

## Virtue - A Holy Habit that imitates God

**Compassion** - Compassion is understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend.

**Faith** - Faith is a theological virtue that helps us to believe in God and all that He has revealed to us. We are given this as a gift from the moment of conception.

**Forbearance** - Forbearance is showing patience and self-control. It is accepting that all are doing the best that they know how to do. When you are demonstrating forbearance you have compassion and do not put obstacles in the path of those that are trying to find their way.

**Forgiveness** - Being forgiving is giving someone another chance after they have done something wrong. Everyone makes mistakes. Instead of revenge, make amends. Forgive yourself, too. Instead of feeling hopeless after a mistake, decide to act differently, and have faith that you can change.

**Fortitude** - Fortitude is a moral virtue that helps us to stand firm in hard situations to help us direct our desires and actions for the greater good. It helps us to resist temptations and to be firm in leading a good life. We can conquer fear, even fear of death, and face trials and persecutions. With this virtue we can stand up if we are needed to fight for a good cause, even if we stand alone.

**Gentleness** - Gentleness is moving wisely, touching softly, holding carefully, speaking softly, and thinking kindly. When you feel mad or hurt, use your self-control. Instead of harming someone, talk things out peacefully. You are making the world a safer, gentler place.

**Hope** - Hope is a theological virtue that helps us want to go to heaven and live a happy life trusting the promises of Christ, with the help of the Holy Spirit.

**Humility** - Being humble is considering others as important as yourself. You are thoughtful of their needs and willing to be of service. You don't expect others or yourself to be perfect. You learn from your mistakes. When you do great things, humility reminds you to be thankful instead of boastful.

**Justice** - Justice is a moral virtue that is a strong belief in giving fair treatment to God and neighbor. This virtue helps us to be prayerful, to have friends out of a desire to be fair with everyone. This virtue allows us to give to each "what is due" or "what is right".

**Kindness** - Kindness is showing you care, doing some good to make life better for others. Be thoughtful about people's needs. Show love and compassion to someone who is sad or needs your help. When you are tempted to be cruel, to criticize or tease, decide to be kind instead.

**Love (Charity)** - Love is a theological virtue that is the greatest of all the virtues and the greatest of the commandments. It helps us to see God in others.

**Patience** - Patience is a quiet hope and trust that things will turn out right. You wait without complaining. You are tolerant and accepting of difficulties and mistakes. You picture the end in the beginning and persevere to meet your goals. Patience is a commitment to the future.

**Peace** - Having peace is being calm inside. Take time for daily reflection and gratitude. Solve conflicts so everyone wins. Be a peacemaker. Peace is giving up the love of power for the power of love. Peace in the world begins with peace in your heart.

← Over →

**Prudence** - Perhaps "practical moral wisdom" is a good definition for this virtue today. It gives us guidance in everyday decisions, somewhat like "common sense inspired by God."

**Temperance** - Temperance is a moral virtue that helps us control our desire for things that are not good for us. We need this virtue to control our behavior and our habits. This virtue helps us to live at a "higher level" than animals because we can practice self-control. This virtue helps us strive to rise above our instincts.

**Thankfulness** - Thankfulness is being grateful for what we have. It is an attitude of gratitude for learning, loving, and being. Appreciate little things that happen around you and within you every day. Think positively. Thankfulness brings contentment.

**Unity** - Unity helps us work and live together peacefully. We feel connected with each other and all living things. We value the specialness of each person as a gift, not as a reason to fight or be scared. With unity we accomplish more together than any one of us could alone.