

## Growing in Holiness

Keep these ideas in mind as you study **Unit 5, Session 23**.

When we act morally, we reflect Jesus, become his witnesses in the world, and participate in the plan for Salvation.

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We learn and live the moral life first in the domestic church, which is our family.

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We can show our parents obedience and respect by doing what we are told.

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We act morally at school when we follow the rules, respect our teachers, and share with our friends.

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God tells us to make and keep ourselves holy because he is holy.

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To live a moral life, we need to respect our bodies and ourselves.

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Chastity is the practice that helps us unite our physical sexuality with our spiritual nature. It involves respecting our bodies and the bodies of others.

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Saint Paul tells us that our bodies are temples of the Holy Spirit.

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Kateri Tekakwitha was the first Native American to be declared blessed. Kateri was born in Auriesville, New York, the same place where Saint Isaac Jogues was martyred.

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