

THEOLOGICAL VIRTUES

The three theological virtues “relate directly to God. They dispose Christians to live in a relationship with the Holy Trinity... The theological virtues are the foundation of Christian moral activity; they animate it and give it its special character. They inform and give life to all the moral virtues. They are infused by God into the souls of the faithful to make them capable of acting as his children and of meriting eternal life: (CCC 1812-1813). They are faith, hope, and charity.

WEEK	VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
1 Aug. 26	FAITH	Believing in God and all He has revealed. Faith is a gift given by God to us at Baptism.	Not believing in God; thinking of faith as an act of our own will.	We develop faith through practice—not just by thinking and studying about God, but by taking time each day to have personal encounters with Him
2 Sept. 2	HOPE	A trust in God’s promise that He has created us to be with Him in heaven. Hope is a gift given by God to us at Baptism	Not trusting that we will be with God in heaven; hoping for anything that is of this world	Give thanks to God for the things for which you have hoped for in the past that He has since blessed you with. Giving thanks increases hope
3 Sept. 9	CHARITY	Loving God with all your heart, mind, and strength, and your neighbor as yourself. Charity is gift given to us by God at Baptism	Not loving God with all you heart, mind and strength. Not loving your neighbor as yourself	Speak of others only in kindness, putting God first and foremost in our lives

CARDINAL VIRTUES

“Four virtues play a pivotal role and accordingly are called “cardinal”; all the others are grouped around them. They are: temperance, justice, fortitude, and prudence

WEEK	VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
4 Sept. 16	TEMPERANCE (Self-Control)	Enables one to endure difficulties and pain for the sake of what is good	Intemperance: overindulging in a good thing	Exercise the freedom to say ‘no’ to one’s wants and desires
5 Sept. 23	HONESTY	Sincerity, openness, and truthfulness in one’s words and actions	Being dishonest in words and actions: telling lies	Live uprightly in words and actions; recognize that “God sees the heart”
6 Sept. 30	HUMILITY	Awareness that all one’s gifts come from God and appreciation for the gifts of others	Failing to recognize the gifts of others; being too proud or having false humility	Show, deference to others; acknowledge the accomplishments
7 Oct. 7	MEEKNESS	Serenity of spirit while focusing on the needs of others	Giving in to anger and losing one’s temper when working or playing with others	Remain calm; allow others to go first; wait without complaining
8 Oct. 14	MODERATION	Attention to balance in one’s life	Giving in to being excessive in one or more areas of one’s life	Set limits for oneself; create a balance in one’s life by limiting the use of media, consumption of addition food and drink, etc.
9 Oct. 21	MODESTY	Purity of hear in action, especially in regard to dress and speech	Choosing to dress or act in a way inconsistent with one’s dignity as a child of God	Follow the dress code; recognize your dignity as a person; ask yourself if you are respecting yourself as a child of God
10 Oct. 28	ORDERLINESS	Keeping oneself physically clean and neat and one’s belongings in good order	Disorder with regard to one’s space and physical appearance	Establish order in one’s daily life; keep one’s space and appearance orderly and clean
11 Nov. 4	SELF-CONTROL	Joyful mastery over one’s passions and desires	Being excessive in words or actions, acting impulsively	Mastery of one’s desires; practice restraint in regard to words and actions

WEEK	VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
12 Nov. 11	JUSTICE (Fairness)	Enables one to give to each, beginning with God, what is due him	Failing to see what is owed to each by virtue of his dignity	Recognize what is due to God first and then to others
13 Nov. 18	AFFABILITY	Being easy to approach and easy to talk to – friendly	Being mean, unkind, cruel, or unflattering	Smile; acknowledge the presence of other people and take time to listen to them
14 Nov. 25	COURTESY	Treating other people with respect, recognizing that all are made in God's image and likeness	Not recognizing the inherent dignity of others made in God's image and likeness	Be aware of others' feelings and expressions; be polite, well-mannered
15 Dec. 2	GENEROSITY	Giving of oneself in a willing and cheerful manner for the good of others	Giving without a spirit of cheer, with a begrudging manner	Be self-giving; focus on one act of charity/kindness each day; share
16 Dec. 9	GRATITUDE	Thankful disposition of mind and heart	Not expressing appreciation; taking other people and things for granted	Count the good things (blessings) in one's life; express gratitude even when it is difficult
17 Dec. 16	KINDNESS	Expressing genuine concern about the well-being of others; anticipating their needs	Not regarding the well-being of others, being cruel in looks, words, and action	Practice speaking, thinking, and acting kindly
18 Jan. 6	LOYALTY	Accepting the bonds implicit in relationships and defending the virtues upheld by Church, family, and country	Breaking the bonds of trust with Church, family, country, friends, and school	Seek to do one's best to help others; follow rules; fulfill responsibilities; be faithful to commitments
19 Jan. 13	OBEDIENCE	Assenting to rightful authority without hesitation or resistance	Resisting the directives of rightful authority	Listen to rightful authority; follow directions; give a prompt response
20 Jan. 20	PATRIOTISM	Paying due honor and respect to one's country; with a willingness to serve	Lacking regard or respect for one's country and national symbols	Show respect for your country's flag; speak respectfully about government officials; recite the Pledge
21 Jan. 27	PRAYERFULNESS	Being still, listening, and being willing to talk to God as a friend	Entertaining distractions during prayers and Mass	Cultivate a spirit of prayer and recollection; maintain the proper posture (kneeling, sitting still, etc.)
22 Feb. 3	RESPECT	Speaking and acting according to one's own and others' rights, status, and circumstances	Resisting the directives of rightful authority	Be respectful in words and actions (body language); allow others to go first
23 Feb. 10	RESPONSIBILITY	Fulfilling one's just duties; accepting the consequences of one's words and actions, intentional and unintentional	Failing to accept responsibility for one's words and/or actions; being unreliable	Be accountable for one's personal actions and decisions at home, at school, and in personal relationships
24 Feb. 17	SINCERITY	Trustfulness in words and actions; honesty and enthusiasm towards others	Speaking or acting in a manner only to make oneself look good; being insincere	Tell the whole truth; build trust by words and actions; state what one is sorry for
25 Feb. 24	TRUSTWORTHINESS	Acting in a way that inspires confidence and trust; being reliable	Being devious or deceptive	Perform actions that restore and maintain trust; act with fidelity in small matters

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26 Mar. 2	FORTITUDE (Courage)	Enables one to endure difficulties and pain for the sake of what is good	Choosing the easiest task; being cowardly; being insensible to fear	Withstand difficulties; compete hard tasks
27 Mar. 9	INDUSTRIOUSNESS	Diligence, especially in work that leads to natural and supernatural maturity	Giving in to a lack of motivation to complete one's responsibilities; being lazy	Diligently complete a task; set small goals along the way
28 Mar. 16	MAGNANIMITY	Seeking with confidence to do great things in God; literally "having a large soul"	Seeking to do great things for self-promotion- not seeking to do the good that is possible- pusillanimity (weak, spineless)	Acknowledge the good in others when it is difficult; strive to do difficult tasks with God's grace
29 Mar. 23	MAGNIFICENCE	Doing great things for God	Being wasteful; not responding to grace	Use one's talents for the good; act with generosity towards others
30 Mar. 30	PATIENCE	Bearing present difficulties calmly	Being impatient while completing a difficult task or in handling challenging circumstances	Listen to others; wait for one's turn; tolerate inconveniences and annoyances without complaining
31 April 6	PERSEVERANCE	Taking the steps necessary to carry out objectives in spite of difficulties	Quickly giving up when a task is challenging	Complete task from start to finish; stay with a task when it is hard, difficult, or boring

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32 April 13	PRUDENCE (Sound Judgment)	Enables one to reason and to act rightly in any given situation –"right reason in action"	Being hasty or rash in one's words or actions	Pray for guidance. Seek sound advice. Think about the situation. Act upon the decision
PARTS OF A PRUDENTIAL ACT				
33 April 20	GOOD COUNSEL (Ask and listen)	Seeking advice from a reasonable person	Seek advice from those who agree with you; asking moral advice from people who do not share your moral values	Seek advice from trustworthy people
33	GOOD JUDGMENT (Think)	Thinking rightly about a decision	Acting without thinking	Carefully consider all the circumstances and ask "What am I to do now"
33	COMMAND (Act)	Directly acting upon a sound decision	Failing to act upon a sound decision	Take action after thoughtful deliberation
VIRTUES				
34 April 27	CIRCUMSPECTION	Careful consideration of circumstances and consequences	Considering only oneself when acting	Seek advice; silently reflect upon the circumstances and consequences of one's actions (memory)
35 May 4	DOCILITY	Willingness to be taught	Being stubborn, inflexible, and proudly set in one's ways	Listen to others and be willing to follow directions; thank others for rightful corrections
36 May 11	FORESIGHT	Consideration of the consequences of one's actions; thinking ahead	Failing to consider later consequences	Pray, think, act; learn how to gather information to make a decision; plan out long-term and short-term goals