



# Virtue Lesson 1

## *Parent Note:*

Dear Parents/ Caregivers,

These activities have been designed to support you, as parents, in the process of forming your child(ren) in the Christian virtues. These are designed to be done as a family, as God has made you a unique and special Domestic Church. Parents are the most influential people in the lives of your child(ren), and you are who they look to most for handing on the faith. You are on your own journey to grow in the faith, and our goal is to help *you*. Please think of these lessons and activities as guides, and make them your own to best serve your family. We encourage you to modify, scale back or expand as you find developmentally appropriate for your family.

As a note of encouragement, parents, please remember you have permission to fail sometimes. You don't have to be perfect all the time and you can show that to your children. Don't be afraid to admit your faults to your children, don't be afraid to let them see your failures—show them the grace to move forward and persevere despite failures. Be vocal and tell them the graces God has given you in times of failure. Frequent confession together so they know you are always seeking God's forgiveness and mercy and you are working on holiness yourselves. Finally, take this opportunity to learn and grow together, to grow closer to Christ together and to become Saint's together. God loves you very much, and Jesus wants to be with you in life as your savior, your model of virtue, and your friend. You have the opportunity to arise, Domestic Church, and bring God's hope and light to this world!

Our prayers are with you,  
Our Lady of Good Counsel Discipleship Formation Team

## *Focus Virtue : What is Virtue?*

Read the questions and discuss with them with your child(ren):

- ❖ What is virtue?
  - According to the Catechism of the Catholic Church (paragraph 1833), virtue is a firm and habitual disposition to do good, and is a fundamental part of Christian moral living. What does this mean? It means, virtues are practiced every day in all kinds of circumstances and help us choose the good. Who can determine what is "good"? God who is goodness and truth himself. The catholic church helps us understand God's goodness and truth. Virtues lead us closer to God.
- ❖ What are the opposites of virtue?
  - The opposite of virtues are vices. Vices are when we choose what is bad or immoral. Vices are sinful. They lead us further away from God.
- ❖ What are the goals of virtue?
  - The goal of the virtuous life is to become like God- to love like God. After all, we are made in His image and likeness
- ❖ How do we grow in virtue?
  - We grow in virtue through practicing. In every circumstance in life we have the ability and freedom to choose what is good or what is not good. We can try to convince ourselves that something bad is actually good. We won't always choose the virtuous path. This is why it is important to go to confession regularly, so we have the opportunity to make right our crooked path. The priest can also help guide us through what is virtuous and what is not in confession. The more we practice and live out the good and the bad, the more we grow in virtue. We will desire the good the more we practice the good and become more attuned to the Holy Spirit.

## *Catechism Look Up:*

CCC: 1804, 1810 & 1833

Have each family member practice finding the paragraphs in the Catechism of the Catholic Church. Allow your child(ren) to read it aloud if they are able. Don't worry if they can't completely understand it. This will be taught and brought to their level throughout the year. This exercise is more for them to get familiar with the CCC and be comfortable using it.

## *Saint Example: Mother Mary*

The Blessed Mother Mary is a strong example of a virtuous person. Her answer was always "yes" to God. Luke 1:38 Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. In this verse, Mary chooses what is difficult. She didn't fully understand or have all the details but her trust and relationship with God caused her to be courageous and choose to be virtuous. She knows God loves her and her life on Earth has a purpose. We are all on Earth for a reason and a purpose. If we choose what is good, we are choosing God's will for our lives.

## *Lectio Divina: Phil 4:8*

Have each family member practice finding Philippians 4:8 in the Bible. Allow your child(ren) to read it aloud if they are able.

### *Family Discussion and Application:*

- ★ Give each other permission to “call each other out”. In love and respect, speak the truth. The family is a safe place to learn and grow. Gently call each other out about whether someone is acting in virtue or in vice. If someone is acting virtuously, let them know! Encourage one another! Celebrate your Virtue Victories!
- ★ Make it a habit to go to confession as a family once a month. The opportunity to grow in virtue is to confess our vices habitually. Make reconciliation a habit.
- ★ Do the attached activity together. Sort each scenario into virtue or vice. When you are done, each person should give their own example of a virtue or vice.
- ★ Hang the “Virtues of Mary” Print on your fridge or somewhere in a high traffic area and meditate on one of them each time you come into contact with the print. Ask the Holy Spirit to reveal how Mary was Virtuous in these ways and how you can mimic those virtues.

### *Virtue Victories*

Coming up: As we continue our journey in learning virtues, each month we will focus on a different virtue. Each month you will have the opportunity to learn, practice and grow in one virtue as a family. We want you to share your “Virtue Victories” with us. You can send us photos of your family doing the different applications together or send us a short story of your victories. With your permission, these can go on our Facebook page in our parish bulletin! We are here to sharpen each other, learn from each other and cheer each other to Sainthood! We are in this together, united by the Body of Christ.

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Directions: Cut out each text box. Keep the title cards, "Acting in Virtue" and "Acting in Vice", and place them face up so everyone can read them. Shuffle the rest of the cards (these are the scenario cards) and distribute them or place them in a pile face down. Alternating family members, have them read the card and place it under "Acting in Virtue" or "Acting in Vice". Continue until all scenarios have been sorted.