



PRESENT: THE CATECHISM AND CATHOLIC VIRTUES

Give students a copy of the *Catechism of the Catholic Church* or print out copies of paragraphs 1803-1829.

1. Divide each of the virtues up among the class. Have them rewrite the descriptions of the virtues in the Catechism in ways that students can understand.
2. Then have each student join the other students with the same virtue. Together, have them come up with a single definition.
3. Write each definition on the board.

A CATHOLIC VIRTUES MEDITATION & PRAYER

Which of the virtues do your students think they need the most?

Guide them in a short reflection on the virtues:

- *Think back upon your day so far. Which virtues did you live out? Which virtues would have helped?*
- *Think back upon the last few days. Which virtues did you live out? Which virtues would have helped?*
- **Faith:** *Did you falter in your belief in God?*
- **Hope:** *Did you struggle to find hope in difficult times?*
- **Charity:** *Did you fail to love when you were needed by others?*
- **Prudence:** *Did you make wise decisions?*
- **Fortitude:** *Did you give in to fear?*
- **Temperance:** *Did you overindulge in anything (food, candy, TV, games, etc.)?*
- **Justice:** *Did you try to be fair with others?*



PRAYER: A VIRTUOUS INDEX CARD

Give each student an index card. On one side have them write the name of the virtue they need the most.

On the other side, invite them to write a short and simple praying asking for God's help. They can use this template:

God, give me the gift of [FAITH/HOPE/CHARITY] when _____.

God, help me grow in [PRUDENCE/FORTITUDE/TEMPERANCE/JUSTICE]. I need to practice this virtue when _____.

Invite them to keep the index card in an important place as a reminder of the virtues they are pursuing.

<https://www.thereligionteacher.com/catholicvirtues-lessonplan/>