

Art and Holiness

- I. Art and Virtue
 - a. Virtue = perfecting the human person
 - b. Art = perfecting some product
 - i. Appreciation of fine art requires the discipline of the senses
 - 1. Limiting Screen Time
 - 2. Limiting Music

- II. Sight and Sound
 - a. **Sound**
 - i. Hearing, time, and the movement of the soul
 - 1. Music expresses and also impacts the state of the soul
 - 2. So be thoughtful about what you listen to!

 - b. **Sight**
 - i. Sight, memory, and meditation
 - ii. The Spiritual benefits of the Plastic Arts (e.g., painting, drawing, sculpture)
 - 1. Noticing and sustained attention
 - 2. Tranquility of mind.

- III. Beauty and Usefulness
 - a. Beauty humanizes the fulfillment of physical needs
 - i. Two Dangers
 - 1. Vain Extravagance = luxury
 - 2. Utilitarianism = “as long as it works”

 - b. Architecture – the need for a fully human environment

 - c. Culinary Art – Order and Surprise three times a day
 - i. Luke 10:8 & I Corinthians 10:27: “Eat what is set before you.”
 - ii. The moral importance of developing the palate