

Joy kindness goodness temperance perseverance

Patience Gentleness faithfulness modesty

Courage generosity chastity

VIRTUE



BOOK

NAME



PATIENCE

The capacity to accept or tolerate delay, trouble or suffering without getting angry or upset.

1. Who are the most patient people you know?
2. How do they practice patience?
3. What are three ways you can become a more patient person? Now Do it!



COURAGE

Mental or moral strength to venture, persevere and withstand danger, fear or difficulty..

1. What has been the most courageous moment of your life?
2. Who is the most courageous person you know?
3. In what situations would you like to have more courage?



JOY

A state of happiness that is independent of situations or circumstances

1. What brings you joy?
2. Who is the most joyful person you know?
3. What can you do to increase your capacity of joy and to bring more joy to others?



PERSEVERANCE

Continued effort to do or achieve something despite difficulties, delays, failure, or opposition

1. Why is it difficult to persevere?
2. Who is a role model of perseverance?
3. What techniques have you learned to push yourself when tempted to quit?



KINDNESS

The act of being friendly, generous, and considerate

1. Has anyone shown you kindness today? Who? How?
2. How does it make you feel when someone is kind to you and when you are kind to someone?
3. Who is one person in your life whom God is calling you to be kinder to?



GOODNESS

The quality of being good, having virtue, character, and moral excellence, kindness.

1. Are you striving for goodness? How are you striving?
2. How do you feel when you behave in ways that are good, virtuous and morally excellent?
3. Who is one person in your life that models goodness for you?
4. Are you a model of goodness? If not, what needs to change to be a model of goodness?



TEMPERANCE

Controlling your thoughts, word,
Actions and feelings

1. Who do you know who exemplifies this virtue?
2. In what area of your life do you find it most difficult to practice temperance?
3. What is one way you can become more temperate this week?



GENTLENESS

Mildness of speech, temperament,
And behavior; kindness and tenderness

1. Who do you know who exemplifies the virtue of gentleness?
2. In what ways is God calling you to be gentle with others?
3. How is God inviting you to be gentle with yourself?



FAITHFULNESS

Loyalty, constancy, and steadfast

1. What are you faithful to?
2. Who is the most faithful person you know?
3. What can you do to increase your faith?



GENEROSITY

Going beyond your own selfishness to give of your time, talent, and treasure to benefit others

1. Who is the most generous person you know?
2. Are generous people happier?
3. How can you be more generous?



CHASTITY

Sexual purity and self-control
In thought, intention and conduct

1. Why is chastity important?
2. What does the culture try to tell you about chastity?
3. What can you do to rebel against what the culture says about chastity?