



Sister Mary Grace Thul, O.P.

**THE GOAL OF A VIRTUOUS LIFE IS TO BECOME LIKE GOD.**

— ST. GREGORY OF NYSSA



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# REMAIN IN ME

"I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing." — JOHN 15:5

## THEOLOGICAL VIRTUES

SUPERNATURAL GIFTS INFUSED BY GOD AT BAPTISM WHICH DIRECTLY RELATE TO HIM AND DISPOSE ONE TO LIVE IN RELATIONSHIP WITH THE FATHER, THE SON, AND THE HOLY SPIRIT

### FAITH

Enables one to know God and all that He has revealed.

### HOPE

Enables one to desire God above all things and to trust Him for our salvation.

### CHARITY

Enables one to love God above all and to love our neighbor as ourselves.

## CARDINAL VIRTUES

PIVOTAL HABITS OF RIGHT THINKING, ORDERING OF THE PASSIONS, AND MORAL CONDUCT WHICH AIM TO PERFECT HUMAN LIVING

### PRUDENCE

(Sound Judgment)

Enables one to reason and to act rightly in any given situation — "right reason in action."

### JUSTICE

(Fairness)

Enables one to give to each, beginning with God, what is due him.

### FORTITUDE

(Courage)

Enables one to endure difficulties and pain for the sake of what is good.

### TEMPERANCE

(Self-control)

Enables one to be moderate in the pleasure and use of created goods.

## GIFTS OF THE HOLY SPIRIT

INFUSED BY GOD AT BAPTISM, THE GIFTS, IN CONJUNCTION WITH THE VIRTUES, MAKE ONE RECEPTIVE TO THE INSPIRATIONS OF THE HOLY SPIRIT (SEE ISAIAH 1:1-2)

### UNDERSTANDING

- Enables one to see more deeply into the mysteries of the faith and judge with certainty all created things.
- *Perfects the theological virtue of Faith*

### FEAR OF THE LORD

- Brings forth the fear of offending God by sin.
- *Perfects the theological virtue of Hope and the cardinal virtue of Temperance*

### PIETY

- Inclines one as a child of God to have devotion and honor to God as Father.
- *Perfects the cardinal virtue of Justice*

### KNOWLEDGE

- Guides one in knowing what to believe and how to share it with others.
- *Perfects the theological virtue of Faith*

### COUNSEL

- Enables one to respond fully to the direction and guidance from the Lord.
- *Perfects the cardinal virtue of Prudence*

### FORTITUDE

- Moves one to endure difficulties for the sake of eternal life with God.
- *Perfects the cardinal virtue of Fortitude*

### WISDOM

- Moves one to order one's life according to God's will.
- *Perfects the theological virtue of Charity*

## FRUITS OF THE HOLY SPIRIT

"THE FRUITS OF THE SPIRIT ARE PERFECTIONS THAT THE HOLY SPIRIT FORMS IN US AS THE FIRST FRUITS OF ETERNAL GLORY" (CCC, 1832).

CHARITY  
JOY  
PEACE

PATIENCE  
KINDNESS  
GOODNESS

GENEROSITY  
GENTLENESS  
FAITHFULNESS

MODESTY  
SELF-CONTROL  
CHASTITY

SEE GALATIANS 5:22-23

## BEATITUDES

THE TEACHINGS OF JESUS IN THE SERMON ON THE MOUNT ON THE MEANING OF, AND WAY TO, TRUE HAPPINESS (SEE MATTHEW: 5:1-2; LK 6:20-23) (SEE CCC, 1716).

"THE PRACTICE OF ALL THE VIRTUES IS ANIMATED AND INSPIRED BY CHARITY, WHICH 'BINDS EVERYTHING TOGETHER IN PERFECT HARMONY.'"

— COLOSSIANS 3:14; CCC, 1827



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