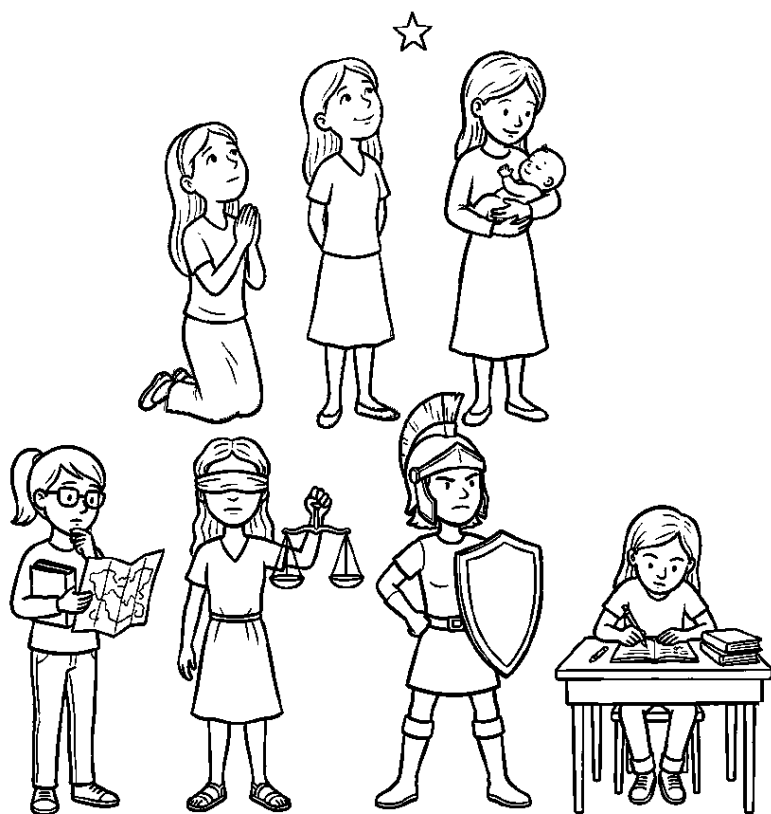


Sacred Heart Yokosuka

Religious Education



Rosary: The Fourth Luminous Mystery: The Transfiguration

Jesus took with him Peter and James and John and led them up a high mountain and he was transfigured before them, and his face shone like the sun, and his clothes became white as light.

Gospel: Matthew 4:12-23

He said to them, "Come after me, and I will make you fishers of men." At once they left their nets and followed him.

Main Topic: The Seven Virtues

#1: 103-104 #2: 119-124 #3: 129-130 #4: 119-124, 142

1. Virtues are habits of the will and intellect that guide our conduct in accordance with reason and faith
2. Virtues grow by education, deliberate acts, and perseverance in struggle, and are purified and elevated by grace
3. The four cardinal virtues are prudence, justice, fortitude, and temperance
4. Prudence discerns our true good in every circumstance and the right means of achieving it
5. Justice gives what we owe to God and our neighbors: worship to God and fairness and respect to neighbors
6. Fortitude conquers fear of death or persecution in pursuit of the good, resisting temptation, and overcoming obstacles
7. Temperance is the will's mastery over instincts and keeps desires within limits, being able to say "No" to ourself
8. The three theological virtues are faith, hope, and love
9. By faith, we believe in God and all that he has revealed to us and all that the Church proposes for our belief
10. By hope we desire, and with steadfast trust await from God, eternal life and the graces to merit it
11. By love, we love God above all things and our neighbor as ourself for the love of God

Faith Focus: The Seven Deadly Sins

The seven deadly sins are disordered desires for good things. This means wanting something good but in the wrong order. The devil tempts us to disordered desires by telling us to pursue an apparent good regardless of whom we hurt.

1. Pride - Disordered desire for attention
2. Envy - Disordered desire for success
3. Wrath - Disordered desire for control
4. Greed - Disordered desire for possessions
5. Sloth - Disordered desire for rest
6. Gluttony - Disordered desire for comfort
7. Lust - Disordered desire for companionship

Saint: St. John the Baptist

24 June/29 August

St. John the Baptist was born six months before Jesus. His mother St. Elizabeth is Mary's cousin. When Mary visited Elizabeth, the baby John leaped in his mother's womb with joy. John grew up strong in Spirit and lived in the desert until the time came to preach. He lived a simple life, wearing camel hair clothes and eating locusts and honey. Jesus said, "Among those born of women, there is none greater than John the Baptist."

John prepared the way for Jesus. He preached near the Jordan River, telling people: "Repent, for the kingdom of heaven is at hand." Crowds came to confess their sins and hear him. John baptized people in the river as a sign that they wanted to change their lives. John was very bold. He called people to repent and warned them not to be proud. He said, "Every tree that does not bear good fruit will be cut down and thrown into the fire." He told people that someone greater was coming: "I baptize you with water, but he will baptize you with the Holy Spirit and fire."

One day, Jesus came to John to be baptized. John felt unworthy and said, "I ought to be baptized by you, and you come to me?" But Jesus insisted. When Jesus was baptized, the heavens opened, the Holy Spirit came down like a dove, and a voice from heaven said, "This is my beloved Son, in whom I am well pleased." John pointed to Jesus and said, "Behold the Lamb of God, who takes away the sin of the world."

King Herod was married to his divorced sister-in-law Herodias. John told him this was wrong. So Herod put John in prison. At Herod's birthday, Herodias's daughter Salome danced so well that Herod promised to give her whatever she asked. Herodias told her to ask for the head of John the Baptist. Herod ordered John's head brought to the girl, who gave it to her mother.

Keyword: Martyr – a witness

A martyr is a saint who witnessed to the love of God in the way that they died. Some martyrs, like St. Agnes, were killed rather than deny Christ. Some martyrs, like St. John the Baptist, were martyred because it made people angry when they told the truth. Some martyrs like, St. Maximilian Kolbe, died to save someone else's life.

Prayer: Divine Praises

Blessed be God. Blessed be His Holy Name. Blessed be Jesus Christ, true God and true Man. Blessed be the Name of Jesus. Blessed be His Most Sacred Heart. Blessed be His Most Precious Blood. Blessed be Jesus in the Most Holy Sacrament of the Altar. Blessed be the Holy Spirit, the Paraclete. Blessed be the great Mother of God, Mary most Holy. Blessed be her Holy and Immaculate Conception. Blessed be her Glorious Assumption. Blessed be the name of Mary, Virgin and Mother. Blessed be Saint Joseph, her most chaste spouse. Blessed be God in His Angels and in His Saints. Amen.

Next time... Rosary: The First Sorrowful Mystery: **The Agony in the Garden**

Mark 14:26-42

And when they had sung a hymn, they went out to the Mount of Olives. And Jesus said to them, "You will all fall away, for it is written, 'I will strike the shepherd, and the sheep will be scattered.' But after I am raised up, I will go before you to Galilee." Peter said to him, "Even though they all fall away, I will not." And Jesus said to him, "Truly, I tell you, this very night, before the rooster crows twice, you will deny me three times." But he said emphatically, "If I must die with you, I will not deny you." And they all said the same. And they went to a place called Gethsemane. And he said to his disciples, "Sit here while I pray." And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, "My soul is very sorrowful, even to death. Remain here and watch." And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, "Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will." And he came and found them sleeping, and he said to Peter, "Simon, are you asleep? Could you not watch one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." And again he went away and prayed, saying the same words. And again he came and found them sleeping, for their eyes were very heavy, and they did not know what to answer him. And he came the third time and said to them, "Are you still sleeping and taking your rest? It is enough; the hour has come. The Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand.