



Virtues Catechesis Sheet

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

What is Virtue?

- ❖ It is the 'excellence or perfection of a thing.'
- ❖ The ability to live according to the good in all situations with little contemplation.
- ❖ A life lived according to virtue is one in which the individual is able to see the world and respond to it according to the holiness toward which each of us is called.
- ❖ It is the result of practice in making right decisions which are in accord with right reason.

What is Heroic Virtue?

- ❖ The complete perfection of virtue; the living of virtue at a level far above that of one's fellows.
- ❖ The ability to live according to the good in all situations with no thought required.
- ❖ It involves the complete denial of and control over the desires of the body.
- ❖ It is relegated only to those who are able to completely deny all things worldly and who have been firmly rooted in the love of God. – These are the saints in Heaven and only a few on Earth who are our living saints.
- ❖ It is the ideal human state; the state that most closely reflects God's perfection, which is the goal of every Christian, to become more like God.

What is Prudence?

- ❖ It is the ability to act according to right reason and to choose the right path in all situations.
- ❖ It is the guide for all the other virtues and is governed by our Christian beliefs.

What is Temperance?

- ❖ It is the ability to avoid excess and live a life of moderation; remaining free from the traps of materialism and gluttony.
- ❖ By this virtue we are able to live the Beatitudes given to us by Jesus at the Sermon on the Mount.

What is Justice?

- ❖ It is the ability to treat all people and things with the respect they deserve.
- ❖ It is the recognition of the blessings God has given us and our gratitude and sharing of those gifts.

What is Fortitude?

- ❖ It is the virtue of bravery; it enables one to set aside his own safety for the furthering of God's kingdom.
- ❖ It is the ability to stand up and live out boldly the Faith which has been handed down to us.

What is Faith?

- ❖ It is the ability of the mind to see the supernatural as it is revealed by God.
- ❖ It is the belief in the supernatural without the need for physical evidence.

What is Hope?

- ❖ It is the ability to live our life boldly with the knowledge of our final destination of heaven.
- ❖ It allows the individual to face his death with trust in everlasting life.

What is Charity?

- ❖ It is the virtue of love; it is the ability of the person to see God as the ultimate good and to do all things for love of Him.
- ❖ This love extends to our neighbors as well, as we recognize them as objects of God's love and thus objects of our own love that is directed toward God.



DIOCESE OF PROVIDENCE

OFFICE OF VOCATIONS

485 MOUNT PLEASANT AVENUE PROVIDENCE, RI 02908-3301
☎ 401-831-8011 FAX: 401-521-4192

WWW.CATHOLICPRIEST.COM

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