

Lesson 21 “Do I have what it takes?”

Complete the work in the book, then answer 1 question fully in each segment

Segment 1: How do I Build Virtue?

1. How does the world define “freedom,” and how does that wrong definition actually enslave people?
2. What are some things you can do to “strengthen your spiritual muscles”?

Segment 2: The Cardinal & Theological Virtues

1. What are the cardinal virtues, and which one do you think you need most in your life right now?
2. Why do you think love is considered “the greatest of all the virtues”?
3. What is the difference between the human virtues and the theological virtues?

Segment 3: Living a life of Virtue

1. How can the practice of virtue make someone more attractive to others and more successful in life?
2. Vices can seem like “fun” temporarily. However, in the long run, such behaviors make people very unattractive and unpleasant to be around. Why is that?
3. How do we grow in a virtue? Why is it important to develop virtuous habits, instead of just avoiding vice?
4. What are some ways we can help each other to grow in virtue?