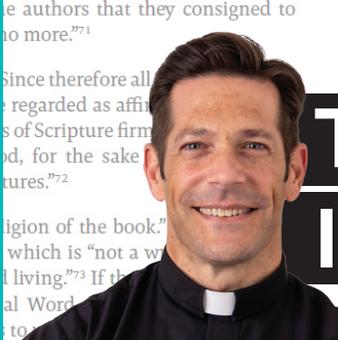


Week 8

Paragraphs 355–401



THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

f faith.⁸² By “analogy of faith” we mean the

What We Believe PART ONE: THE PROFESSION OF FAITH

OUR HUMAN STORY

God created humans unique: We are material (body) and spiritual (soul), made in God’s image and likeness. Only people are “called to share ... in God’s own life” (CCC 356). Free will means we can love God—or not. We are capable of self-knowledge, self-possession, and self-gift. This dignity means we must never be used. At first, Adam and Eve lived in harmony with creation, each other, and God. Their free choice to sin brought brokenness and death. God stood beside us anyway.

Keep in Mind

- A human is both body and soul, not just the body alone or soul alone.
- A person’s body is “created” by his or her human parents; a person’s immortal soul is created directly and immediately by God and will reunite with the body at the resurrection at the end of time.
- Our bodies are good and must be respected because the body and soul are one.
- God does not put someone in the wrong body.
- God’s plan for salvation included taking on a body to suffer and die as a true man.
- God created humans, male and female, who are equal in dignity yet complementary in difference. One cannot bring forth life without the other.
- We are made in God’s image; he is not made in ours. God is not male or female.
- God created our first parents in unity with him. If Adam and Eve had remained in the state of original holiness, we would not experience the price of sin: pain, death, and our broken harmony, relationship, and intimacy with God.
- Tempted by the devil, our first parents brought death into their souls as they chose not to trust God, disobeying his will.



The Creation of Eve by Raphael Coxie
(circa 1605)

Dive Deeper

This image shows God taking Eve from Adam’s side. Man and woman are meant to be with one another, as helpmates and friends (see CCC 371).

Your body was formed in the image of God and animated by a spiritual soul. Dive deeper into the body’s goodness with the free *Ascension Presents* video *Theology of the Body: Why God Gave Us Bodies*, which discusses St. John Paul II’s *Theology of the Body*. Visit: <https://media.ascensionpress.com/video/why-god-gave-us-bodies/>

- The demons are angels who, before Adam and Eve, freely chose to reject God, becoming evil by their own free choice.
- Because we are created in God’s image, we remain good, but Original Sin means we experience brokenness, suffering, and evil.
- Moral evil is rooted in sin, which is not just “a developmental flaw, a psychological weakness, [or] a mistake” (CCC 387). Sin is a rejection of God and his moral law.
- When we sin, we choose our way instead of God’s, which leads us to act against our own good.

Use the space below to reflect on this week's content.

Take It to Prayer

God our Father, every good thing comes from you. You made us in your image and likeness, so we are free and good. We know that our hearts, lives, and relationships are broken. We ask that you help us see the truth. Help us see you as you are, others as you have made them, and ourselves in the dignity you have given us in creating and redeeming us in your Son. We pray through Jesus Christ, our Lord. Amen.



The best place to listen along is the Ascension app. Scan the QR code to get exclusive bonus content and transcripts for every episode.

The Catechism in a Year is a daily podcast produced by Ascension and hosted by Fr. Mike Schmitz. It helps us understand what it means to be Catholic by reading the entire *Catechism of the Catholic Church* and allowing those truths to shape our lives. This bulletin was adapted from the books that complement the podcast: *The Catechism in a Year Companion* by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.