LIBBY: And when I get home, I have to take the dog out again.

KAI: Act like you're listening. Smile. Nod.

LIBBY: What is that?

KAI: Oh, a Fortitude pin. I figured after listening to that story calmly and without complaints, I deserve it.

LIBBY: Well, after that comment, I'm pretty sure you need to hand that Charity pin over.

CATHOLIC CENTRAL OPENING CREDITS

LIBBY: Welcome to Catholic Central. I'm Libby.

KAI: And I'm Kai.

LIBBY: Today we'll be talking about the seven habits that make up the Cardinal and Theological Virtues.

KAI: In other words, the habits that Catholics believe can help you maintain moral balance, live a happier life, and do better in all your relationships.

LIBBY: But don't just take our word for it. Secular psychologists have named the Cardinal and Theological Virtues in lists of habits that increase happiness when practiced.

KAI: As we mentioned before, Catholics divide the virtues into Cardinal and Theological. The Cardinal virtues are Prudence, Justice, Fortitude and Temperance.

LIBBY: And the Theological Virtues are Faith, Hope and Charity.

KAI: Also the names of the contestants for Miss Puritan New England, 1694.

LIBBY: So, let's start with the Cardinal Virtues. They're called that …

KAI: … not because cardinals fly with wings of happiness and freedom. I bet they do.

LIBBY: … or because they were made up by a cardinal in the Middle Ages.

KAI: But from the Latin *cardo*. meaning hinge.

LIBBY: They're so important that everything else hinges on them.

KAI: They are human virtues we learned from education and good action.

LIBBY: Teaching us how to treat people and things in the right way.

KAI: They have their roots in the Greek philosopher Plato, and they're also mentioned in the Book of Wisdom.

LIBBY: First up, Prudence, which is not the same as prudish.

KAI: Prudence uses reason to figure out the true good for us in every situation and how to achieve it.

LIBBY: Prudence helps us apply judgment to our actions and bring them in line with what we know is morally right.

KAI: Next up, Justice, which is also the name of my water gun.

LIBBY: Justice allows us to give God and others their due.

TALK-SHOW-HOST LIBBY:

Everyone gets their due. You get your due. You get your due. You get your due. Dance party, come on everybody. Shake it.

KAI: Justice helps us protect the rights of others and thank God for everything he has given us, recognizing how we rely entirely on him.

LIBBY: Then there's Fortitude.

KAI: My second favorite kind of fort.

LIBBY: Fortitude gives us the strength to do good and avoid evil in the face of obstacles.

KAI: It also helps us follow through on what we say we're going to do and stay firm in avoiding fear and temptation.

LIBBY: Speaking of temptation...

KAI: Temperance helps us control our desires for things, even needlessly expensive perfume.

LIBBY: And gives us power over our instincts.

KAI: While God wants us to enjoy things, keep Temperance in mind the next time you're tempted to go overboard.

LIBBY: Now onto the Theological Virtues.

KAI: These are called theological because they come from God and form us to be more like Him.

LIBBY: The first one is Faith, the gift that allows us to believe in God and commit ourselves to Him.

ATHEIST KAI:

A gift that apparently I've never been given, since I believe in nothing. All is nothing. Yawn.

KAI: Well, if you think about it, everyone believes in something.

LIBBY: We wouldn't get very far if we didn't truly believe the sun will rise every morning; and people will generally stop at traffic lights; and your clothes won't suddenly disappear, bringing your worst nightmare to fruition.

KAI: But even incredibly holy people have had struggles with Faith. In Luke 17:5, the Apostles told Jesus, "Increase our faith."

LIBBY: If you're having trouble with Faith, it might help to remember another Bible verse, James 2:17, "Faith of itself, if it does not have works, is dead."

KAI: Faith needs us acting in hope and love to nourish it.

LIBBY: Which might be the perfect segue to Love.

KAI: Hope.

LIBBY: I'd love for you to go first.

KAI: I hope that's true. Hope helps us trust in what God has promised us and desire to be with Him in Heaven.

LIBBY: You can pray for hope when you feel discouraged.

KAI: It also helps us pray for others and believe the best is possible for them.

LIBBY: Lord, please supply Kai with all the virtues necessary to move on.

KAI: Which brings us to Love, also known as Charity, but not a place you donate old clothes to.

LIBBY: Paul called this the greatest of the three. It's the queen of all virtues.

HIPPIE LIBBY:

That's all you need, man.

KAI: Basically. Yeah. Charity is the virtue by which we love God more than anything else and love our neighbors as ourselves.

LIBBY: Which is pretty important considering that Jesus made this the great commandment for Christians.

KAI: Catholics believes that God loves us unconditionally, even though we don't deserve it, and asks us to extend that love even to our enemies.

LIBBY: Which isn't always easy, but it's definitely less draining than hating your enemy or plotting her demise. Believe me.

KAI: There are hundreds of tiny ways to put love into action, but you can start by asking this simple question, “What can I do for others?”

LIBBY: And if you really feel like you don't love your neighbor ...

KAI: Christian writer C.S. Lewis said, "Do not waste time bothering whether you love your neighbor. Act as if you did. As soon as we do this, we find one of the great secrets. When you are behaving as if you loved someone, you will presently come to love him." Because love isn't just something you feel.

LIBBY: It's something you choose to do.

KAI: So to sum up, virtues are habits that help us live good and happy lives.

LIBBY: Although we have to do our part by actually wanting the good.

KAI: And being willing to act in accordance with it.

LIBBY: The Cardinal Virtues are Prudence, Justice, Fortitude and Temperance.

KAI: And the Theological ones are Faith, Hope and Love.

LIBBY: If you live out these virtues, not only will they add meaning and order to your life...

KAI: But you can be a better gift to others.

V/O: Aww.

LIBBY: Thank you.

KAI: Thank you.

LIBBY: I'm Libby.

KAI: And I'm Kai.

LIBBY: From all of us here at Catholic Central, we admire the fortitude you've shown in getting this far in the episode.

KAI: For more resources, check out our website, CatholicCentral.com, and subscribe to us on YouTube.

CATHOLIC CENTRAL CLOSING CREDITS

KAI: And subscribe to us on YouTube. We'd love it if you did.

LIBBY: Thank you.

KAI: Hope you do. I have faith that you will.

LIBBY: They already love it.

KAI: Did you get I just said all the Theological Virtues?

LIBBY: No, I did not.

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