

Take-Home · Session 7

The Guarded Fruits: Gentleness, Faithfulness, Modesty, Self-Control, Chastity

What We Found

Nine versus twelve, honestly: the Greek text lists nine fruits; the traditional Latin text (Clementine Vulgate) carries twelve, which the Catechism (1832) hands on, while the Church's current Latin Bible (Nova Vulgata) follows the Greek nine. Where the Catechism's Latin reads *longanimitas* (patient perseverance), its English says generosity: related expressions of charity, not identical words. The added fruits are commended elsewhere (Colossians 1:11; 1 Timothy 2:9; 1 Thessalonians 4:3-5). Different lists, one teaching.

Gentleness is strength under control: the Jesus who is "gentle and lowly in heart" also cleansed the temple, and Moses, meekest man on earth, confronted an empire. It is strength placed at the service of love.

Faithfulness is love extended through time, loyalties in right order: the king's good servant, and God's first.

Proverbs 25:28: without self-control we are a breached city; modesty, self-control, and chastity keep a self intact so there is a self to give. Chastity means living our sexuality by God's plan and every person's dignity; everyone is called to it.

Voices of the Church

St. Francis de Sales · *Introduction to the Devout Life III.9, summary*

Be gentle even with yourself after a fall, correcting your faults with calm repentance rather than fury.

St. Thomas More · *martyrdom, 1535; Paris Newsletter account, summary*

On the scaffold: the king's good servant, and God's first: he kept every faithfulness he owed by keeping them in order.

St. Maria Goretti · *martyrdom, 1902; canonization accounts, summary*

Dying, she forgave her attacker by name, and he repented in prison. An assault is never the victim's sin, and no attacker can take a person's chastity or dignity (CCC 2356); forgiveness never requires staying in danger.

Live It This Week

This week's one thing. Set one concrete, measurable guard on your weakest wall this week.

- Optional: After your next fall, correct yourself gently and immediately, without the rage.
- Optional: Keep one small promise circumstances would excuse you from.

Memory Verse

Galatians 5:22-23 · But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law.

Before Next Session

Read Psalm 1, Matthew 7:15-20, and John 15:1-11. The sealed answers you wrote in Session 1 return next session, so plan to be there.

Scripture this session: Galatians 5:22-23; Matthew 11:28-30; Proverbs 25:28; Numbers 12:3; Genesis 39:1-12 · Catechism: 1809, 1832, 2337-2347, 2521-2524, 2356