Theological and Cardinal Virtues

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like habits. They need to be practiced; they can be lost if they are neglected. The three most important virtues are called theological virtues because they come from God and lead to God. The cardinal virtues are human virtues, acquired by education and good actions. Cardinal comes from cardo, the Latin word for hinge, meaning “that on which other things depend.”

Theological Virtues

Faith—Believe in God—total gift of self to God

Hope—Drives our desire to relate to God. Helps us when we are scared or lonely.

Charity (love)—Love God above all things. Greatest of all Virtues. Includes loving those you do not like.

Cardinal Virtues

Prudence—Think through a situation and determine the moral choice. (EX: study or hang out with friends)

Justice—Act fairly (EX: make a promise and keep it)

Temperance—Keep your desires and appetites in check. Draw a line between legitimate pleasure and indulgence. (EX: one serving of chips or eating the whole bag/Being on Social Media for 30 minutes or 3 hours)

Fortitude—Strengthens us to resist temptation (EX: just say “No”)