

My Catholic education has helped me modify my personal values to help myself be the best person I can be. I will explain four of some of my most important personal values, and some of the ways those values helped me.

My first value is to learn and grow in my Catholic faith. For example, I used to think of the Eucharist as just a piece of bread. Now I think of it as the body, blood, soul, and divinity of Jesus Christ when I receive it, it makes you more and more Christlike the more you receive it, and it is one of the Sacraments meant to give us the grace we need to be saved. Or, without the Sacraments, we would not be able to be saved. I want to know why we do certain things in church, instead of just doing them and not caring. I know now that the things we do in church have real meaning, and are not random things. Those are some of the most important things I found out about my faith because of my Catholic education.

My second value is respecting my elders. In class, I try not to talk over my teachers, and to not argue with them as much as I can. I try to listen to my elders, and discuss things with them when they talk to me. I talk to them and let them talk to me. I like talking with my grandfather, and I think he likes talking to me, especially right now, when things are hard for him. My Catholic education made me realize how important that value is since it has shown me compassion.

My third value is to not do inappropriate things. I don't talk or listen to things I shouldn't. I don't go on Youtube unless I need to for school, and I only use social networking for my violin lesson. I also do not do any drugs whatsoever. I want to protect my body and not abuse it. My Catholic education made me realize the importance of taking care of my body and mind.

My fourth value is to try to limit my screen time. I try to play outside instead of playing video games. I try to build towns with legos or blocks or practice a musical instrument instead of looking at a screen. I try to make things instead of having them made for me. I realize I should use my imagination instead of using a screen. I think those other activities are much more productive. My Catholic education helps me use my mind instead of a piece of plastic.

Those are some of my most important personal values. I think they help me become a better son and a better Catholic.

**Christopher Kreige – 7th Grade  
Catholic Stewardship Essay  
Competition  
Council-Chapter- State Winner**