

Examples of the 4 Moral Virtues (+ 4 quick ways to re-direct your thoughts!)

Don't think *that* (it's *less* like Jesus)

Think *THIS* (it's *more* like Jesus!)



Virtue #1: JUSTICE



OLD YOU

I can't wait to tell Diane what Jane said this morning. Diane was so right about Jane's hypocrisy!

NEW YOU

This isn't really our business. I want my friendships to radiate the mercy God gives *me*—instead of gossiping.

WHY: *Justice tells us to avoid harming anyone's reputation, because their good reputation is something they have a right to keep. Instead, we can repent of our faults and the times we've said things like Jane said, or worse.*



Virtue #2: COURAGE



OLD YOU

I have a few minutes, so I should buy something for that panhandler to eat. But I feel bad I can't do more for him, and I feel self-conscious in front of everybody.

NEW YOU

God has put me in this man's path today. I will let Jesus greet him through me. Lord, I will buy You some food—by offering it to the man in front of me.

WHY: *Most things worth doing are outside our comfort zone. Think of how "virtue heroes" like St. Teresa of Calcutta prayerfully stepped way out there for love of God—to be His hands and feet, his smile, His "yes" in the world. Whatever good thing you are called to do, step out. You can do this!*



Virtue #3: SELF-CONTROL



OLD YOU

I should be eating better, but I'm so tired after work, and lonely, especially after that run-in with my impossible boss today. I'll just stop for a double cheeseburger with fries on the way home.

NEW YOU

I want God's joy *despite the fatigue*. God, please guide me to what You want for me tonight....Oh, I just remembered I have eggs for a fried egg sandwich and some melon and banana for a smoothie. And I'll call my sister, who always makes me laugh. *Thank you, God!*

WHY: *Practicing self-control in pleasurable things gives us a strength we can bring to everything we do. Blowing God off with, "Maybe next time" can keep us distant. When we feel weak, ask Him for strength—unexpected answers will come. And we'll be closer to Him, and stronger, for having asked.*



Virtue #4: PRUDENCE



OLD YOU

I'll just do one more thing before I go to bed—maybe two.

NEW YOU

Going to bed on time will make me stronger tomorrow.

WHY: *Prudence is the process of looking at the big picture as we make choices—taking into account how our decision will affect other people and things that are important to us. If we prayerfully focus on the big picture, we can make decisions that we'll be happy about tomorrow!*



Hi, I'm **Rose Folsom**. By the grace of God, I help transform the lives and businesses of Catholics by helping them cultivate the deep connection with God that is the foundation for the flourishing of their mission. If, for whatever reason, your connection with God could use a boost, let's talk: [Book-a-chat-with-rose](#).