

Gospel Virtues

What are the virtues?

Attitudes, dispositions and habits which fulfil our intellect and will, and which order our emotions according to reason and faith – in other words the virtues make us more like who we are.

Theological Virtues



Virtues which are poured into us by God's grace.

Cardinal Virtues



Virtues which are acquired by our own effort.

Prudence

The virtue whereby knowledge is applied to action

Different kinds of knowledge

Memory - knowledge of the past
Understanding - knowledge of principles
Docility - knowledge given by others about how to act
Shrewdness - knowledge acquired by yourself about how to act
Reason - knowledge gained by going from what is known to what is unknown
Foresight - knowledge about consequences of actions
Circumspection - knowledge of what means to apply to what circumstances
Caution - knowledge that, not everything is as it appears

Knowledge applied to different things

Health - knowledge applied to physical well being
Self-Knowledge - knowledge about oneself
Truth - knowledge applied to what knowledge must be sought

The Gift of Counsel

Prudence which is poured out (infused) by the Holy Spirit whereby a person is specially guided by God in how best to act.

Justice

The virtue whereby we render to each his due

*Commutative Justice -
how we treat another*

Thankfulness - habit of giving thanks for help rendered
Friendliness - habit whereby we act becomingly towards others
Meditation - habit whereby we understand how each
action seeks to achieve some good
Liberality - habit of spending money for the good of others
Obedience - habit of observing the proper
order of human society

*Distributive Justice -
how another should be treated*

Impartial Judgement - habit whereby conflicts
are adjudicated without fear or favour
Restitution - habit whereby possessions are
restored whether taken by consent or by force
Equity - habit whereby laws are properly applied
where justice is not achieved by strict application

Religion -

the virtue by which everything is directed to God as the Highest Good

The Gift of Piety

Justice which is infused by the Holy Spirit whereby a
person worships God as Father in Spirit and in Truth.

Devotion - habit of serving God in all things
Prayer - acts of spoken reason whether spoken in voice or other means
Adoration - using the body to reverence God
Sacrifice - offering things to be consumed in reverence of God
Oblations - offering things to be used in the worship of God
Tithes - offering things to maintain the ministers of God
Praise - acts of using God's name and words to worship Him

Fortitude

The virtue whereby we overcome difficulty to achieve a challenging good

Towards a challenging good

- Confidence** - the habit of hoping in our ability to achieve difficult things
- Perseverance** - habit of persistence in seeking the good
- Magnanimity** - habit of stretching the mind to great things
- Longanimity** - habit of stretching the mind to goods distant in space or time
- Magnificence** - habit of using wealth to accomplish great works for the common good

Against difficulty or evil

- Martyrdom** - facing assaults of persecution to stand firm to truth and justice
- Patience** - habit of enduring the sorrow or pain of difficulty or challenge
- Courage** - habit of facing future challenges and overcoming present difficulty

The Gift of Fortitude

Fortitude which is infused by the Holy Spirit whereby a person strives towards the ultimate Good, Who is God, overcoming the fear of anything contrary, and with confidence of overcoming every danger, including death.

Temperance

The virtue whereby we incline towards the right things in the right measure

The right use of good things

Play - habit of properly using recreation

Abstinence - habit of eating the right amount at the right time

Fasting - the act of abstinence by which we restrain food intake

Sobriety - habit of applying reason to alcohol consumption

Chastity - habit of applying reason to sexual activity in proportion to circumstances, including marital status. Opposed to both lust and prudishness.

Clemency - habit of mitigating punishment in accordance with reason

Meekness - habit of restraining anger in accordance with reason

Modesty - habit of applying reason to outward appearance, conscious of its affects on others

The right use of knowledge

Honesty - telling the truth purely

Studiosness - habit by which we apply our minds to the right knowledge in the right way

Willing the right thing

Humility - habit by which we restrain ourselves properly in light of difficulty, knowing our limits and the limits of our circumstances

Shamefacedness - habit by which we recoil from poor behaviour

Continence - habit by which we obey our own will, as opposed to acting on every impulse

Faith

Perfects and completes the mind, which is
made for the Truth

The knowledge that God is Three Persons: Father, Son, and Holy Spirit; and that the Son became flesh for our salvation is knowledge proper to Faith alone and could not be known by any other means. These are the principle Mysteries of Faith. The Gifts of Understanding and Knowledge enlighten our reason as applied to those Mysteries of Faith and to knowledge of the world.

The Gift of Understanding

An understanding of the Mysteries of the Faith mentioned above, those truths which flow from these Mysteries such as the truthfulness of Sacred Scripture, but also how we act in accordance with those Mysteries. This kind of understanding is infused by the Holy Spirit.

The Gift of Knowledge

Infused knowledge, not of Divine things, like the Gift of Understanding, but of ordinary things such as ourselves and the world around us. Whereas the Gift of Understanding perfects our minds as approaching the Mysteries of the Faith, the Gift of Knowledge perfects our minds as applied to ourselves and the world around us.

Hope

Perfects and completes the will, which is made
for the Good

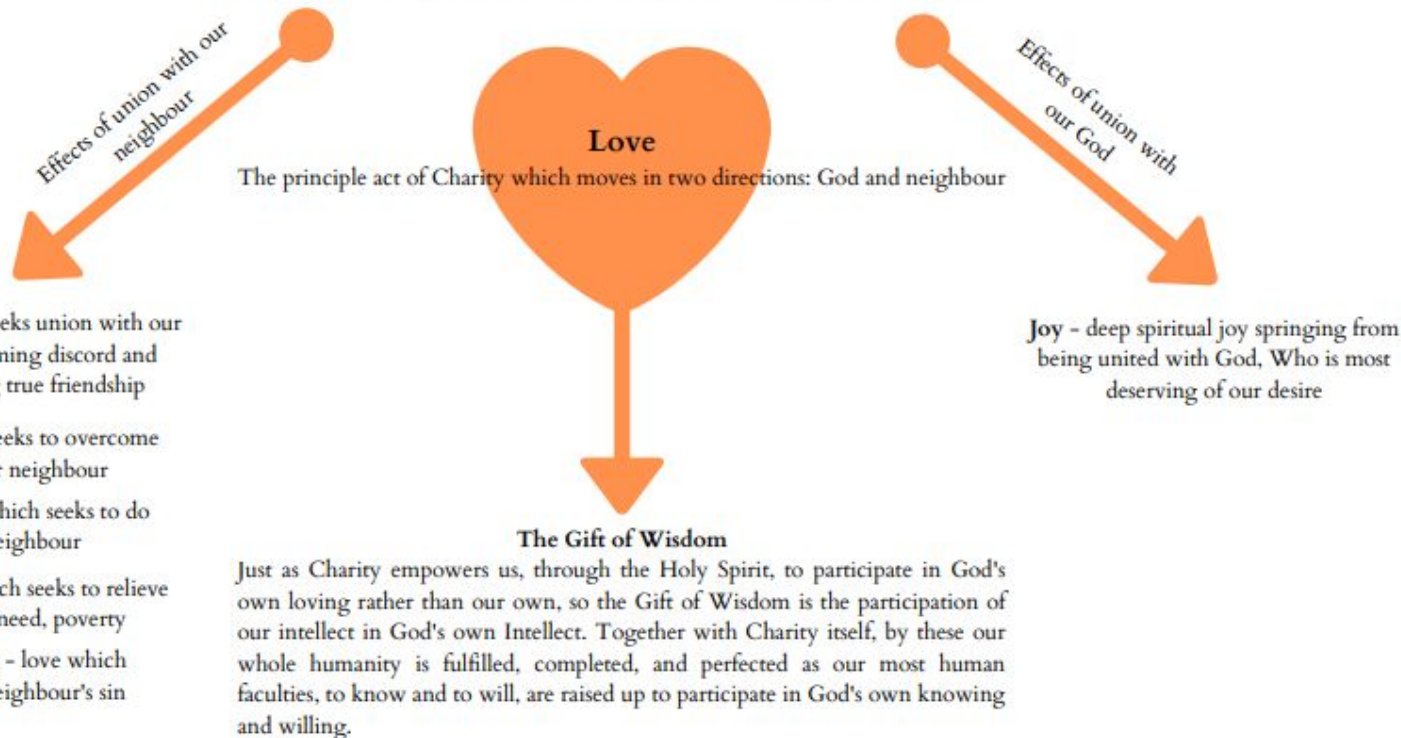
The theological virtue of Hope is the means by which we do all good things, not only for their own goodness' sake, but for the sake of God who is the Highest Good. By directing all things towards the Highest Good, the receiver of Hope is able to properly move all things and perform all actions with the true purpose of all things in sight. It is also by Hope that all these good things are actually brought to God, with the help of God.

The Gift of Fear of the Lord

This Gift is not a servile fear, but the kind of filial fear by which we stop resisting the love of who loves us. By the Gift of the Fear of the Lord we are rendered open to the further workings of loving grace within our hearts, and open to receiving the other Gifts of the Holy Spirit. Hence why it is said that 'Fear of the Lord is the first stage of Wisdom.' This Gift, poured into us by the Holy Spirit, makes us truly friends with God and cooperators with His work both in ourselves and in the world around us. It is in this way that the Church believes that Hope will bring true transformation in the world.

Charity

The final virtue which completes and perfects all others and unites us to God - the ultimate purpose for which each of us was made.

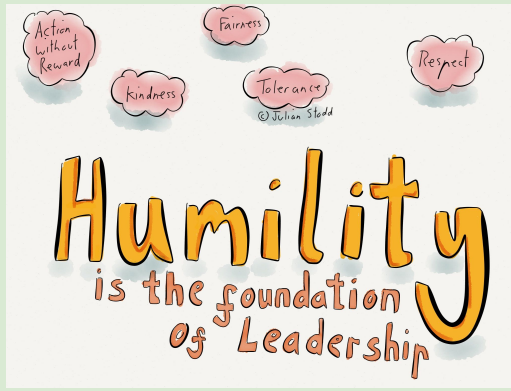


It is our task to help our children along the road of virtue, to empower them to make good choices, and to make these choices because they are good.



However, the virtues are areas of growth and development, rather than impossibly high moral standards. We can always find a new way forward in the virtues, and children can surprise us with their capacity for growth.





Being humble



Playing together in harmony



Being studious

Temperance



Being honest, **always**

INSPIRE YOUR KIDS TO BE THEIR "BEST"

"FRIENDLINESS"

Without friendliness we would
find ourselves all alone.

—Spongebob



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Being friendly



Justice

GOOD
MANNERS

and

KINDNESS

are always

IN FASHION

Being kind and having
good manners

THERE IS
always, always,
ALWAYS
something
to be thankful for

Being thankful



Believing in yourself



Fortitude



Being courageous



Never giving up



Seeking the truth



Prudence

Keeping a healthy mind
and body



Building good learning
and lifelong habits