

# What is holiness?

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Holiness means following Jesus Christ, imitating Him in thoughts, feelings, words and deeds. It means loving God and neighbour, with a love that gives rise to other virtues, such as humility, justice, integrity, and solidarity. Holiness is attained only with God's assistance and our constant striving. The teaching that everyone is called to holiness was at the heart of the Second Vatican Council, which was enormously influential in shaping the Catholic Church's understanding of what it

means to be a follower of Christ in the modern world.

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