

RCIA HO Class 5 The Ten Commandments, temptation, and sin

Catholic Moral Teaching: Sin, Grace, The Commandments, The Precepts, etc.

The 3 steps of temptation and sin:

- 1) **Temptation.** There is no sin in being tempted. Jesus was tempted, but we know that He did not sin because He is God. Everything depends on how we respond when we are tempted.
- 2) **Delectation** (= entertaining the thought). When we start to think about a temptation that comes to us we begin to get ourselves in trouble. Venial sin begins here. We should practice the skill of immediately pushing temptation out of our minds.
- 3) **Consent/sin.** When we say “yes” to temptation and act upon the thought, i.e. we do what we are tempted to do, we sin.

There are 3 sources of temptation:

- 1) **The World.** There are many things in the world around us that God does not want us to enjoy because He knows they are not good for us. Remember: God knows us better than we know ourselves.
- 2) **The Flesh.** Our bodies desire many things which may be good for us, but not in a particular situation or quantity. For example, there is nothing wrong with food. It keeps us alive. But if we eat too much we harm our bodies. This is the sin of gluttony. I may not eat too much, but I may eat food that is not good for me, and not eat healthy food. This harms my body and hinders God’s work through me.
- 3) **The Devil.** The Devil is always ready to tempt us, just as he did Adam and Eve. We must train ourselves to recognize when he is tempting us. For example, when we know God has told us something is sinful, but we wonder if it really is, or if God really cares, this is a temptation, just like Adam and Eve.

There are two different kinds of sin:

- 1) **Venial sin:** These are “lesser sins” which weaken our relationship with God, but don’t separate us from Him, though when repeated they may lead to mortal sin. (Confession of these sins is not necessary but recommended. They are taken away by the Penitential Rite of the Mass and the Eucharist.
- 2) **Mortal sin:** This sin separates us from God (puts us out of communion with God). These sins must be confessed in the Sacrament of Confession before we can be restored to communion with God and the Church. We must not receive Communion or any other sacrament before going to Confession, though we are still obliged to attend Mass on Sunday.

Mortal sin has three components:

- 1) **Grave matter.** These are serious sins that violate one of the Commandments or Precepts.
- 2) **Full knowledge.** We clearly know (whether we “believe” it or not) that God says these are serious sins that need to be confessed.
- 3) **Free will. We freely choose to commit these sins knowing that they are serious.**

Confession is necessary for these sins to restore us to communion with God (also known as the state of grace).

The Ten Commandments (Ex. 20:1-17; Dt 5:4-21) summarized as follows:

RCIA WKSH Class 5 Sin and grace; intro to sacraments (BCL #6, 9)

- 1) What is the definition of sin?

- 2) What are the two different kinds of actual sin (not original sin)?

- 3) What does mortal sin do to our relationship with God?

- 4) What does venial sin do to our relationship with God?

- 5) What is the only way our mortal sins are forgiven?

- 6) What are the ways our venial sins may be forgiven?

- 7) What is the definition of grace?

- 8) What is the ordinary means/instruments by which we receive grace?

- 9) How many of those means/instruments are there?

- 10) How many of them can you name?

- 11) How do we lose grace?

- 12) What does it mean to be in a state of grace?