

VIRTUES FOR CATHOLIC SCHOOLS



VICARIATE FOR EDUCATION
DIOCESE OF LEEDS



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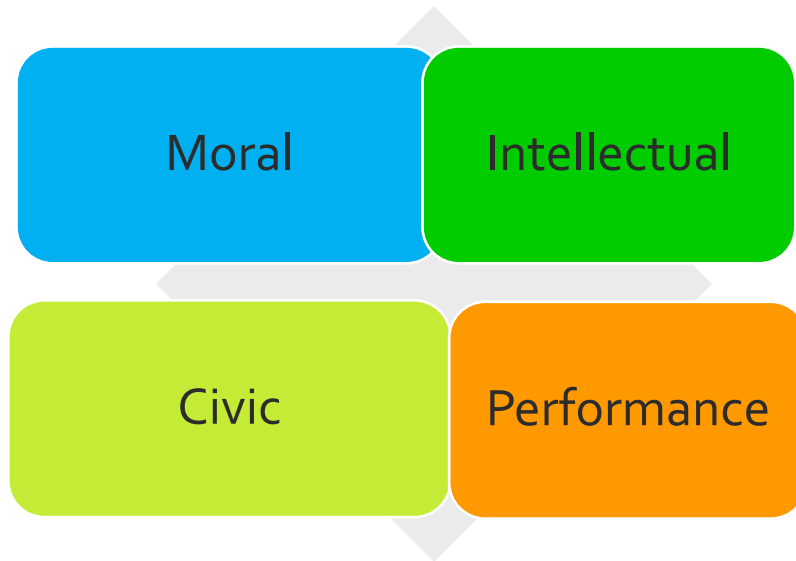
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CLASSIFICATION OF THE VIRTUES

<p>FAITH FAITHFULNESS</p>	<p>HOPE PRAYER CONFIDENCE</p>		
<p>LOVE CHARITY</p> <p>HOSPITALITY</p> <p>COURTESY</p> <p>SERVICE</p> <p>COMPASSION</p> <p>MERCY</p> <p>FORGIVENESS</p> <p>FRIENDSHIP</p>			
<p>JUSTICE HONESTY TRUSTWORTHY KINDNESS GRATITUDE / THANKFULNESS GENEROSITY</p>	<p>SOLIDARITY LOVE OF NEIGHBOUR RESPECT RESPONSIBLE CITIZENSHIP</p>	<p>TEMPERANCE SIMPLICITY HUMILITY GENTLENESS SELF-CONTROL ATTENTIVENESS LOVE OF LEARNING SENSE OF HUMOUR</p>	<p>COURAGE PATIENCE PERSEVERANCE RESILIENCE DETERMINATION</p>
<p>PRACTICAL WISDOM / GOOD SENSE</p> <p>REFLECTION DELIBERATION/DISCERNMENT</p>			

INTRODUCTION

This classification combines two different ways of classifying the virtues. It combines the Catholic classification of virtues into the three **Theological** (Faith, Hope and Love) and four **Cardinal** (Practical Wisdom, Justice, Temperance, Courage) virtues with the *Jubilee Centre for Character and the Virtues* (University of Birmingham) four domains. The classification gives the moral virtue of Solidarity its own status (following Catholic Social Teaching) because it recognises that Solidarity is related not only to Justice but also to Love.



Each virtue highlighted in bold type on the classification (page 3) is a fundamental virtue while those listed below it are aspects of the fundamental virtue.

When incorporating virtues into school mission statements, Catholic life and curriculum, school leaders should aim to take their chosen virtues from all eight areas.

The definitions of the virtues are, in general, more detailed than school leaders and teachers may need for their pupils. Detailed definitions are presented in most cases in order to capture the different nuances of each virtue. It is for school leaders and staff, with their pupils, to tailor an appropriate version of the definition for their community. For example, virtue definitions could reflect an incremental approach which presents a different aspect of a virtue at different key stages.

The inclusion of quotations from the Bible and other sources is a means of demonstrating the centrality of these virtues to Catholic Christianity and to human life in general. It is envisaged that, over time, excerpts from literary fiction will be added to this collection.

HUMAN FLOURISHING, VIRTUES AND CHARACTER EDUCATION

"I have come that they may have life and have it to the full." (John 10:10)

Jesus' words in John's gospel express the aim of human life as 'human flourishing' (*Eudaimonia*). Our whole business in this life is to flourish by seeking to form our character through the pursuit of personal strengths called virtues: excellences of character which are theological, moral, civic, intellectual and performative.

"Excellence is an art won by training and habituation. We do not act rightly because we have excellence, but we rather have this because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit." (Aristotle)

Excellence in all aspects of life is pursued by repeatedly performing particular virtues that build our character so that we become what we repeatedly do. Catholic Christianity has a particular set of virtues – excellences of character – that it prizes, these are the eight virtues outlined in this document: faith, hope, love, justice, solidarity, temperance, courage and practical wisdom. Each of these fundamental virtues also have particular aspects that the Church also prizes because they enable the human person *to* respond appropriately to situations in any area of experience.

Character education is an umbrella term for all explicit and implicit educational activities that helps young people develop positive personal strengths called *virtues*.

VIRTUE DEFINITIONS

FAITH – is to trust. Faith helps us grow in friendship with Jesus and his friendship helps us become the best we can be by becoming more like him. Growing in friendship with Jesus means learning to trust him and knowing that he is always with us. Faith is always open to new things because if you have faith you are a trusting person.

A person of faith believes in God and all that God has done. But faith is not simply a belief that something is true, it is a way of living. We are called not only to keep the faith but to live a faithful life filled with hope and love.

Biblical sources

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."
(Isaiah 43:19)

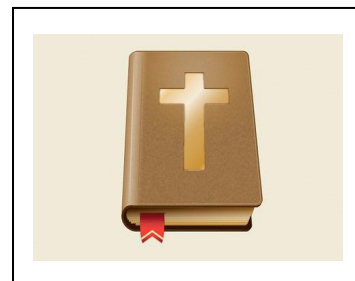
"Jesus paid no attention to what they said, but told him, "Do not be afraid, only believe." (Mark 5:36)

"Blessed are the poor in spirit, theirs is the Kingdom of Heaven" (Matthew 5:3)

"On one occasion, while Jesus was standing by the Lake with the crowd pressing in on Him to hear the word of God, He saw two boats at the edge of the lake. The fishermen had left them and were washing their nets. Jesus got into the boat belonging to Simon and asked him to put out a little from shore. And sitting down, He taught the people from the boat. When Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." "Master," Simon replied, "we have worked through the night without catching anything. But because you say so, I will let down the nets." When they had done so, they caught such a large number of fish that their nets began to tear. So they signalled to their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink. When Simon Peter saw this, he fell at Jesus' knees. "Go away from me, Lord," he said, "for I am a sinful man." For he and his companions were astonished at the catch of fish they had taken, and so were his partners James and John, the sons of Zebedee. "Do not be afraid," Jesus said to Simon, "from now on you will catch people." And when they had brought their boats ashore, they left everything and followed Him." (Luke 5:1-11)

"For we walk by faith, not by sight." (2 Corinthians 5:7)

"It is with your heart that you believe..." (Romans 10:10)



"Now faith is the assurance of things hoped for, the conviction of things not seen." (Hebrews 11:1)

"... faith working through love." (Galatians 5:6)

"And whatever you ask in prayer, you will receive, if you have faith." (Matthew 21:22)

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." (Ephesians 2:8-9)

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." (Proverbs 3:5-6)

Catholic sources

"I do not seek to understand in order that I may believe, but I believe in order that I may understand." (St. Anselm, *Proslogium*)

"... it is the things believed not the act of believing them that is peculiar to religion." (Blessed John Henry Newman, *Parochial and Plain Sermons*, 1, p. 191)

"Trust and trust alone should lead us to love." (St. Therese of Lisieux, *Collected Letters*)

"The history ... of our families, of our communities, the concrete history we build each day in our schools is never "completed", never exhausts its possibilities. On the contrary, it is always open to what is new, to what has not been taken into account until now. Though it may seem impossible, it is definitely not so because the horizon of new possibilities is rooted in the creative power and love of God." (Pope Francis)

Other sources

"I believe in Christianity as I believe that the sun has risen. Not only because I see it, but because by it I see everything else." (C. S. Lewis)

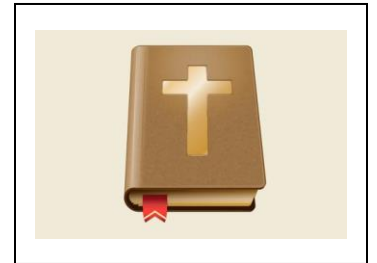
"Faith is not an easy virtue but in the broad world of [our] total voyage through time to eternity, faith is not only a gracious companion, but an essential guide." (Theodore Hesburgh, *The Way*)

FAITHFULNESS – you are loyal to your beliefs or to a person. You are reliable and have integrity. You are trustworthy.

Biblical sources

"His master said to him, 'Well done, good and faithful servant. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master.'" (Matthew 25:23)

"Beloved, you are acting faithfully in whatever you accomplish for the brethren, and especially when they are strangers." (3 John 1:5)



Other sources

"We must strive to be more faithful one day at a time in taking time for others, in doing deeds of kindness, in performing the small everyday run of things faithfully. We must see such as our primary responsibility. Then, says Jesus, the big things will also be taken care of. By the faithfulness with which we fulfil the common daily duties, we make the character which we will have to spend in eternity." (John Drescher, *Spirit Fruit*)

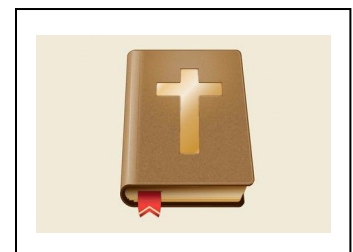
"Faithfulness is the quality of a friend, refusing no test and no trouble, loyal, persevering; not at the mercy of emotional ups and downs or getting tired when things are tiresome. In the interior life of prayer, faithfulness points steadily to God and His purposes, away from self and its preoccupations." (Evelyn Underhill, *The Fruits of the Spirit*)

HOPE –You know that when life gets hard you don't give up but carry on hoping that things will get better. You dream of a better world or something better that will come in the future. You live for something greater than yourself. Your hope drives out selfishness and boredom and encourages you to engage with your community and do good works. You trust that God is at work moving the world towards what is good.

Biblical sources

"Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (Isaiah 40:31)

"Oh, that I might have my request, that God would grant what I hope for..." (Job 6:8)



"Let us hold fast to the confession of our hope without wavering, for he who promised is faithful." (Hebrews 10:23)

"being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6)

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

"For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently." (Romans 8:24-25)

"Let your hope keep you joyful, be patient in your troubles, and pray at all times." (*Romans 12:12*)

"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead." (1 Peter 3)

"but set Christ apart as Lord in your hearts, being ready always to give account of the hope within you..." (1 Peter 3:15)

"But we do not want you to be uninformed, brothers and sisters, about those who have died, that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again ... through Jesus, God will bring with him those who have fallen asleep.... Therefore encourage one another with these words." (1 Thessalonians 4:13-14, 18)

Church teaching

"The virtue of hope responds to the aspiration to happiness which God has placed in the heart of everyone; it takes up the hopes that inspire our activities and purifies them so as to order them to the Kingdom of heaven; it keeps man from discouragement; it sustains us during times of abandonment; it opens up our heart in expectation of eternal beatitude. Buoyed up by hope, we are preserved from selfishness and led to the happiness that flows from charity." (para.1818, CCC)

By hope we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. (para. 118 CCC)

"Christian hope lends great energy to commitment in the social field, because it generates confidence in the possibility of building a better world, even if there will never exist "a paradise of earth." (*The Social Doctrine of the Church, 579*)

Catholic sources

"The only reason for the importance we give to the field of education is the hope for a new humanity, for another possible world." (Pope Francis)

"Hope is not a spiritual consolation, a distraction from the serious tasks that require our attention, but a dynamic force liberating us from all determinism and every obstacle in order to build a community of men and women finally free from the usual chains of selfishness, inaction and injustice." (Pope Francis)

"Live, love, believe, and with God's grace, never despair." (Pope Francis)

Other sources

It's always something, to know you've done the most you could. But, don't leave off hoping, or it's of no use doing anything. Hope, hope to the last! (*Nicholas Nickleby*, Charles Dickens)

"Despite everything, life is full of beauty and meaning." (Etty Hillesum)

"It's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything I still believe that people are really good at heart." (Anne Frank)

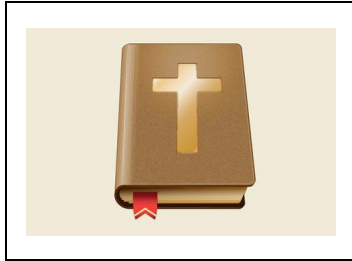
"I have a dream ..." (Martin Luther King)

"We must accept finite disappointment, but we must never lose infinite hope." (Martin Luther King)

"Christians remain people of hope even amidst recurrent disappointments." (Al Kresta)

PRAYER – You spend time with God, listening to God, resting in his presence. You tell God that you love him, that you cherish his tenderness, his closeness in every situation, and his love that protects you. You grow in a loving friendship with God. Your prayer comes from the heart; it is a sign of warm love for God.

Biblical sources



“Then you will call on me and come and pray to me, and I will listen to you.” Jeremiah, 29:12

“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them. Your Father already knows what you need before you ask him.” Matthew 6:7-8

“This, then, is how you should pray: ‘Our Father in heaven: May your holy name be honoured; may your Kingdom come; may your will be done on earth as it is in heaven. Give us today the food we need. Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us. Do not bring us to hard testing, but keep us safe from the Evil One.’” Matthew 6:9-13

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.” James 5:13

“I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.” Psalm 17:6

“pray continually” 1Thessalonians 5:17

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” Philippians 4:6

“Devote yourselves to prayer, being watchful and thankful.” Colossians 4:2

The parable of the Widow and the Judge Luke 18:1-8

The parable of the Friend at Midnight Luke 11:5-8

“Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you. For everyone who asks will receive, and anyone who seeks will find, and the door will be opened to those who knock.” (Matthew 7:7-8)

Catholic sources

“Why do people pray? Because God exists. Deep inside, people have a longing for God. And God longs for them. That’s why people of all cultures and religions of the earth, pray. As Christians we pray to our heavenly Father through Jesus Christ, our Lord. The Holy Spirit is the inner teacher of Christian prayer.” (*YouCat for Kids*, p. 196)

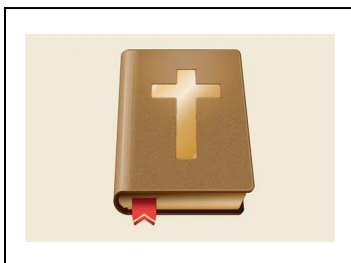
“When your heart is with God, it doesn’t matter whether you talk or you are silent. God hears you when you talk to him through a prayer you know by heart. And he hears when you simply tell him in your own words what’s going on in your heart.” (*YouCat for Kids*, p. 200)

“It isn’t God who must change but the person. This is the obvious goal of prayer.” (Pope Francis)

“We are loved by God! We are dear to Him! “God is love”! This certainty is what leads us to worship God with all our heart, because “He first loved us”. (Pope Francis)

CONFIDENCE – you can do things without fears or doubts stopping you. When you are confident in someone, you can trust and rely on them. If you trust in God you have confidence that God loves you and watches over you. Confidence brings peace of mind.

Biblical sources



“The Lord will keep you safe” (Proverbs 3:26)

Psalm 23 “The Lord is my shepherd”

“So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings.” (Matthew 6:34)

“Let us be confident, then, and say: “The Lord is my helper, I will not be afraid. What can anyone do to me?” (Hebrews 13:6)

Catholic sources

“Fear not,’ the Angel said to Mary in the announcement of the incarnation of the Word. ‘Do not be afraid,’ Jesus repeated so many times to the disciples. It is an invitation that opens a new, refreshing space in the soul, giving security and engendering hope.” (Pope Francis)

Other sources

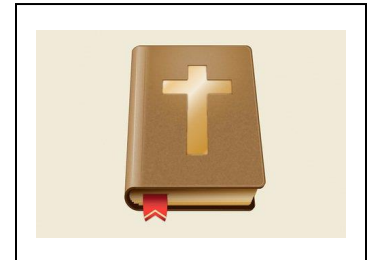
“You yourself, as much as anyone in the entire universe deserves your love and affection.” (Buddha)

"With realisation of one's own potential and self confidence in one's ability, one can build a better world." (Dalai Lama)

LOVE – You accept someone as they are, you care for them, and care what happens to them and you want to share your life with them. You always think about another person rather than thinking about yourself. When you love you put into practice the "golden rule", to treat others with the respect and kindness that you want for yourself. You love people you do not know by simple acts of kindness and by wanting the best for them.

Biblical sources

"is always patient and kind; it is never jealous; love is never boastful or conceited it is never rude or selfish; it does not take offence, and it is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. Love does not come to an end." (1 Corinthians 13:4-8)



"This is my commandment, that you love one another as I have loved you." (John 15:9)

"You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is: You shall love your neighbour as yourself." (Matthew 22:37-39)

"We love because God first loved us... people cannot love God, whom they have not seen, if they do not love their brothers and sisters, whom they have seen. The command that Christ has given us is this: all who love God must love their brother and sister also." (1 John 4: 20-21)

"Be completely humble and gentle; be patient, bearing with one another in love." (Ephesians 4:2)

"And over all these virtues put on love, which binds them all together in perfect unity." (Colossians 3:14)

"If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing." (1 Cor. 13:2)

"Do everything in love." (1 Cor. 16:14)

"Above all, love one another deeply." (1 Peter 4:8)

"God is love. Whoever lives in love lives in God, and God lives in them." (1 John 4:16)

“Love your enemies.” (Matthew 5:44)

“Always treat others as you would like them to treat you.” (Matthew 7:12)

Church teaching

“Love is the fundamental and innate vocation of every human being”. (FC, 11; CCC, 2393)

“Love is the virtue by which we love God above all else and our neighbour as ourselves.” (CCC, 1822)

“Personal behaviour is fully human when it is born of love, manifests love and is ordered to love. This truth also applies in the social sphere; Christians must be deeply convinced witnesses of this, and they are to show by their lives how love is the only force (cf. *1 Cor 12:31-14:1*) that can lead to personal and social perfection, allowing society to make progress towards the good.” (The Social Doctrine of the Church, 580)

“Christian charity truly extends to all, without distinction of race, creed, or social condition: it looks for neither gain nor gratitude. For as God loved us with an unselfish love, so also the faithful should in their charity care for the human person himself, loving him with the same affection with which God sought out man. Just as Christ, then, went about all the towns and villages, curing every kind of disease and infirmity as a sign that the kingdom of God had come (cf. *Matt. 9:35ff; Acts 10:38*), so also the Church, through her children, is one with men of every condition, but especially with the poor and the afflicted. For them, she gladly spends and is spent (cf. *2 Cor. 12:15*), sharing in their joys and sorrows, knowing of their longings and problems, suffering with them in death's anxieties. To those in quest of peace, she wishes to answer in fraternal dialogue, bearing them the peace and the light of the Gospel.” (Decree on the Missionary Activity of the Church [Ad Gentes], 12)

Catholic sources

“Love is the free self-giving of the heart” (*YouCat 402*)

“Not all of us can do great things. But we can do small things with great love.” (St. Teresa of Calcutta)

“Spread love everywhere you go. Let no one ever come to you without leaving happier.” (St. Teresa of Calcutta)

“Let us always meet each other with a smile, for a smile is the beginning of love.” (St. Teresa of Calcutta)

“Only the simple appeal of the commandment of love – constant, humble and unpretentious, free of vanity but firm in its conviction and dedication to others – can save us.” (Pope Francis)

“The power of love is a service that resurrects what is destroyed, no matter how much it is so. Its unattainable and unquestionable source is God’s loving fatherhood and motherhood.”
(Pope Francis)

Other sources

“Love is the only force capable of transforming an enemy into a friend.” (Martin Luther King)

“Love is real, real is love, Love is feeling, feeling love. Love is wanting to be loved, Love is touch, touch is love. Love is reaching, reaching love, Love is asking to be loved. Love is you, you and me. Love is knowing, we can be. Love is free, free is love. Love is living, living love. Love is needing to be loved.” (John Lennon)

HOSPITALITY – You welcome a guest or a stranger and treat them as a friend. You are open to new guests and strangers, you listen to their story. You know that guests and strangers can open you to new ways of thinking and living.

Biblical sources

“Show hospitality to one another without grumbling.” (1 Peter 4:9)

“All are one in Christ Jesus.” (Galatians 3:28)

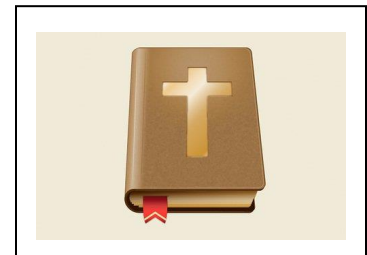
“When a foreigner resides among you in your land, do not mistreat them. The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the LORD your God.” (Leviticus 19:33-34)

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” (Matthew 25:34-36)

“Share with the Lord’s people who are in need. Practice hospitality.” (Romans 12:13)

“Keep on loving one another. Remember to show hospitality to strangers, for some who did that entertained angels without knowing it.” (Hebrews 13:1-2)

“The LORD appeared to Abraham at the sacred trees of Mamre. As Abraham was sitting at the entrance of his tent during the hottest part of the day, he looked up and saw three men standing there. As soon as he saw them, he ran out to meet them. Bowing down with his face touching the ground, he said, “Sirs, please do not pass by my home without stopping; I am here



to serve you. Let me bring some water for you to wash your feet; you can rest here beneath this tree. I will also bring a bit of food; it will give you strength to continue your journey. You have honoured me by coming to my home, so let me serve you. They replied, "Thank you; we accept." (The hospitality of Abraham, Genesis 18:1-5)

"The next day John was there again with two of his disciples. When he saw Jesus passing by, he said, 'Look, the Lamb of God!' When the two disciples heard him say this, they followed Jesus. Turning around, Jesus saw them following and asked, 'What do you want?' They said, 'Rabbi' (which means "Teacher"), 'where do you live?' 'Come and see' he replied; so they went and saw where he lived and stayed with him the rest of the day." (John 1:35-39)

Church teaching

"Christ demands that we hold out the hand of hospitality to the stranger." (Meeting God in Friend and Stranger, p.23, 2010)

"To visit one another's places of worship is a way of offering or accepting hospitality, but it is also a way of advancing in understanding. Catholic schools and parish communities might profitably visit such places in their neighbourhood, and in turn welcome others to their churches and institutions. As well as fostering mutual understanding and respect, such visits can be quite profound experiences in themselves." (Meeting God in Friend and Stranger, p. 61, 2010)

Catholic sources

"Welcoming our brothers and sisters with care and willingness must not be limited to extraordinary occasions but must become for all believers a *habit* of service in their daily lives." (Pope St. John Paul II, Address to volunteer workers, March 8, 1997)

"Welcoming Christ in our needy brothers and sisters is the condition of being able to meet him face to face and perfectly at the end of our earthly journey." (Pope St. John Paul II, Homily for the Jubilee of Migrants and Itinerant Workers, June 2, 2000)

<p>COURTESY – You are pleasant and polite and have good manners. When you are pleasant and polite it makes people feel valued and respected. You say 'Please', 'Thank you', 'Your welcome', 'Sorry'. You know they are ways that let people know you appreciate them and care about them – courtesy is a way of showing your love.</p>

Biblical sources

"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you." (Ephesians 4:29)

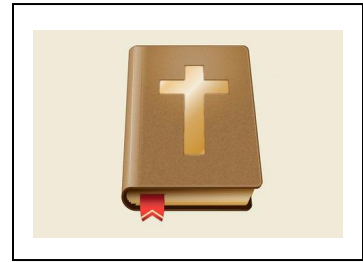
“Do not speak evil of anyone, but be peaceful and friendly, and always show a gentle attitude towards everyone.” (Titus 3:2)

“Your speech should always be pleasant.” (Colossians 4:6)

“A gentle answer quietens anger, but a harsh one stirs it up.” (Proverbs 15:1)

Catholic sources

“Pope Francis has often suggested three little words to families, to make daily life more beautiful. The first word: “please” is not just a matter of good education—says the Pope—but a sign of concern for others, a way that we can express our care and our love for our parents and siblings. Even Jesus knocks at our door, asking permission and patiently waiting for us to open. The second word is “thank you,” God help us if we do not learn to be grateful, to say thank you, to recognize the good that we do for each other in the family. How many times do you say “thank you” to Mum and Dad for all that they give you? Finally, the third word is “sorry.” The Pope knows that this word is hard to say; but he reminds us that it is necessary, if we want to stop evil with good. Maybe that’s why Jesus wanted to recall forgiving in the Our Father. Remember? “Forgive us our trespasses as we forgive those who trespass against us.” (Pope Francis Family Catechism 10)



SERVICE – You put other people’s needs before your own. You want to make a difference to their lives. You look for ways to help others rather than waiting to be asked. You always follow the “golden rule” to treat others with the respect and kindness that you want for yourself.

Biblical sources

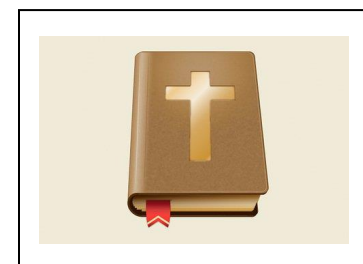
“God will not forget your work and the love you have shown him as you have helped his people and continue to help them.” (Hebrews 6:10)

“Whoever wants to serve me must follow me, so that my servant will be with me where I am. And my Father will honour anyone who serves me.” (John 12:26)

“The greatest among you must be your servant.” (Matthew 23:11)

“For even the Son of Man did not come to be served; he came to serve and to give his life to redeem many people.” (Mark 10:45)

“Each of you should use the gifts God has given you to serve others.” (1 Peter 4:10)



"Do to others as you would have them do to you." (Matthew 7:12)

Parable of the Final Judgement (Matthew 25:31-46)

Church Teaching

"Promoting the dignity of every person, the most precious possession of men and women, is the essential task, in a certain sense, the central and unifying task of the service which the Church, and the lay faithful in her, are called to render to the human family." (*The Social Doctrine of the Church*, 522)

"Charity inspires a life of self-giving: 'whoever seeks to gain his life will lose it, but whoever loses his life will preserve it.' (*The Social Doctrine of the Church*, 583)

"Social teaching is not limited to a collection of official, mainly papal, texts. It is an oral tradition as well as a written one, and it is a lived and living tradition. Many Catholics whose lives are dedicated to the service and welfare of others make this teaching present by their very activity, even if they have never read a social encyclical." (*The Common Good and the Catholic Church*, 26, Bishops' Conference 1996)

"Christian teaching that the service of others is of greater value than the service of self is sure to seem at odds with the ethos of a capitalist economy." (*The Common Good and the Catholic Church*, 79, Bishops' Conference 1996)

Catholic sources

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
(St. Teresa of Avila)

"The fruit of love is service. The fruit of service is peace." (St Teresa of Calcutta)

"There is nothing small in the service of God." (St. Francis de Sales)

"Do not shut yourselves in your small world, but be open to others, especially the poorest and neediest, to work to improve the world in which we live. Be men and women for others, real champions in the service of others." (Pope Francis)

Other sources

"Life's most persistent and urgent question is: 'What are you doing for others?'" (Martin Luther King)

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." (Rabindranath Tagore)

COMPASSION – You notice that a person is sad, in distress or in trouble, you care about how they are feeling and you want to help them.

Biblical sources

"Go and do likewise." (from the parable of the Good Samaritan, Luke 10:30-37)

"When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things. By this time it was late in the day, so his disciples came to him. "This is a remote place," they said, "and it's already very late. Send the people away so that they can go to the surrounding countryside and villages and buy themselves something to eat." But he answered, "You give them something to eat." (from the Feeding of the 5000, Mark 6:30-44)

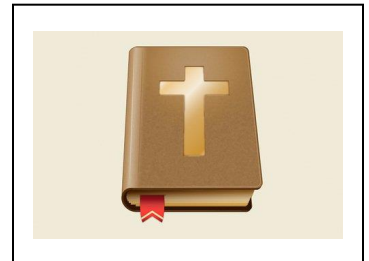
"Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the LORD comforts his people and will have compassion on his afflicted ones." (Isaiah 49:13)

"Our God is full of compassion." (Psalm 116:5)

"Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity." (Joel 2:13)

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." (2Corinthians 1:3-4)

"When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." (Matthew 9:36-38)



"As Jesus and his disciples were leaving Jericho, a large crowd followed him. Two blind men were sitting by the roadside, and when they heard that Jesus was going by, they shouted, "Lord, Son of David, have pity on us!" The crowd told them to be quiet, but they shouted all the louder, "Lord, Son of David, have pity on us!" Jesus stopped and called them. "What do you want me to do for you?" he asked. "Lord," they answered, "we want to see again." Jesus had compassion on them and touched their eyes. Immediately they received their sight and followed him." (Matthew 20:29-34)

"So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him." (from the parable of the Forgiving Father, Luke 15:20)

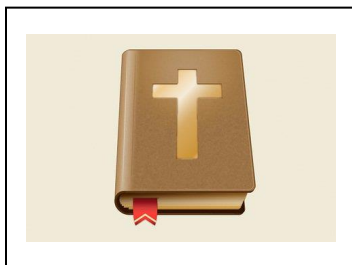
"Just as he arrived at the gate of the town, a funeral procession was coming out. The dead man was the only son of a woman who was a widow, and a large crowd from the town was with her. When the Lord saw her, his heart was filled with compassion for her, and he said to her 'Don't cry.' (from Jesus Raises a Widow's Son, Luke 7:11-17)

Catholic sources

"The joys and the hopes, the griefs and the anxieties of the men of this age, especially those who are poor or in any way afflicted, these are the joys and hopes, the griefs and anxieties of the followers of Christ." (*Gaudium et spes*, 1, Second Vatican Council)

MERCY – You are patient with people who may have hurt you and to you respond with gentleness, showing love and tenderness rather than treating them badly.

Biblical sources



"You do not stay angry for ever, but you take pleasure in showing us your constant love. You will be merciful to us once again." (Micah 7:18-19)

"Blessed are the merciful; for they will be shown mercy." (Matthew 5:7)

The Parable of the Unmerciful Servant (Matthew 18:21-35)

The Parable of the Final Judgement [Sheep and Goats] (Matthew 25:31-46)

Church teaching

"In short, the mercy of God is not an abstract idea, but a concrete reality with which he reveals his love as of that of a father or a mother, moved to the very depths out of love for their child."
(*Misericordiae Vultus*, 6, 2015)

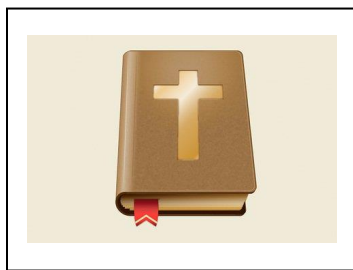
"The works of mercy are charitable actions by which we come to the aid of our neighbour in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead. Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God. (*Catechism of the Catholic Church* para. 2447.)

Catholic sources

"Have you ever thought about God's patience? The patience he has with each of us? That is Mercy!" (Pope Francis)

FORGIVENESS – You give someone another chance after they have done something wrong so they can make a new start. You let go of your feelings of sadness, anger and revenge. You show your love for the person rather than focusing on the wrong. When you forgive someone you show that your relationship with them is more important than the wrong they have done. You also forgive yourself so that you do not give up when you have done wrong or made a mistake, but have the courage to act differently and have faith that, with God's help, you can change.

Biblical sources



"You, Lord, are forgiving and good, abounding in love to all who call to you." (Psalm 86:5)

And forgive us our debts, as we also have forgiven our debtors."
(Matthew 6:12)

"If you forgive others the wrongs they have done to you, your Father in heaven will also forgive you. But if you do not forgive others, then your Father will not forgive the wrongs you have done." (Matthew 6:14-15)

"Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." (Matthew 18:21-22)

“And whenever you stand praying, if you have anything against anyone, forgive him that your Father in heaven may also forgive you your trespasses.” (Mark 7:11:25)

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” (Colossians 3:13)

The Parable of Zacchaeus (Luke 19:1-10)

The Parables of the Lost Sheep, Coin and Son (Luke 15:1-32)

Church teaching

“There is no offence, however serious, that the Church cannot forgive. There is no one, however wicked and guilty, who may not confidently hope for forgiveness, provided his repentance is honest. Christ who died for all men desires that in his Church the gates of forgiveness should always be open to anyone who turns away from sin.” (*Catechism of the Catholic Church*, para. 982)

Catholic sources

“We should pray that God forgives us when we are bad. God wants to give us a new beginning. And we should do exactly the same: forgive people who did us evil. And make a new start ...” (*YouCat for Kids*, p. 213)

“There are those who say: ‘I have committed too many sins, the Good Lord cannot forgive me.’ This is a gross blasphemy. It is the same as putting a limit on God’s mercy, which has none: it is infinite. Nothing offends the Good Lord as much as doubting his mercy.” (St. John Vianney)

“God has been very gracious to me, for I never dwell upon anything wrong which a person has done, so as to remember it afterwards. If I do remember it, I always see some other virtue in that person.” (St. Teresa of Ávila)

Other sources

“You must forgive those who transgress against you before you can look to forgiveness from above.” (*Talmud*, Judaism)

“Let them pardon and overlook. Would you not like that Allah should forgive you? Allah is forgiving and merciful.” (*Qur’an* 24:22)

“If you want to see the brave, look at those who can forgive.” (*Bhagavad Gita* 14:24, Hinduism)

“Where there is forgiveness, there is God himself.” (*Adi Granth*, Sikhism)

"Life appears to me to be too short to be spent in nursing animosity or in registering wrongs."
(Charlotte Brontë)

FRIENDSHIP – You love your friend for the person they are not for what you can get from your friend. You always want the best for your friend and do not treat them badly but as a person whom you love. Friendships are made if we feel good about ourselves and believe we have things to share. Being friendly attracts people so they want to get to know you better. Friendships are made by people who want to be themselves with each other, so friends listen to each other and share their time and feelings. Friends walk together on the journey of life.

Biblical sources

"A friend is a friend at all times." (Proverbs 17:17)

"There are friends who lead one to ruin, others are closer than a brother." (Proverbs 18:24)

"The sweetness of friendship comforts the soul" (Proverbs 27:9)

"When Job's three friends ... heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathise with him and comfort him." (Job 2:11)

"Two are better than one, because they have a good return for their labour. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up." (Ecclesiastes 4:9-10)

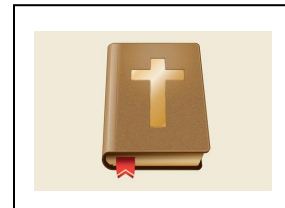
"Love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends." (John 15: 12-13)

"Do to others as you would have them do to you." (Luke 6:31)

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity." (Colossians 3:12-14)

Catholic sources

"The first thing, you see, is how the love involved in friendship ought to be gratuitous. I mean, the reason you have a friend, or love one, ought not to be so that he can do something for you; if that's why you love him, so that he can get you some money, or some temporal advantage,



then you aren't really loving him, but the thing he gets for you. A friend is to be loved freely, for his own sake, not for the sake of something else." (St. Augustine, *Sermon 385*)

"There is no greater consolation than the unfeigned loyalty and mutual affection of good and true friends." (St. Augustine, *City of God* 19.8)

"When we are weighed down by poverty and grief makes us sad, when bodily pain makes us restless and exile despondent, or when any grievance afflicts us; if there be good people at hand who understand the art of rejoicing with the joyful and weeping with the sorrowful, who know how to speak a cheerful word and uplift us with their conversation, then we shall nearly always find the rough made smoother, the burden lightened, and our troubles overcome." (St. Augustine, *Letter 130*)

"There is nothing on this earth more to be prized than true friendship." (St. Thomas Aquinas)

"Without friends even the most agreeable pursuits become tedious." (St. Thomas Aquinas)

Other sources

"What is a friend? A single soul dwelling in two bodies." (Aristotle)

"The next best thing to being wise oneself, is to live in a circle of those who are." (C. S. Lewis)

"A friend may be waiting behind a stranger's face." (Maya Angelou)

"Friendship is always a sweet responsibility, never an opportunity." (Kahlil Gibran)

"In friendship or in love, the two side by side raise hands together to find what one cannot reach alone." (Kahlil Gibran)

JUSTICE – You give people what is due to them: you give them their fair share. When you are just you seek to be fair in everything you do. Treating people justly means treating people with dignity and not treating them as less than they are or using them for selfish ends. It is just to speak out against anyone who treats you unfairly and it is just to act to support those who are treated unfairly.

Biblical sources

“But let justice roll on like a river, righteousness like a never-ending stream!” (Amos 5:24)

“The Lord loves justice and will never forsake his friends.” (Psalm 36:28)

“The just person speaks wisdom and their lips speak what is right; the law of God is in their heart, their steps shall be saved from stumbling.” (Psalm 36:30-31)

“The salvation of the just comes from the Lord, their stronghold in time of distress. The Lord helps them and saves them, for their refuge is in him.” (Psalm 36:39-40)

“What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” (Micah 6:8)

“For I, the LORD, love justice; I hate robbery and wrongdoing.” (Isaiah 61:8)

“Learn to do right; seek justice. Defend the oppressed. Take up the cause of the orphan; plead the case of the widow.” (Isaiah 1:17)

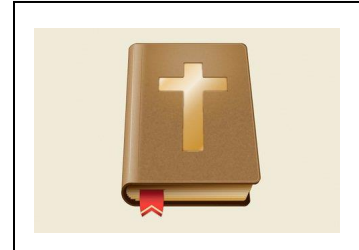
“Blessed are those who do what is right, who always do what is just. (Psalm 105:3)

“The virtuous person cares about justice for the poor.” (Proverbs 29:7)

“Judge your neighbour fairly.” (Leviticus 19:15)

“As you did it to one of the least of these brothers and sisters of mine, you did it to me.” (Matthew 25:40)

“Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven.” (Luke 6:37)



"And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly." (Luke 18:7-8)

Catholic sources

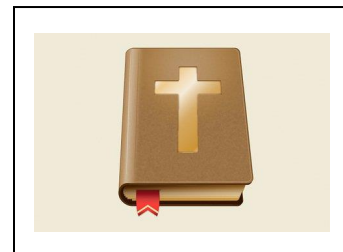
"Justice renders to each one what is his, and claims not another's property; it disregards its own profit in order to preserve the common equity." (St. Ambrose)

Other sources

"Justice is truth in action." (Benjamin Disraeli)

HONESTY – You are truthful with yourself and with others. You tell the truth without exaggerating what you say or without sometimes saying less than you know to be true even when admitting the truth may be hard to do. You are reliable because you keep the promises you make. You have integrity, your words match your actions and you do not try to be like someone you are not: you are your true self.

In biblical and medieval literature honesty is derived from 'honour' and refers to that which is worthy of honour. For the medieval mind honesty was an aspect of temperance. However, the modern understanding of honesty refers more to truthfulness and is more closely aligned to the virtue of justice – giving someone what is due to them.



Biblical sources

"An honest answer is like a kiss on the lips." (Proverbs 24:26)

"Do not lie to each other, since you have taken off your old self with its practices." (Colossians 3:9)

"Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body." (Ephesians 4:25)

"Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out." (Proverbs 10:9)

Other sources

"Let your conduct be marked by truthfulness in word, deed and thought." (*Taittiriya Upanishad* 1.11.1, Hinduism)

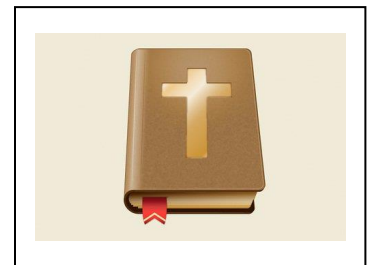
“To be really honest means ... stating things fairly, not humouring your argument – doing justice to your enemies ... making confession whether you can afford it or not; refusing unmerited praise; looking painful truths in the face.” (Aubrey De Vere, *Recollections*)

“To love truth for truth’s sake is the principal part of human perfection in this world.” (John Locke)

TRUSTWORTHY – You can be relied upon by others. You will keep your word and if you have committed to something you will do your best to see it through and complete it: you are reliable and determined.

Biblical sources

When you vow a vow to the Lord, or an oath to bind yourself to a pledge, you shall not break your pledge, you shall not break your word; you shall do all that proceeds from your mouth.” (Numbers 30:2)



“He who goes about as a tale-teller reveals secrets, but he who is trustworthy conceals a matter.” (Proverbs 11:13)

“The Lord delights in people who are trustworthy.” (Proverbs 12:22)

“A good name is rather to be chosen than great riches.” (Proverbs 22:1)

“It is like a man on his way abroad who summoned his servants and entrusted his property to them” (Parable of the talents Matthew 25:14-30)

Other sources

“Fulfill the covenant of Allah once you have pledged it, and do not break any oaths once they have been made. You have set up Allah as a Guarantee for yourselves; Allah knows everything you are doing.” (Qur’an 16.91)

“Never esteem anything of advantage to you that will make you break your word or lose your self-respect.” (Marcus Aurelius)

KINDNESS – You think about other people, how they feel, and with tenderness you perform an act of care that brings happiness, relief or comfort. You decide to do something good to help someone else, because you know it is the right thing to do.

Biblical sources

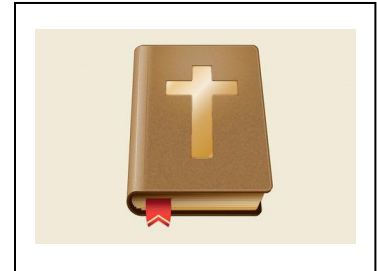
“Give to him who asks of you, and do not turn away from him who wants to borrow from you.” (Matthew 5:42)

“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’” (Acts of the Apostles 20:35)

“Therefore, as we have opportunity, let us do good to all people...” (Galatians 6:10)

“And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” (Ephesians 4:32)

“Never neglect to show kindness and to share what you have with others; for such are the sacrifices which God approves.” (Hebrews 13:16)



Other sources

“Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can.” (John Wesley)

“Loving kindness is greater than laws; and the charities of life are more than all ceremonies.” (Talmud, Judaism)

“Those who act kindly in this world will have kindness.” (Qur’an 39.10)

“Him I call a Brahmin ever true, ever kind. He never asks what life can give, But, ‘What can I give life?’” (Bhagavad Gita 8.3, Hinduism)

“We reach the immortal path only by continuous acts of kindliness.” (Buddhism)

“The heart benevolent and kind the most resembles God.” (Robert Burns, *A Winter Night*)

“That best portion of a good man’s life, his little, nameless, unremembered acts of kindness and of love.” (William Wordsworth, *Tintern Abbey*)

I shall pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again." (Anonymous)

GRATITUDE / THANKFULNESS – You show you are grateful for all that you have. You are grateful for all the people you know and all the things that happen around you each day. You grow in wonder about the world and see the world and your life as a gift from God. You accept the gifts you have and use your gifts to benefit others. Being thankful helps you to be generous to others.

Biblical sources

"Be thankful." (Colossians 3:15)

"Devote yourselves to prayer, being watchful and thankful."
(Colossians 4:2)

"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds." (Psalm 9:1)

"Give thanks to the LORD, for he is good; his love endures forever." (Psalm 106:1)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6)

"For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer." (1 Timothy 4:4-5)

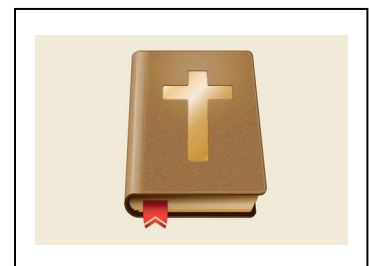
"Rejoice always, pray continually, and give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18)

Other sources

"This is a wonderful day. I've never seen this one before." *Maya Angelou*

"In ordinary life, we hardly realise that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." *Dietrich Bonhoeffer*

"No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude." *Alfred North Whitehead*



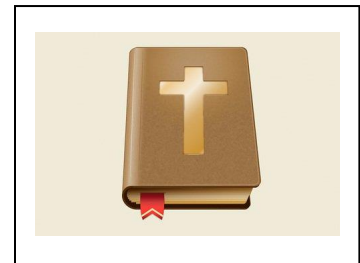
"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." A.A. *Milne*

GENEROSITY – You give what you have by sharing it with others or helping someone who is in need. You give and do not expect a gift in return or any attention, praise or reward for giving and you do it cheerfully. To share what you have teaches you not to be selfish. Generosity helps you to treat other people as your neighbour. You are not afraid of losing what you give. You are generous because you know there is enough for everyone.

Biblical sources

"Freely you have received, freely give." (Matthew 10:8)

"You should give what you have decided to give, not grudgingly or because you are made to, for God loves a cheerful giver." (2 Corinthians 9:7)



"When you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have received their reward. ³But when you give alms, do not let your left hand know what your right hand is doing, ⁴so that your alms may be in secret; and your Father who sees in secret will reward you." (Matthew 6:2-4)

"If anyone is poor among you ... be openhanded and freely lend them what they need." (Deuteronomy 15:7-8)

"Good will come to those who are generous and lend freely, who conduct their affairs with justice." (Psalm 111:5)

"The generous will be blessed, for they share their food with the poor." (Proverbs 22:9)

"The generous person will prosper, those who water will be refreshed." (Proverbs 11:25)

"If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?" (1 John 3:17)

"Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back." (Luke 6:38)

"Do not store up treasures for yourself on earth... But store up treasures for yourselves in heaven... For where your treasure is, there will your heart be also." (Matthew 6:19-21)

"There is more happiness in giving than in receiving." (Acts of the Apostles 21:35)

"Warn those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Tell them to do good, to be rich in good deeds, and to be generous and willing to share." (1 Timothy 6:17-18)

"This has taught us love – that he gave up his life for us; and we, too, ought to give up our lives for our brothers and sisters. If anyone who was rich enough in this world's goods saw one of their brothers or sisters in need, but closed their heart to them, how could the love of God be living in them? My children, our love is not just words or talk, but real and active." (1 John 3:16-18)

"As he looked up he saw rich people putting their offerings into the treasury; then he happened to notice a poor widow putting in two small coins, and he said, 'this widow has put in more than any of them; for these have all put in money they had over, but she from the little she had has put in all she had to live on.'" (Luke 21:1-4)

Other sources

"You give but little when you give of your possessions. It is when you give of yourself that you truly give." (Kahlil Gibran)

"If beings knew, as I know, the fruit of sharing gifts, they would not enjoy their use without sharing them, nor would the taint of stinginess obsess the heart and stay there." (Buddhism: *Itivuttaka* 18) "He who gives alms in secret is greater than Moses." (*Talmud*, Judaism)

SOLIDARITY – You see all human beings as members of one family, all are brothers and sisters who depend on each other for everything. If you see that someone or a group of people are in need, in solidarity with them you help them. You treat everyone with respect and you treat whoever you meet or help as another 'you' or self. You see other people's needs and act to meet their needs before meeting your own. Solidarity is a cure for selfishness.

Biblical sources

"There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus."
(Galatians 3:28)

"If one member suffers, all suffer together; if one member is honoured, all rejoice together." (1 Corinthians 12:26)

"For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another." (Romans 12:4-5)

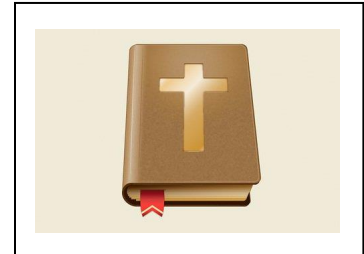
"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" (Matthew 25:40)

Catholic sources

"Solidarity highlights in a particular way the intrinsic social nature of the human person, the equality of all in dignity and rights and the common path of individuals and peoples towards an ever more committed unity." (Catholic Social Teaching, 192)

"Solidarity is also an authentic moral virtue, not a "feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good. That is to say to the good of all and of each individual, because we are all really responsible for all". Solidarity rises to the rank of fundamental social virtue since it places itself in the sphere of justice. It is a virtue directed par excellence to the common good, and is found in "a commitment to the good of one's neighbour with the readiness, in the Gospel sense, to 'lose oneself' for the sake of the other instead of exploiting him, and to 'serve him' instead of oppressing him for one's own advantage." (Catholic Social Teaching, 193)

"The principle of solidarity requires that men and women of our day cultivate a greater awareness that they are debtors of the society of which they have become part. They are debtors because of those conditions that make human existence liveable, and because of the indivisible and indispensable legacy constituted by culture, scientific and technical knowledge, material and immaterial goods and by all that the human condition has produced. A similar



debt must be recognized in the various forms of social interaction, so that humanity's journey will not be interrupted but remain open to present and future generations, all of them called together to share the same gift in solidarity." (Catholic Social Teaching, 195)

"The unsurpassed apex of the perspective indicated here is the life of Jesus of Nazareth, the New Man, who is one with humanity even to the point of "death on a cross" (Phil 2:8). In him it is always possible to recognize the living sign of that measureless and transcendent love of God-with-us, who takes on the infirmities of his people, walks with them, saves them and makes them one." (Catholic Social Teaching, 196)

"Love the poor. And never turn your back on the poor. For, in turning your back on the poor, you turn away from Christ. He made himself the hungry, miserable, homeless, so that you and I might have the opportunity to love him." (St. Teresa of Calcutta)

"Education for solidarity is not only about teaching to be good and generous or raising funds, participating in social work, supporting foundations and NGOs. It is also about creating a new mentality, thinking in terms of community, prioritizing everyone's life and well-being above greediness and egoism." (Pope Francis)

"Our schools must follow a well-defined criterion: that of fraternal solidarity which, allow me to say, should indelibly mark the educational endeavor of Christian teachers in as much as they, above and beyond any other jobs, are dealing with persons, the little ones, who are put under their care to help them become fully human. The criterion that breaks the logic of competitive individualism is solidarity." (Pope Francis)

"To be affected by those who are out or at the edge of the road and to sympathise with them is the attitude of the men and women who recognize their own faces, both muddy and precious, in the faces of the others and, therefore, do not reject them." (Pope Francis)

"To believe that every person is my brother or sister is the condition that makes our own humanity possible, therefore, everything we do should ultimately be focused on how to find, discover, perfect and disseminate concrete ways of knowing and living this fundamental truth." (Pope Francis)

Other sources

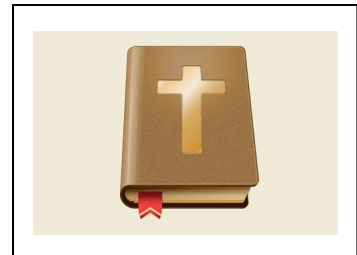
No man is an island entire of itself; every man
is a piece of the continent, a part of the main;
if a clod be washed away by the sea, Europe
is the less, as well as if a promontory were, as
well as any manner of thy friends or of thine
own were; any man's death diminishes me,
because I am involved in mankind.
And therefore never send to know for whom

the bell tolls; it tolls for thee. (John Donne)

LOVE OF NEIGHBOUR – you do not think only about yourself, but are ready to help meet the needs of other people. You understand that anyone who is in need, whoever they are or wherever they live, is your neighbour. Jesus asks you to love everyone which is sometimes not easy, but if you practise love when it is easy to do, you will become, with God’s help, able to love even when it is difficult and when you are not loved in return.

Biblical sources

“You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is: You shall love your neighbour as yourself.” (Matthew 22:37-39)



“Love your enemies.” (Matthew 5:44)

“Always treat others as you would like them to treat you.” (Matthew 7:12)

“But wanting to justify himself, he asked Jesus, ‘And who is my neighbour?’ Jesus replied, ‘A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while travelling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, “Take care of him; and when I come back, I will repay you whatever more you spend.” Which of these three, do you think, was a neighbour to the man who fell into the hands of the robbers?’ He said, ‘The one who took pity on him.’ Jesus said to him, ‘Go and do likewise.’” (Luke 10:29-37 from The Parable of the Good Samaritan)

“Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when

was it that we saw you sick or in prison and visited you?" And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." (Matthew 25: 34-41 from the Parable of the Final Judgement)

Catholic sources

"It seems to me that we cannot accomplish any good while we indulge in self-seeking." (St. Therese of Lisieux)

"If you do not love your brother who is right before your eyes, you cannot love God whom you do not see." (St. Augustine)

"If I can help at least one person to have a better life, that already justifies the offering of my life. It is a wonderful thing to be God's faithful people. We achieve fulfilment when we break down walls and our heart is filled with faces and names." (Pope Francis)

RESPECT – you show respect when you treat other people as you would like to be treated. You treat people with courtesy and kindness not because of who they are or what they have done, but because, like you, they have a God-given dignity. You respect yourself so that you have the confidence to be yourself and not give in to things you know are wrong or not to give in to those who want you to do things you don't want to do. You show respect for creation through your care for nature.

Biblical sources

"So in everything, do to others what you would have them do to you." (Matthew 7:12)

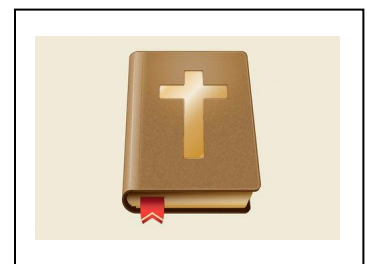
"Show proper respect to everyone." (1 Peter 2:17)

"Don't do anything from selfish ambition or from a cheap desire to boast, but be humble toward one another, always considering others better than yourselves." (Philippians 2:3)

"Respect your father and mother" is the first commandment that has a promise added: "so that all may go well with you, and you may live a long time in the land." (Ephesians 6:2-3)

"In all things you yourself must be an example of good behaviour." (Titus 2:7)

"Love one another warmly as Christians, and be eager to show respect for one another." (Romans 12:10)



“Be kind and honest and you will live a long life; others will respect you and treat you fairly.”
(Proverbs 21:21)

RESPONSIBLE CITIZENSHIP – A citizen is a member of a community. You want to play your part within your school, workplace or neighbourhood. You are committed to finding ways to help your community, seeing each person in your community as your neighbour. You put solidarity into action.

Biblical sources

“Much is required from the person to whom much is given” (Luke 12:48)

“There is no permanent city for us here on earth; we are looking for the city which is to come... Do not forget to do good and to help one another, because these are the sacrifices that please God.” (Hebrews 13:14; 16)

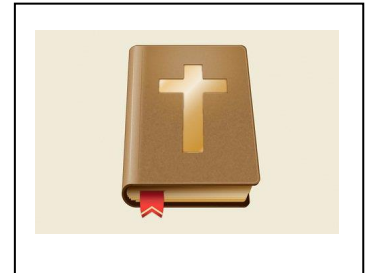
“It is God who reconciled us to himself through Christ and gave us the work of handing on this reconciliation.” (2 Corinthians 5:18)

Catholic sources

“You are a citizen not by the mere act of voting, but by your vocation and commitment to build a nation of solidarity.” (Pope Francis)

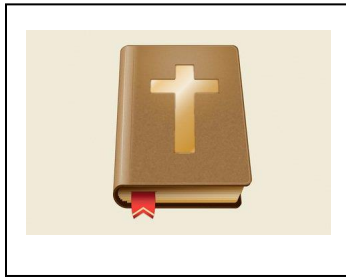
Other sources

“No problem is solved when we idly wait for God to undertake full responsibility.” (Martin Luther King)



TEMPERANCE – You are not carried away by powerful feelings or emotions and things you want. You balance your strong emotions and things you want with what is best for you and other people. You know that seeking only what you want or always getting what you want isn't good for you or other people. Little by little, you are able to balance your emotions and what you want with your own needs, and the needs of others and the environment.

Biblical sources



“Everyone should be quick to listen, slow to speak and slow to become angry.” (James 1:19)

“Be hospitable, a lover of good, self-controlled, upright, holy, and disciplined.” (Titus 1:8)

Other sources

“observe due measure; moderation is best in all things” (Hesiod, Ancient Greek poet)

“the right quantity produces, increases and preserves the body. So it is the same with temperance, courage and the other virtues. This much then, is clear: in all our conduct it is the mean that is to be commended.” (Aristotle)

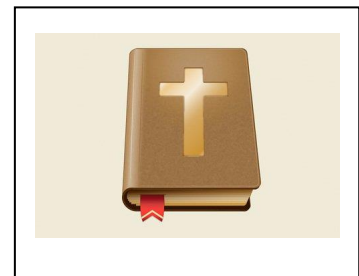
SIMPLICITY – You know what really matters in your life. You live simply and you don't look out for the next thing to buy or follow. You are not afraid to live with less things. Little by little you realise that you don't need that many things to live a happy life. Living simply gives you time to think of others, do good and care for creation. Living simply helps you put more trust in God.

Biblical sources

“Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your strength.” (Deuteronomy 6:4-5)

“Be still, and know that I am God.” (Psalm 46:10 NIV)

“For where your treasure is, there your heart will be also.” (Matthew 6:21)



“But seek first the kingdom of God and his righteousness, and all these things will be added to you.” (Matthew 6: 33)

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3)

“Religion does bring large rewards, but only to those who are content with what they have. We brought nothing into the world, and we can take nothing out of it; but as long as we have food and clothing, let us be content with that.” (1 Timothy 6:6-8)

“The whole group of believers was united, heart and soul; no one claimed for his own use anything that he had, as everything they owned was held in common.” (Acts 4:32)

The Parable of the Rich Fool (Luke 12:16-21)

Catholic sources

“Too many possessions keep us from God: the parable of the rich fool teaches us that a life of too much ease, comfort, luxury and accumulation distracts us from God and tempts us to feel that true happiness can come from what we possess materially. Simplicity of lifestyle encourages us to trust more in God than in our personal capabilities.

- Simplicity of life undergirds mission: when we live simply, we are not attached to our own plans, designs or ambitions. Simplicity also allows for pastoral mobility because change is not feared.
- Simplicity of life aids pastoral charity: if our lives are choked by possessions, eating, drinking, shopping, expensive travel and vacations we will soon discover we have little time or energy to pour out ourselves in generous service to others.
- Simplicity of life is a witness to the world: simplicity of life offers a good example, encouraging people to practise selflessness, justice and charity. It is also a constant reminder to people that this world is not our permanent abode.
- Simplicity of life fosters solidarity with the poor: when we live simply, we are often closer to people who are poor because we understand their plight and they feel able to approach us.” (Ignatius Kaigama, Archbishop of Jos, Nigeria)

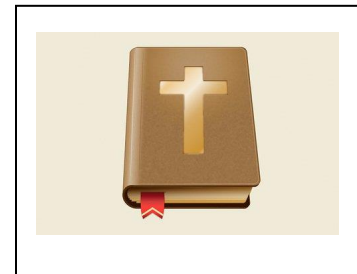
“We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that “less is more”. A constant flood of new consumer goods can baffle the heart and prevent us from cherishing each thing and each moment. To be serenely present to each reality, however small it may be, opens us to much greater horizons of understanding and personal fulfilment. Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little. It is a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to for what we lack. This implies avoiding the dynamic of dominion and the mere accumulation of pleasures. Such sobriety, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full. In reality, those who enjoy more and live better each moment are those who have given up dipping here and there,

always on the look-out for what they do not have. They experience what it means to appreciate each person and each thing, learning familiarity with the simplest things and how to enjoy them. So they are able to shed unsatisfied needs, reducing their obsessiveness and weariness. Even living on little, they can live a lot, above all when they cultivate other pleasures and find satisfaction in fraternal encounters, in service, in developing their gifts, in music and art, in contact with nature, in prayer. Happiness means knowing how to limit some needs which only diminish us, and being open to the many different possibilities which life can offer.” (Pope Francis, *Laudate Si* para. 222)

HUMILITY – you don’t think you are more important than other people. You do what is good because it is good not to attract attention to yourself or to impress other people. You are happy to help and serve other people and you think that their needs are important. You know that life is about learning and as you grow in humility you become aware that the more you know, there is always more to learn. You know you will make mistakes but you are willing to learn from your mistakes. When you need help, you are not too proud to ask for help.

Biblical sources

“And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.” (Deuteronomy 8:2-3)



“Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey.” (Zachariah 9:9)

“If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him.” (John 13:14-16)

“So he sat down, and called the Twelve and said to them, ‘If anyone wants to be first, he must make himself last of all and servant of all.’” (Mark 9:33)

“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in

the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant..." (Philippians 2:3-11)

"He leads the humble in what is right, and teaches the humble his way." (Psalm 25:9)

"Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight." (Romans 12:16)

Catholic sources

"Do you wish to rise? Begin by descending. You plan a tower that shall pierce the clouds? Lay first the foundation on humility. (St. Augustine of Hippo)

"Those who seek the truth become humble persons for they know that truth is difficult to be found." (Pope Francis)

Other sources

"See what you lack and not what you have, for that is the quickest path to humility." (Robert Llewelyn, *The Cloud of Unknowing*)

"Be humble and you will remain entire. The sage does not display himself, therefore he shines. He does not approve himself, therefore he is noted. He does not praise himself, therefore he has merit. He does not glory in himself, therefore he excels." (Taoism: *Tao Te Ching* 7)

GENTLENESS – You are careful in the way you speak to people and show care for all of God’s creation. You are gentle when you treat things carefully so that they do not break and you treat people and all God’s creation with care so you do not hurt them.

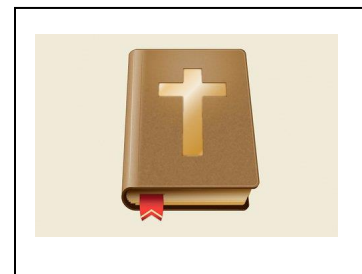
Biblical sources

"A gentle tongue is a tree of life." (Proverbs 15:4)

"Blessed are the gentle, for they shall inherit the earth."
(Matthew 5:5)

"With all humility and gentleness, with patience, bearing with one another in love..." (Ephesians 4:2)

"Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." (Matthew 11:29)



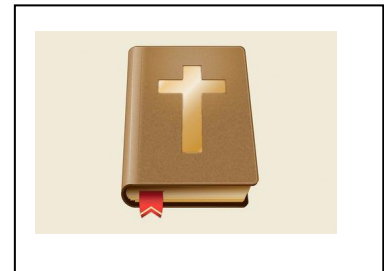
“But let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.” (1 Peter 3:4)

SELF-CONTROL – helps you get things done because you are focused on what you need to do and are organised. Sometimes emotions and worries can get in the way and stop you from choosing to do something. Self-control helps you control your thoughts and emotions so that they do not overwhelm you. You don't lose control of yourself when you are hurt or angry but decide how you are going to talk and what you are going to do.

Biblical sources

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (2 Timothy 1:7)

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.” (2 Peter 1:3-8)



“Like a city whose walls are broken through is a person who lacks self-control.” (Proverbs 25:28)

“Better a patient man than a warrior, a man who controls his temper than one who takes a city.” (Proverbs 16.32)

“But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control.” (Galatians 5:22-23)

ATTENTIVENESS – You take time to notice the big and small things of each day. You notice things and can focus on the things you notice so that you learn to be less distracted by everything that is going on or by the things you can use to distract yourself. You take notice of other people. You can appreciate the big and small parts of God’s creation from the universe or sunset to a creature or flower. You to reflect on what God is saying to you.

Biblical sources

“Be still, and know that I am God.” (Psalm 46:10)

“Faith comes by hearing, and hearing by the word of God.” (Romans 10:17)

“For we walk by faith, not by sight.” (2 Corinthians 5:7)

“Therefore we must pay much closer attention to what we have heard, lest we drift away from it.” (Hebrews 2:1)

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.” (Matthew 7:24)

“Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear, and who keep what is written in it, for the time is near.” (Revelation 1:3)

“But blessed are your eyes, for they see, and your ears, for they hear.” (Matthew 13:16)

“Your word is a lamp to my feet and a light to my path.” (Psalm 119:105)

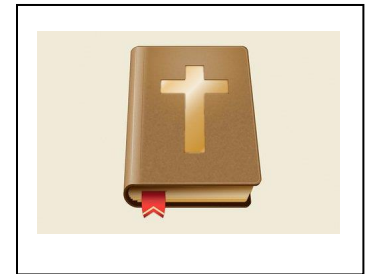
“Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” (Matthew 4:4)

“For this people's heart has grown dull, and with their ears they can barely hear, and their eyes they have closed, lest they should see with their eyes and hear with their ears and understand with their heart and turn, and I would heal them.’ (Matthew 13:15)

“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.” (Revelation 3:20)

“But he said, “Blessed rather are those who hear the word of God and keep it!” (Luke 11:28)

“As for Mary, she treasured all these things and pondered them in her heart.” (Luke 2:19 & 2:51)



“Three days later, they found him in the Temple, sitting among the teachers, listening to them, and asking them questions.” (Luke 2:46)

“On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there. One of those listening was a woman from the city of Thyatira named Lydia, a dealer in purple cloth. She was a worshiper of God. The Lord opened her heart to respond to Paul’s message.” (Acts of the Apostles 16:13-14)

LOVE OF LEARNING – you have a desire for knowledge and are happy learning new things and growing in understanding. You are attracted by what is worth knowing and away from what is not. You give time to learning and you seek what is true and what is good. You do not give time to rumour or gossip. You are open minded and open to change.

Biblical sources

“Let the wise hear and increase in learning, and the one who understands obtain guidance.” (Proverbs 1:5)

“Show me your ways, Lord, teach me your paths.” (Psalm 25:4)

“Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.” (Psalm 25:5)

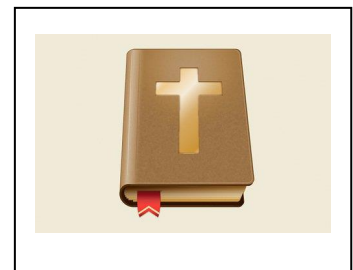
“For the Lord gives wisdom; from his mouth come knowledge and understanding.” (Proverbs 2:6)

“The heart of the discerning acquires knowledge, for the ears of the wise seek it out.” (Proverbs 18:15)

“Gold there is, and rubies in abundance, but lips that speak knowledge are a rare jewel.” (Proverbs 20:15)

“Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth. Do not forsake her, and she will keep you; love her, and she will guard you.” (Proverbs 4:5-6)

“Whatever you do, work heartily, as for the Lord and not for men.” (Colossians 3:23)



SENSE OF HUMOUR – you can see the funny side of things and can laugh at yourself. You recognise that you don't know everything. You are not too serious or self-important nor do you go too far and hurt people by what you say or do.

Biblical sources

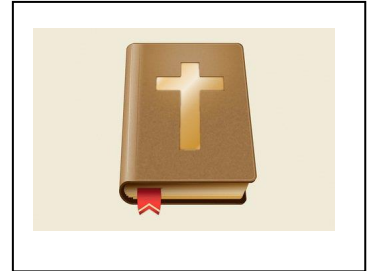
"a time to weep and a time to laugh, a time to mourn and a time to dance." (Ecclesiastes 3:4)

"He will fill your mouth with laughter and your lips with shouts of joy." (Job 8:21)

"Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them." (Psalm 126:2)

"Abraham was a hundred years old when his son Isaac was born to him. Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me." (Genesis 21:5-6)

"You hypocrite! First take the log out of your own eye, and then you will be able to see clearly to take the speck out of your brother's eye." (Matthew 7:5)



Catholic sources

"I see you are always laughing, and I am glad of it." (St. Ignatius of Loyola)

"From silly devotions, and from sour-faced saints, good Lord, deliver us"? (St. Teresa of Avila)

Prayer for Good Humour
by St. Thomas More

Grant me, O Lord, good digestion, and also something to digest.
Grant me a healthy body, and the necessary good humour to maintain it.
Grant me a simple soul that knows to treasure all that is good
and that doesn't frighten easily at the sight of evil,
but rather finds the means to put things back in their place.
Give me a soul that knows not boredom, grumblings, sighs and laments,
nor excess of stress, because of that obstructing thing called "I."
Grant me, O Lord, a sense of good humour.
Allow me the grace to be able to take a joke to discover in life a bit of joy,
and to be able to share it with others.

"An apostle must make an effort to be courteous, serene, enthusiastic and joyful, a person who transmits joy everywhere he goes. A heart filled with God is a happy heart which radiates an infectious joy: it is immediately evident! So let us not lose that joyful, humorous and even self-deprecating spirit which makes people amiable even in difficult situations. How beneficial is a

good dose of humour! We would do well to recite often the prayer of St. Thomas More. I say it every day, and it helps." (Pope Francis)

"It is requisite for the relaxation of the mind that we make use, from time to time, of playful deeds and jokes." (St. Thomas Aquinas)

COURAGE – You do something that needs to be done even when it is hard to do or you are scared to do it. Even though you are afraid, you overcome your fear and do the right thing. You know you can count on God's help and so you are never alone.

Biblical sources

"Courage!" Jesus said. "It is I. Do not be afraid!" (Matthew 14:27)

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9)

"Be strong and courageous." (Deuteronomy 31:6)

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!" (Psalm 27:14)

"Then David said to Solomon his son, "Be strong and courageous and do it. Do not be afraid and do not be dismayed, for the Lord God is with you. He will not leave you, until all the work for the service of the house of the Lord is finished." (1 Chronicles 28:20)

"Be strong, and let your heart take courage, all you who wait for the Lord!" (Psalm 31:24)

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10)

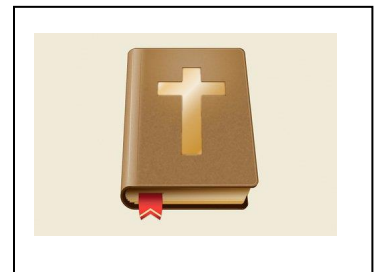
"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

Other sources

"Courage is the power of the mind to overcome fear." (Martin Luther King)

"Courage is being scared to death – and saddling up anyway." (John Wayne, actor)

"With courage, you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity." (Keshavan Nair)



PATIENCE – You are able to wait without complaining because you know that most things take time. You are calm and trusting. You know that waiting is sometimes painful or hard to do but you trust that later on something good will happen. You have enough self-control to wait and tolerate something because you know that you can't control the way someone is acting or what is happening.

Biblical sources

"Rejoice in hope, be patient in your troubles, and pray at all times." (Romans 12:12)

"Be patient and wait for the Lord to act, don't be worried about those who prosper or those who succeed in their evil plans. Don't give in to worry or anger; it only leads to trouble." (Psalm 37:7-8)

"With all humility and gentleness, with patience, bearing with one another in love." (Ephesians 4:2)

"Love is patient and kind" (1 Corinthians 13:4)

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." (Isaiah 40:31)

"Now be patient, brothers and sisters, until the Lord's coming. Think of the farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains and the spring rains. You too have to be patient; do not lose heart, because the Lord's coming will be soon." (James 5:7-8)

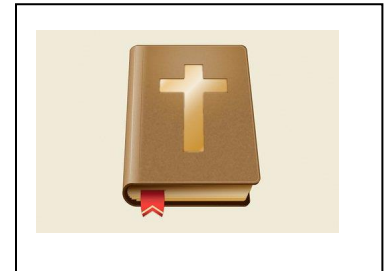
"As for those in the good soil, they are those who, hearing the word, hold to it with an honest and good heart, and bear fruit with patience." (Luke 8:15)

"And Abraham, having patiently waited, obtained the promise." (Hebrews 6:15)

Other sources

"God is with those who are patient and persevere." (Islam, Qur'an 2:153)

"Be patient with everyone, but above all be patient with yourself. I mean, do not be disheartened by your faults, but instantly set about remedying them – every day begin the task anew." (St. Francis de Sales)



PERSEVERANCE – You complete something or do something good even when it is hard to do or obstacles are put in your way. You can be relied upon because you are committed to seeing things through to the end.

Biblical sources

“By your *endurance* you will gain your lives.” (Luke 21:19)

“If we hope for what we do not see, with *perseverance* we wait eagerly for it.” (Romans 8:25)

“Know that the testing of your faith produces *endurance*. And let *endurance* have its perfect result, so that you may be perfect and complete, lacking in nothing.” (James 1:3-4)

“in your knowledge, self-control, and in your self-control, *perseverance*, and in your *perseverance*, godliness...” (2 Peter 1:6)

“But the seed in the good soil, these are the ones who have heard the word in an honest and good heart, and *hold it fast*, and bear fruit with *perseverance*.” (Luke 8:15)

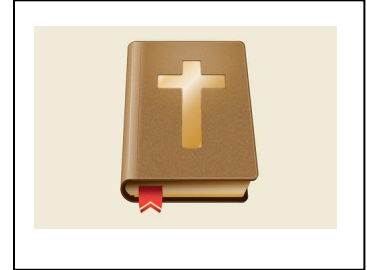
“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” (Galatians 6:9)

“And as for you, brothers and sisters, never tire of doing what is good.” (2 Thessalonians 2:13)

“And not only this, but we also exult in our tribulations, knowing that tribulation brings about *perseverance*; and *perseverance*, proven character; and proven character, hope...” (Romans 5:3-4)

Other sources

“The beauty of the soul shines out when a man bears with composure one heavy mischance after another, not because he does not feel them, but because he is of high and heroic temper.” (Aristotle)



RESILIENCE – You accept that there will be difficulties in life. You see these as a challenge and are not discouraged. You search for your inner strengths and faith to get you through personal challenges.

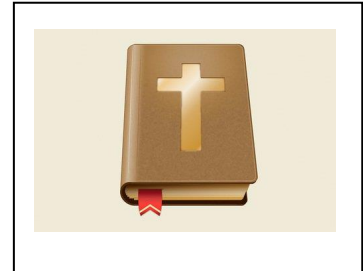
Biblical sources

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” (Romans 8:28)

“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.” (Joshua 1:9)

“Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.” (Psalm 23:6)

“...Weeping may endure for a night. But joy *comes* in the morning.” (Psalm 30:5.)



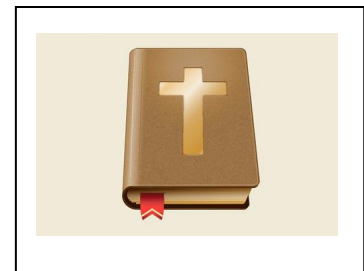
DETERMINATION – You are focused on a particular task and you stick with it until it is done. You know that something is important so you make sure that you do something about it. The energy and effort you put into something can show the importance of it to other people.

Biblical sources

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.” (1 Corinthians 9:24)

“I can do all things through him who strengthens me.” (Philippians 4:13)

“But Ruth said, “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the Lord do so to me and more also if anything but death parts me from you.” And when Naomi saw that she was determined to go with her, she said no more.” (Ruth 1:16-18)



“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:39)

“But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (Phillipians 3:14)

“Commit your work to the Lord, and your plans will be achieved.” (Proverbs 16:3)

“When the days drew near for him to be taken up, he set his face to go to Jerusalem.” (Luke 9:51)

“He entered Jericho and was passing through. And there was a man named Zacchaeus. He was a chief tax collector and was rich. And he was seeking to see who Jesus was, but on account of the crowd he could not, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was about to pass that way. And when Jesus came to the place, he looked up and said to him, “Zacchaeus, hurry and come down, for I must stay at your house today.” (Luke 19:1-9)

PRACTICAL WISDOM / GOOD SENSE – You decide, based on what you know, what is the best thing to do. You take time to think about what you must do and ask other people about it. You reflect on what you know and have been told and then decide to do something which you think is best.

Biblical sources

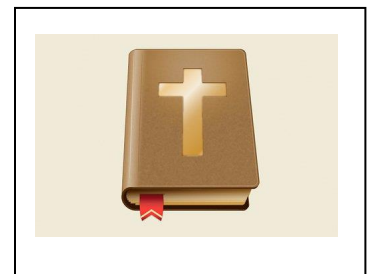
“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity” (Ephesians 5:15)

“For the Lord gives wisdom; from his mouth come knowledge and understanding.” (Proverbs 2:6)

“How much better to get wisdom than gold, to get insight rather than silver!” (Proverbs 16:16)

“Be wise in the way you act; make the most of every opportunity. Let your conversation be always full of grace so that you may know how to answer everyone.” (Colossians 4:5-6)

“Where there is trouble, there is pride, but wisdom is found in those who take advice.” (Proverbs 13:10)



"Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom." (James 3:13)

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock." (Matthew 7:24)

"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." (Philippians 4:8)

Church Teaching

"Prudence is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it; "the prudent man looks where he is going."⁶⁵ "Keep sane and sober for your prayers."⁶⁶ Prudence is "right reason in action," writes St. Thomas Aquinas, following Aristotle.⁶⁷ It is not to be confused with timidity or fear, nor with duplicity or dissimulation. It is called *auriga virtutum* (the charioteer of the virtues); it guides the other virtues by setting rule and measure. It is prudence that immediately guides the judgement of conscience. The prudent man determines and directs his conduct in accordance with this judgement. With the help of this virtue we apply moral principles to particular cases without error and overcome doubts about the good to achieve and the evil to avoid. (*Catechism of the Catholic Church*, 1806)

Other sources

"Practical wisdom is a true characteristic that is bound up with action, accompanied by reason, and concerned with things good and bad for a human being. Practical wisdom is concerned with human things and with those that about which it is possible to deliberate. The person with practical wisdom is skilled in aiming, in accord with calculation, at what is best for a human being in things attainable through action." (Aristotle)

"Practical wisdom is only to be learned in the school of experience. Precepts and instruction are useful so far as they go, but, without the discipline of real life, they remain of the nature of theory only." (Samuel Smiles)

"The experience gathered from books, though often valuable, is but the nature of learning; whereas the experience gained from actual life is one of the nature of wisdom." (Samuel Smiles)

REFLECTION – you take time to think about what you have done to learn about what went well and what you could have done differently or better: you think carefully about your actions to see how you can become a better person.

Biblical sources

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” (Romans 2:2)

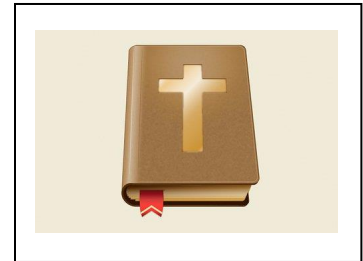
“Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye?” (Matthew 7:4)

“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (Joshua 1:8)

“Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves that Jesus Christ is in you?” (2 Corinthians 13:5)

“The Lord is my light and my help.” (Psalm 26:1)

“Let us examine our ways and test them, and let us return to the Lord.” (Lamentations 3:40)



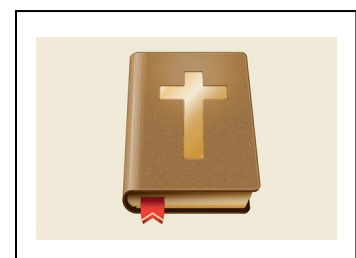
DELIBERATION /DISCERNMENT– you carefully consider what to do. You take time to think about something so that you can decide what to do next. You think about all the possible ways to meet a challenge or solve a problem and make a decision. You discern by taking the time, and making the effort, to notice when, where and to what God is calling you. You seek the best way forward in good faith, based on all you know.

Biblical sources

“And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ.” (Philippians 1:9-10)

“Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.” (1 John 4:1)

“Solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.” (Hebrews 5:14)



"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12)

"Give your servant therefore an understanding mind to govern your people, that I may discern between good and evil, for who is able to govern this your great people?" (1 Kings 3:9)

"Do not judge by appearances, but judge with right judgment." (John 7:24)

"Test everything; hold fast what is good." (1 Thessalonians 5:21)

"Whoever is wise, let him understand these things; whoever is discerning, let him know them; for the ways of the Lord are right, and the upright walk in them." (Hosea 14:9)

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