

The Moral Life

Lesson 32 Summary

Lesson Learning Objectives

- The participants will study and learn how to cultivate the cardinal virtues.
- The participants will examine the value and the source of the theological virtues.
- The participants will explore the importance of forgiveness and grace.

Content Summary

1. In order to best practice the moral life, we have to tap into the gifts God has placed within each one of us: the virtues, forgiveness, and grace.
2. Virtues are habits we develop over time to help us make good decisions. Virtues capitalize on the abilities God has already placed within us.
3. There are two kinds of virtues—cardinal virtues and theological virtues. The cardinal virtues are prudence, justice, temperance, and fortitude.
4. Prudence, also called wise judgment, is the opposite of being impulsive and requires that we approach moral problems with a degree of caution.
5. Justice is concerned with giving both God and neighbor what is their due. It is the habit of thinking about the needs and rights of others as much as our own needs.
6. Temperance is about balance in our lives. The virtue of temperance is about self-control in all areas of our lives.
7. Fortitude strengthens us to overcome obstacles to living morally and to overcome temptation.
8. The theological virtues—faith, hope, and love—are the source of energy for perfecting our relationships with God and neighbor.
9. Faith is belief in God. Faith is the gift of God inviting us to believe in him. Faith is also our response—accepting or rejecting God’s invitation.
10. Hope in God inspires us in this life, helping us to overcome discouragement. Hope, working together with faith and love, gives us confidence to live the higher purpose of our lives.
11. Love, also called charity, is the greatest of all the theological virtues. Love is the virtue that gives life to the commandment to love God above all things, and our neighbor as ourselves.
12. Forgiveness is essential, because despite being made in God’s image and likeness and all the gifts that God has given us, we still sin. The good news is that God is always ready to forgive us!
13. The definition of *grace* is that God is communicating to us at every moment of our existence. The Holy Spirit gives us sanctifying grace to heal our wounded soul and make us whole—and make us holy—again.

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