

Human Cognition: Investigation 1

Student Theological Reflections Worksheet

The Human Person: Unity of Body, Mind, and Soul

Name: _____ **Date:** _____

Directions:

Read each Scripture passage or theological quote. Then, in your own words, explain what it teaches about the human mind or person. Finally, write how you can live this out through virtue in your daily life.

1. Scripture Reflection

Genesis 1:27 – “God created man in His own image...”

What this teaches about the mind and person:

How I can live this out with virtue:

Luke 10:27 – “Love the Lord your God... with all your mind.”

What this teaches about the mind and person:

How I can live this out with virtue:

Romans 12:2 – “Be transformed by the renewal of your mind...”
What this teaches about the mind and person:

How I can live this out with virtue:

2. Catechism Reflection

CCC 1703 – “The human person... is capable of understanding and self-possession.”
What this teaches about the mind and person:

How I can live this out with virtue:

3. Virtue Focus

Choose **one virtue** from the list below and explain how it helps you use your mind well and grow in holiness.

Virtues to choose from: Prudence, Fortitude, Humility, Justice, Patience

Virtue I choose: _____

How this virtue helps me use my mind well:

4. Final Reflection Prompt

In your own words, explain why your mind is not just a brain but part of who you are as a person.
