

Lesson 24: The Virtues

Please click twice to watch the video

<https://www.youtube.com/watch?v=MTV NK4g9npo&list=PLKsOUfYtz1JWgeOserfZWgTvUSls2MU3r&index=53&t=0s>

Virtues are gifts from God that lead us to live in a close relationship with him. They are like habits and need to be practiced; they can be lost if they are neglected.

The three most important virtues are called theological virtues because they come from God and lead to God.

Theological Virtues

The three theological virtues (Faith, Hope and Love) are God's gift to us at baptism. As we nurture our faith and practice these virtues, they guide our character as it develops over a lifetime of discipleship.

- **Faith** – A new way of seeing - as God sees, and a shared way of believing.
 - *I see as a child of God; I believe in God, whose love for us is revealed in God's Son who became one of us, Jesus Christ.*
- **Hope** – Trusting God's promises in prayer and in work for justice.
 - *I trust in God's promise to help me reach eternal life, so I pray and work for peace and justice.*
- **Love** - Loving God above all things and others as God loves them.
 - Sometimes called **Charity**, this is the greatest of the virtues.
 - *I worship God above all things; I practice kindness and speak the truth, to love like Jesus.*

Cardinal Virtues

Prudence, Justice, Temperance, Fortitude are the four cardinal virtues – practices on which all other virtues hinge. These practices are learned and developed over time.

- **Prudence** – Good sense that listens, chooses and does what is best.
 - *I seek and listen to wise advice, I choose the best solution, I do what is best with joy.*
- **Justice** – Seeking the good, honoring God and neighbor.
 - *I seek what is good; I give God my worship; I show my neighbor mercy and fairness.*
- **Temperance** – Balance and self-control.
 - *I practice balance in my behaviors, honesty with others, and make good choices.*
- **Fortitude** – Doing what is right with courage and patience in difficult times.
 - *I do the right thing with courage and patience, even when it is difficult.*

Prudence

find the good in every situation and choose to do it

Justice

give both God & neighbor everything they deserve

Fortitude

strength to resist temptation, overcome obstacles & conquer fear

Temperance

balance in use of created things, using them in moderation & for good

habit to do the good & give the best of yourself

Virtues
CCC
1803-1845

through education and effort with help of grace

through God's grace and His help

the goal of a virtuous life is to be like God

Faith

belief in God & belief in all He has said & revealed to us

Hope

desire for the Kingdom of Heaven, placing our trust in Christ's promises

Charity

love God above all things for His own sake, & our neighbor as ourself