

Theological and Cardinal Virtues Reference Sheet

Theological Virtues

The three theological virtues (Faith, Hope and Love) are God's gift to us at baptism. As we nurture our faith and practice these virtues, they guide our character as it develops over a lifetime of discipleship.

Faith – *A new way of seeing, a shared way of believing*

I believe in God, who loves me; I pray and worship,
I show my faith in love for others.

Hope – *Trusting God's promises in prayer and work for justice*

I trust in God's promises, I pray,
I work for peace and justice.

Love - *Loving God above all things and others as God loves them*

I worship God above all else,
I practice kindness and try to give, like Jesus..

Cardinal Virtues

Prudence, Justice, Temperance, Fortitude are the four cardinal virtues – practices on which all other virtues hinge (*cardo*, meaning *hinge* in Latin). These practices are learned and developed over time.

Prudence – *Seeking, judging, acting – with confidence and love*

I look for the most loving solution,
and carry it out with joy.

Justice – *Seeking the good, meeting obligations to God and neighbour*

I give God my worship, and show
my neighbor mercy and fairness.

Temperance – *Enjoying life's pleasures in keeping with the Gospel*

I practice balance and self-control,
I make healthy friendships,
I am honest about who I am

**Fortitude – *Practicing the good and just in challenging situations,
patience with obstacles.***

I practice doing what is right with patience,
even when it is difficult.