The Human Virtues

<u>Cardinal Virtues</u>: Play a pivotal role and all other virtues are grouped around these

- **♦** Prudence
 - Good discernment
 - Use of reason, good judgment and care in your actions
- **♦** Justice
 - Will to do good toward God and neighbor
 - Promote equity with regard to God, other persons and the common good
- **♦** Fortitude
 - Strength in difficulties
 - Determination in the pursuit of good
 - Resolve to resist temptations and do what is right
 - Courage to conquer fears and face trials and persecutions
- **♦** Temperance
 - Moderates the attraction of pleasures
 - Provides balance in the use of created things
 - Self-control, moderation and sobriety

Theological Virtues: Foundation of Christian morals

- ♦ Faith
 - Belief in God, what He says and reveals to us
 - Faith apart from works is dead
 - Must be united with hope and love to be alive
- ♦ Hope
 - Desire for the kingdom of heaven and eternal life
 - Placing our trust in Christ's promise of salvation
 - This hope preserves us from selfishness and leads to the happiness that comes from charity
- ♦ Charity (Love)
 - Love God above all things and love your neighbor
 - The greatest of all the virtues

As one strives to be virtuous, one is blessed by the Grace of God and by the gifts and fruits of the Holy Spirit:

Gifts of the Holy Spirit:

- ♦ Wisdom
- **♦** Understanding
- **♦** Counsel
- ♦ Fortitude
- **♦** Knowledge
- **♦** Piety
- **♦** Fear of the Lord

Fruits of the Holy Spirit:

- **♦** Charity
- ♦ Joy
- **♦** Peace
- **♦** Patience
- ♦ Kindness
- **♦** Goodness
- **♦** Generosity
- **♦** Gentleness
- **♦** Faithfulness
- ♦ Modesty
- **♦** Self-Control
- **♦** Chastity