

Education in Virtue

April | *Honesty*

“A temperate man is one who is master of himself. One in whom passions do not prevail over reason, will, and even the ‘heart’.” -Pope Saint John Paul II

Definition of Virtue	Honesty – Sincerity, openness, and truthfulness in one’s words and actions.
Monthly Prayer	<p style="text-align: center;">Prayer for Honesty</p> <p style="text-align: center;">Dear Jesus, You said, “I am the Truth” (John 14:6). You have made me for Truth, because You have made me for yourself. Help me be honest in all that I say and do, that I might know true happiness in You. Amen.</p>
Cardinal Virtue Connection	Temperance enables one to be moderate in the pleasure and use of created goods.
Key Points	<ul style="list-style-type: none"> ● Aims to perfect our emotions by moderating their attraction to pleasure ● Moderates desires and pleasure, particularly of food, drink, and sexuality ● Aims to create balance in the pursuit of pleasure
Related Gift of the Holy Spirit	Fear of the Lord - brings forth the fear of offending God by sin.
Effects of the Gift of the Spirit	<ul style="list-style-type: none"> ● Sees God as a loving Father; puts His love at the center of one’s life ● Regulates one’s desires from within ● Horror and sorrow for sin because it is a loss of friendship with God ● Gives vigilance in avoiding sin and occasions of sin

<p>Saints Who Exemplify the Virtue</p>	<ul style="list-style-type: none"> ·St. Stephen ·St. Bridget of Sweden ·Bl. Henry Suso ·St. John Chrysostom
<p>Catechism References</p> <p>Link: Catechism Online</p>	<p>CCC #2733 - Another temptation, to which presumption opens the gate, is <i>acedia</i>. The spiritual writers understand by this a form of depression due to lax ascetical practice, decreasing vigilance, carelessness of heart."The spirit indeed is willing, but the flesh is weak." The greater the height, the harder the fall. Painful as discouragement is, it is the reverse of presumption. The humble are not surprised by their distress; it leads them to trust more, to hold fast in constancy.</p>
<p>Opposing Traits</p>	<ul style="list-style-type: none"> ·Being dishonest in words and actions ·Telling lies, gossiping, etc.
<p>Ways to Cultivate</p>	<ul style="list-style-type: none"> ·Tell the truth always ·Not covering up mistakes ·Speaking up when someone is being treated wrongly ·Be aware that God knows your heart ·Don't hide things from your parents or friends ·Seek to live and speak the truth even when it is hard
<p>Scripture References</p>	<ul style="list-style-type: none"> ·Proverbs 6:16-20 ·Proverbs 10:9 ·Daniel 13 ·Matthew 21:28-31 ·Mark 5:33 ·Luke 19:8 ·Acts 5:1-10 ·Ephesians 4:25 ·James 1:26 ·1 Peter 3:10-12
<p>Virtue of Religion in Action</p>	<p>Adoration: Supreme homage and worship given to God alone</p> <p>Prayer: Lifting of heart and mind to God; includes adoration, contrition, thanksgiving, and supplication</p> <p>Sacrifice: Offering made in loving conversation to God</p> <p>Promises: Simple resolution or commitment made to God</p> <p>Vows: Deliberate and binding promise made to God (e.g., evangelical counsels of poverty, chastity, obedience)</p>