

Foundations for Thriving in Catholic Parenting

Episode 4 - Virtue

Our greatest hope as parents is for our kids to grow up to become the best version of themselves. But what does that mean and how can we lead them there? There is no list of rules that can drive us to become the best version of ourselves, but we can offer a roadmap. Here we learn what it means to become truly ourselves and what it takes to get there. As we uncover this process, parents can gain confidence about sending their kids into the world, knowing that they've done everything they could to prepare them for the future ahead. **Familiesofcharacter.com**

Virtue – allows a person not only to perform good acts, but to give the best of himself.

CARDINAL VIRTUES – *hinge* – require effort to develop and mature.

- **Prudence** – Care, caution, and good judgment, as well as wisdom in looking ahead.
- **Temperance** – Moderation and restraint in action, thought, or feeling, ensuring the will's mastery over instincts.
- **Justice** – Being fair or reasonable, the constant and firm will to give their due to God and neighbor.
- **Fortitude** – Mental and emotional strength in facing difficulty, adversity, danger, or temptation courageously.

Vice – the dark opposite or virtue. Unripe or over ripe, under or excess.

- Ex. Orderliness: disorderly – **orderly** – compulsive & controlling

QUESTION:

1. What are virtues that your kids have that make you smile?
2. What virtues could help your child become the best version of themselves?

THEOLOGICAL VIRTUES – gifts from God – ask for them daily.

- **Faith** – we believe in God and believe all that He has said and revealed to us.
- **Hope** – we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit.
- **Charity** – we love God above all things for His own sake, and our neighbor as ourselves for the love of God.

HABIT LOOP - Aristotle – “We are what we do.”

- PEARL NECKLACE – pearl = habit, necklace = virtue
- Ex. Brushing teeth. Cue – routine – reward – cue – routine – reward ...



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QUESTION:

1. Pick out some virtues to work on.

Assertiveness	Clemency	Fortitude
Generosity	Helpfulness	Justice
Modesty in Word & Deed	Orderliness	Patience
Peacefulness	Prudence	Purposefulness
Respect	Service	Temperance

VIRTUE Development –

- happens over time
- not just hard work – need to be together – “unstructured play”

Living virtue is challenging. Life will throw curveballs at us and our children.

- Virtues are the vehicle for the redemption of our suffering.
- Suffering helps us become more like God.

Good fruit comes from healthy roots.

- roots – your stories
- trunk – your marriage
- branches – your children
- **good fruit – virtue**

