

# Disciple of Christ Virtues

IN BAPTISM WE ARE GRAFTED ONTO CHRIST THE VINE He enters us and remains in us as long as we desire His presence. By freely choosing to live as one with Christ, we permit Him to transform us from within. This life in Christ is rooted in the virtues and gifts received at Baptism (CCC, 1266).

"If faith is like the root, charity is like the sap that nourishes the trunk and rises into the branches, the network of virtues, to produce the delicious fruit of good works" (Servais Pinckaers, O.P., *Morality: The Catholic View*, South Bend, St. Augustine Press, 2001).

*Disciple of Christ Virtues* guide educators, parents, and students in identifying virtues which need to be cultivated. Each corresponding "Opposing Trait" highlights a pattern of behavior which needs change in order for one to mature in virtue.

*Human virtues acquired by education, by deliberate acts, and by perseverance ever-renewed in repeated efforts are purified and elevated by divine grace. With God's help, they forge character and give facility in the practice of the good. The virtuous man is happy to practice them. (CCC, 1810)*

## "GOD GIVES THE GROWTH" (1 CORINTHIANS 3:7).

VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
<b>JUSTICE</b> (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.
Affability	Being easy to approach and talk to	Being mean, unkind, cruel, or unflattering	Smile; acknowledge the presence of other people and take time to listen to them.
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.
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.
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.
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 actions	Practice speaking, thinking, and acting kindly.
Loyalty	Accepting the bonds implicit in relationships and defending the virtues upheld by Church, family, and country	Breaking bonds of trust with Church, family, friends, and school	Seek to do one's best to help others; follow rules; fulfill responsibilities; be faithful to commitments.
Obedience	Assenting to rightful authority without hesitation or resistance	Resisting the directives of rightful authority	Seek to do one's best to help others; follow rules; fulfill responsibilities; be faithful to commitments.
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.
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.).
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.
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.
Sincerity	Trustfulness in words and actions; honesty and enthusiasm toward 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.
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.

VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
<b>PRUDENCE</b> (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.
<b>PARTS OF A PRUDENTIAL ACT</b>			
Good Counsel Ask and listen	Seeking advice from a reasonable person	Seeking advice from those who agree with you; asking moral advice from people who do not share your moral values	Seek advice from trustworthy people.
Good Judgment Think	Thinking rightly about a decision	Acting without thinking	Carefully consider all the circumstances and ask "What am I to do now?"
Command Act	Directly acting upon a sound decision	Failing to act upon a sound decision	Take action after thoughtful deliberation
<b>VIRTUES</b>			
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).
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.
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.
<b>FORTITUDE</b> (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; complete hard tasks.
Industriousness	Diligence, especially in work that leads to natural and supernatural maturity	Choosing the easiest task; being cowardly; being insensible to fear	Diligently complete a task; set small goals along the way.
Magnanimity	Seeking with confidence to do great things in God: literally "having a large soul"	Giving in to a lack of motivation to complete one's responsibilities; being lazy	Acknowledge the good in others when it is difficult; strive to do difficult tasks with God's grace.
Magnificence	Doing great things for God	Giving in to a lack of motivation to complete one's responsibilities; being lazy	Use one's talents for the good; act with generosity toward others.
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.
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.
<b>TEMPERANCE</b> (Self-Control)	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".
Honesty	Enables one to be moderate in the pleasure and use of created goods	Intemperance; overindulging in a good thing	Exercise the freedom to say 'no' to one's wants and desires.
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 of others; look at one's strengths and weaknesses honestly.
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.
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 additional food and drink, etc.
Modesty	Purity of heart in action, especially in regards 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.
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.
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 regards to words and actions

# TRANSFORMATION IN CHRIST | SEVEN CAPITAL SINS



—Manifestations—

**PRIDE** | Undue self-esteem or self-love, which seeks attention and honor and sets oneself in competition with God

*James 4:6*

Vanity | Arrogance | Boasting | Haughtiness | Ambition | Ostentation | Love of limelight | Hypocrisy | Vainglory

HUMILITY | HONESTY

Disobedience

OBEDIENCE

Despising others | Holding others in contempt | Discord | Obstinate (hardheadedness) | Quarreling

CHARITY | KINDNESS

—Manifestations—

**ENVY** | Resentment or sadness at another's good fortune, and the desire to have it for oneself

*Mark 7:21-23*

Nasty and unkind remarks about others

KINDNESS

Constantly belittling others | Gossip | Detraction | Backbiting | Calumny

SINCERITY

False judgments | Discord | Hatred | Spirit of enmity

CHARITY

Jealousy - inordinate love of self and fear of losing something

HUMILITY

—Manifestations—

**ANGER** | An emotion which is not in itself wrong but which, when it is not controlled by reason or hardens into resentment and hate becomes one of the seven sins

*Ephesians 4: 26-27*

Undue sensitiveness | Impatience | Irritability | Grumbling | Fault-finding

MEEKNESS | PATIENCE | RESPECT

Quarreling | Discord | Contention | Argumentativeness

HUMILITY | HONESTY | CHARITY

Gossip | Detraction | Defamation | Calumny

JUSTICE

Excessive anger | Revengeful | Retaliation | Fiery | Reactive anger | Repressed anger | Temper tantrums | Cruel | Violent

SELF-CONTROL

—Manifestations—

**ACEDIA (SLOTH)** | A form of sadness when encountering God and God's ways (spiritual sloth) caused by neglecting the faith and moral life

*Matthew 25:26, 28-30*

Uneasy restlessness of the mind | Excessive curiosity | Talkativeness | Instability of place and purpose

TEMPERANCE | SELF-CONTROL | CHASTITY | MODERATION

Apathy | Listlessness | Torpor with regard to one's need for salvation

PERSEVERANCE | INDUSTRIOUSNESS | MAGNIFICENCE

Faintheartedness | "Small soul" | Lacking courage to pursue spiritual life

FORTITUDE | MAGNANIMITY

Despair

HOPE

Nursing grudges | Spitefulness | Maliciousness

MODERATION.

—Manifestations—

**AVARICE (GREED)** | Inordinate desire for earthly things

*1 Timothy 6:10*

Deceit | Perjury | Lying | Cheating | Craftiness | Shrewdness

HONESTY

Treachery | Fraud | Betrayal

JUSTICE | LOYALTY

Restlessness | Hardness of heart | Violence

GENEROSITY

—Manifestations—

**GLUTTONY** | Overindulgence in food or drinks

*Luke 16:19-31*

Dullness of sense | Talkativeness | Vulgarly | Impurity

TEMPERANCE

Intemperance | Overindulgence in food and drink

MODERATION

Ruin of health

PRUDENCE

—Manifestations—

**LUST** | Inordinate desire for sexual pleasure or inordinate enjoyment of sexual pleasure

*Matthew 5:28*

Internal acts: Intentionally dwelling on fantasies | Impure thoughts and desires (Sins forbidden by ninth commandment)

TEMPERANCE | SELF-CONTROL | CHASTITY | MODERATION | MODESTY

External acts: Sins against chastity | Impurity | Viewing pornography | Adultery | Fornication (Sins forbidden by the sixth commandment)

PURITY | LOYALTY

Blindness of mind: Prevents one from thinking clearly | Inconsideration | Thoughtlessness | Inordinate self-love

TO PRESERVE A PURE HEART:  
*Life of Chastity, Life of Charity, Life of Committed Truth*

Weakening of the will | Inconstancy | Hastiness | Imprudence

PRUDENCE | FORTITUDE

Disordered attachment to the world | Despair | Hatred of God

FAITH | HOPE