.

Class Five. When something essential is missing: understanding sin

Sin as an act

Sin: something is missing –God is not there. What is wrong?

Me? Sin? Personal acceptance of sin

Sins that are not mortal sins

Internal sins

Temptation

Occasion of sin

How many times and what exactly (the kind of sin)

Class Six. The First commandment

Love: a definition

The precious gift of faith, an infused virtue –know God

Love God, the most lovable One

Charity, an infused virtue

The virtue of religion

Sins against faith, hope and charity.

Sins against religion

Places and seasons of worship

Veneration of Mary Most Holy and of the Saints

The pertinent precepts of the Church

Class Seven. The Second commandment and the Third commandment

The Name of God, the knowledge of God: studying, reading. Scripture, Catechesis.

God’s honor: solemnly swearing, taking vows

Sins against the Second commandment: blasphemy, perjury, unfulfilling vows.

The Sabbath: the day of the Lord in the New Testament, precedents in the Old.  
Going to Sunday Mass.  
Resting on Sundays

Class Eight. The Fourth commandment

The “hinge” commandment between the first and the second “tablets”  
Piety or rather “pietas” –the “domestic” virtue  
Children to parents  
Parents to children  
Civic aspects: society at large, the nation  
Professional obligations as a dimension of social duty.

Class Nine. The Fifth commandment

Love for neighbor and for oneself. A measure.  
The elements: <sup>1</sup>one’s physical good, <sup>2</sup>one’s spiritual good, <sup>3</sup>the others’ physical good, <sup>4</sup>the others’ spiritual good, <sup>5</sup>the good of the group.  
The elements (2): who is first? And what good? Many to choose from (not a strict order):  
Blood relatives, friends, colleagues and others.  
Sins against the fifth commandment  
Peace (true peace), forgiveness, reconciliation  
Works of mercy

Class Ten. The Sixth commandment

Temperance, a virtue dealing with the good –a joyful affirmation of love  
Body and soul: purity and chastity  
What harms the good: the sins of unchastity and impurity  
The spiritual effects of sins of this kind  
Education in chastity: love, sincerity, humility, care of little things, occasions

Class Eleven. The Seventh commandment

Possessions -YOURS?... Or rather, “what you have”? What for? Ends and means.  
Importance of private property  
Virtue of justice as a personal quality and its union with mercy  
Social justice  
Sins. Reparation

Class Twelve. The Eighth commandment

Truthfulness as a virtue. Truth with charity  
When it is a choice: sincerity. Simplicity.  
Lying.  
The good name of others and the sins against it. Reparation

Class Thirteen. The Ninth commandment and the Tenth commandment

Looking into the heart of man: lots of good and covetousness, concupiscence  
Envy  
Sins of covetousness  
Sins of concupiscence  
Ways to be ever freer, loving God and others with one’s whole heart and mind and strength.