

The Human Virtues

Cardinal Virtues: 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**