

## **Cardinal Virtues**

*4 Practices to Guide us as Followers of Jesus*

### **Simple Definitions and Prayers for Students in Catholic Schools**

#### **Prudence**

**Good sense that listens, chooses and does what is best.**

*I seek and **listen** to wise advice, I **choose** the best solution, I **do** what is best with joy.*

*Make me a person of prudence, my God:  
To practice good sense and seek wise advice,  
Choose what is best,  
And do the right thing with joy.  
I make this prayer in Jesus' name.  
Amen.*

#### **Justice**

**Seeking the good, honouring God and neighbour.**

*I seek what is good; I give God my worship; I show my neighbour mercy and fairness.*

*Make me a person of justice, my God:  
To seek the good, to worship You alone,  
And show mercy and fairness  
To my neighbour.  
I make this prayer in Jesus' name.  
Amen.*

#### **Temperance**

**Balance and self-control.**

*I practice balance in my behaviours, honesty with others, and make good choices.*

*Make me a person of temperance, my God:  
To be balanced in what I say and do,  
To be my true self,  
And to make good choices.  
I make this prayer in Jesus' name.  
Amen.*

#### **Fortitude**

**Doing what is right with courage and patience in difficult times.**

*I do the right thing with courage and patience, even when it is difficult.*

*Make me a person of fortitude, my God:  
To do the right thing always,  
With courage and patience  
Especially in difficult times.  
I make this prayer in Jesus' name.  
Amen.*

See [CCC 1803-1829, 1833-1844](#)