

# 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 - as God sees, and a shared way of believing.  
*I see as a child of God; I believe in God, whose love for us is revealed in God's Son who became one of us, Jesus Christ.*

**Hope** – Trusting God's promises in prayer and in work for justice.  
*I trust in God's promise to help me reach eternal life, so I pray and work for peace and justice.*

**Love** - Loving God above all things and others as God loves them.  
*I worship God above all things;  
I practice kindness and speak the truth, to love 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** – 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.*

**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.*

**Temperance** – Balance and self-control.  
*I practice balance in my behaviours, honesty with others,  
and make good choices.*

**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.*