



Seven Virtues Assignment

"I live, now not I; but Christ lives in me." Gal. 2:20

Below you will find a list of the seven virtues recognized by the Catholic Church. By living your life according to these virtues, you open yourself up to the constant companionship of Christ as He is the source of these virtues. Allowing Him to be your guide through the help of your parents, teachers, best friends, Priests and other great examples in your life, you will begin to develop these virtues to their fullest extent. This week, you will begin this process of development. Take time this week to think about ways in which you can practice these virtues and then look for opportunities to put them into practice or learn from someone else who is practicing these virtues. At the end of the week, write a three paragraph essay that includes the virtue(s) you saw put into practice, the situation in which the virtue(s) was (were) practiced and the result of its being used. Also include how you think the situation could have gone differently had the virtue(s) not been utilized.

Moral Virtues

1. Prudence – taking time and making right decisions
2. Justice – treating others and yourselves as you are meant to be treated
3. Temperance – taking and using only what you need
4. Fortitude – standing up for what you believe in and facing your fears despite its effect on your well-being

Theological Virtues

1. Faith – belief in God and the goodness of His creation
2. Hope – belief in a future beyond this world with God
3. Charity – the outward expression of the love God gives us