



Catholic Central Activity Guide

Episode 58: Virtues

Diving Deeper

- ▶ The four cardinal virtues are listed in Wisdom 8:7 -- “[Wisdom] teaches temperance and prudence, justice and fortitude, and nothing in life is more useful than these.” Why do you think the Bible describes these virtues as “useful”? Why do you think secular psychologists believe practicing the cardinal and theological virtues can increase happiness?
- ▶ How can a lack of virtue cause someone to treat people or things in the wrong ways?
- ▶ Even incredibly holy people have had struggles with faith. In Luke 17:5, the apostles asked Jesus, “Increase our faith.” James 2:17 says, “Faith without works is dead.” How can practicing hope and love help to nourish our faith?

Go Forth

- ▶ By yourself or with a small group, read 1 Corinthians 13. Reflect on the last verse of this chapter: “So faith, hope, and love remain, these three; but the greatest of these is love.” Why do you think St. Paul called love the greatest of the three theological virtues?
- ▶ Take a moment to pray. Ask the Lord to show you one virtue that you can grow in this week. What are some practical ways you can increase that virtue in your life -- at home, at work, at school, in your relationships? Write down your ideas, and share your plan with a partner. Ask your partner to help brainstorm more ideas, and help your partner with their virtue plan too.



Resources

- ▶ [Cardinal Virtues in Scripture: Wisdom 8:7](#)
- ▶ [Theological Virtues in Scripture: 1 Corinthians 13](#)
- ▶ [Virtues in the Catechism: CCC 1803 - 1845](#)
- ▶ [LifeTeen: 5 Texts You Should NOT Send if You Want to Grow in Virtue](#)
- ▶ [The Catholic Podcast: Fighting Temptations with Habits](#)

