

Walking the “**Way**” that leads to the Kingdom of Heaven

Love God and neighbours wholeheartedly



Quote from the Scriptures

[Matthew 22:37–40](#)

“Jesus said to him: You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”

Quotes from the Catechism of the Catholic Church (CCC)

1823

By loving one another, the disciples imitate the love of Jesus which they themselves receive. Whence Jesus says: “As the Father has loved me, so have I loved you; abide in my love.” and again: “This is my commandment, that you love one another as I have loved you.”

2196

The apostle St. Paul reminds us of this: “He who loves his neighbor has fulfilled the law. the commandments, ‘You shall not commit adultery, You shall not kill, You shall not steal, You shall not covet,’ and any other commandment, are summed up in this sentence, ‘You shall love your neighbor as yourself.’ Love does no wrong to a neighbor; therefore love is the fulfilling of the law.”

Walking the “**Way**” that leads to the Kingdom of Heaven

Face trials with courageous faith



Quote from the Scriptures

[John 16:33](#)

“I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world.”

Quotes from the Catechism of the Catholic Church (CCC)

1808

It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. the virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause.

1837

Fortitude ensures firmness in difficulties and constancy in the pursuit of the good.

Walking the “**Way**” that leads to the Kingdom of Heaven

Live freely with discipline and purpose



Quote from the Scriptures

[John 8:31–32](#)

Jesus then said to those Jews who believed in him, “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.”

Quotes from the Catechism of the Catholic Church (CCC)

1731

Freedom is the power, rooted in reason and will, to act or not to act, to do this or that, and so to perform deliberate actions on one’s own responsibility.

1809

Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will’s mastery over instincts and keeps desires within the limits of what is honorable. the temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion: “Do not follow your inclination and strength, walking according to the desires of your heart.”

Seeking the “**Truth**” revealed in Christ

Pursue wisdom with faith and wonder



Quote from the Scriptures

[Matthew 7:24](#)

“Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock.”

Quotes from the Catechism of the Catholic Church (CCC)

1806

*Prudence is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it; “the prudent man looks where he is going..... It is called **auriga virtutum** (the charioteer of the virtues); it guides the other virtues by setting rule and measure. It is prudence that immediately guides the judgment of conscience.*

2467

Man tends by nature toward the truth. He is obliged to honor and bear witness to it: “It is in accordance with their dignity that all men, because they are persons . . . are both impelled by their nature and bound by a moral obligation to seek the truth, especially religious truth. They are also bound to adhere to the truth once they come to know it and direct their whole lives in accordance with the demands of truth.”

Seeking the “**Truth**” revealed in Christ

Discern truth and choose the good



Quote from the Scriptures

[John 7:24](#)

“Stop judging by appearances, but judge justly.”

Quotes from the Catechism of the Catholic Church (CCC)

1704

By his reason, he is capable of understanding the order of things established by the Creator. By free will, he is capable of directing himself toward his true good. He finds his perfection “in seeking and loving what is true and good.”

1954

Man participates in the wisdom and goodness of the Creator who gives him mastery over his acts and the ability to govern himself with a view to the true and the good.

Seeking the “**Truth**” revealed in Christ

Stand firm in justice and faith



Quote from the Scriptures

[Matthew 5:10](#)

“Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.”

Quotes from the Catechism of the Catholic Church (CCC)

1807

Justice toward God is called the “virtue of religion.” Justice toward men disposes one to respect the rights of each and to establish in human relationships the harmony that promotes equity with regard to persons and to the common good. The just man, often mentioned in the Sacred Scriptures, is distinguished by habitual right thinking and the uprightness of his conduct toward his neighbor.

1816

The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it: “All however must be prepared to confess Christ before men and to follow him along the way of the Cross, amidst the persecutions which the Church never lacks.”

Safeguarding the precious “Life” bestowed by God

Honour the gift of your body



Quote from the Scriptures

[Luke 12:7](#)

“Even the hairs of your head have all been counted. Do not be afraid. You are worth more than many sparrows.”

Quotes from the Catechism of the Catholic Church (CCC)

364

Man may not despise his bodily life. Rather he is obliged to regard his body as good and to hold it in honour since God has created it and will raise it up on the last day.

2288

Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good.

Safeguarding the precious “Life” bestowed by God

Defend the dignity of every life



Quote from the Scriptures

[John 10:10](#)

“I came so that they might have life and have it more abundantly.”

Quotes from the Catechism of the Catholic Church (CCC)

1935

Every form of social or cultural discrimination in fundamental personal rights on the grounds of sex, race, color, social conditions, language, or religion must be curbed and eradicated as incompatible with God’s design.

2280

Everyone is responsible for his life before God who has given it to him.

It is God who remains the sovereign Master of life. We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of.

2319

Every human life, from the moment of conception until death, is sacred because the human person has been willed for its own sake in the image and likeness of the living and holy God.

Safeguarding the precious “Life” bestowed by God

Treasure marriage and family life



Quote from the Scriptures

[Matthew 19:4–6](#)

“From the beginning the Creator ‘made them male and female’, and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’? So they are no longer two, but one flesh. Therefore, what God has joined together, no human being must separate.”

Quotes from the Catechism of the Catholic Church (CCC)

372

Man and woman were made “for each other”he created them to be a communion of persons, in which each can be “helpmate” to the other, for they are equal as persons (“bone of my bones. . .”) and complementary as masculine and feminine.

1604

God who created man out of love also calls him to love the fundamental and innate vocation of every human being. For man is created in the image and likeness of God who is himself love. Since God created him man and woman, their mutual love becomes an image of the absolute and unfailing love with which God loves man. It is good, very good, in the Creator’s eyes. and this love which God blesses is intended to be fruitful and to be realized in the common work of watching over creation: “and God blessed them, and God said to them: ‘Be fruitful and multiply, and fill the earth and subdue it.’”

Safeguarding the precious “Life” bestowed by God

Build a society with harmony



Quote from the Scriptures

[Matthew 5:9](#)

“Blessed are the peacemakers, for they will be called children of God.”

Quotes from the Catechism of the Catholic Church (CCC)

1930

Respect for the human person entails respect for the rights that flow from his dignity as a creature. These rights are prior to society and must be recognized by it.

1946

The differences among persons belong to God’s plan, who wills that we should need one another. These differences should encourage charity.

Safeguarding the precious “Life” bestowed by God

Care for nature



Quote from the Scriptures

[Luke 12:6](#)

“Are not five sparrows sold for two small coins? Yet not one of them has escaped the notice of God.”

Quotes from the Catechism of the Catholic Church (CCC)

373

In God’s plan man and woman have the vocation of “subduing” the earth as stewards of God. This sovereignty is not to be an arbitrary and destructive domination. God calls man and woman, made in the image of the Creator “who loves everything that exists”, to share in his providence toward other creatures; hence their responsibility for the world God has entrusted to them.

2416

Animals are God’s creatures. He surrounds them with his providential care. By their mere existence they bless him and give him glory. Thus men owe them kindness.

Safeguarding the precious “Life” bestowed by God

Set noble goals in life



Quote from the Scriptures

[Matthew 6:33](#)

*“But seek first the kingdom (of God) and his righteousness,
and all these things will be given you besides.”*

Quotes from the Catechism of the Catholic Church (CCC)

356

What made you establish man in so great a dignity? Certainly the incalculable love by which you have looked on your creature in yourself! You are taken with love for her; for by love indeed you created her, by love you have given her a being capable of tasting your eternal Good.

2823

In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will.” We ask insistently for this loving plan to be fully realized on earth as it is already in heaven.