



VIRTUE=STRENGTH.TM

VIRTUE

VIRTUE

A virtue is an habitual and firm disposition
to do the good.

VIRTUE=STRENGTH.

VIRTUE

DEFINITION

A virtue is an habitual and firm disposition to do the good.

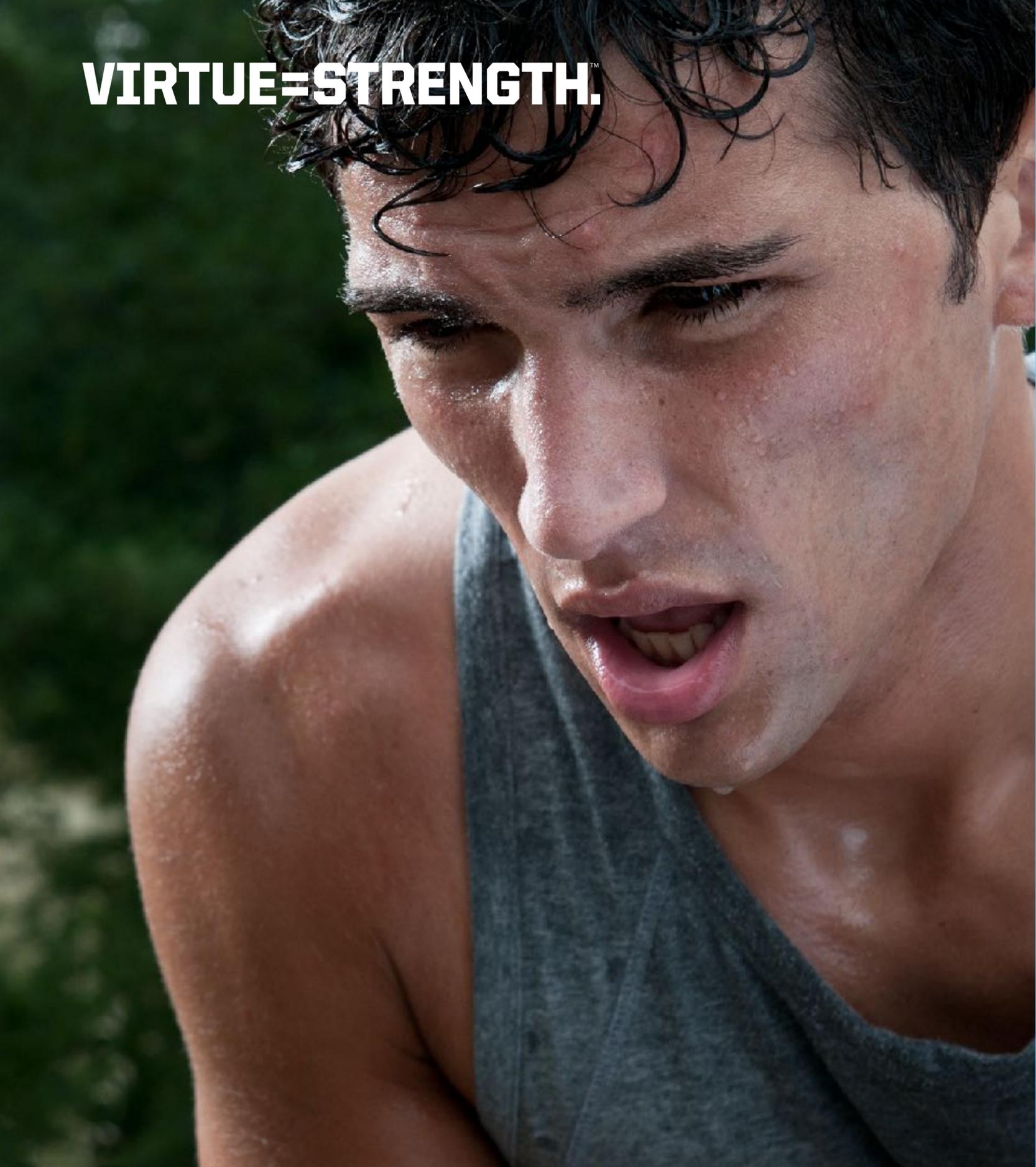
It allows the person not only to perform good acts, but to give the best of himself.

The virtuous person tends toward the good with all his sensory and spiritual powers;

he pursues the good and chooses it in concrete actions.

Catechism of the Catholic Church # 1803





VIRTUE=STRENGTH.™

VIRTUE

VIRTUE VS. VICE

It is not easy to grow in virtue. It is a struggle.

This is why we use VS. for Virtue = Strength.

As we become more virtuous there is less of a struggle to overcome temptation.

How many pushups can you do? The more you do pushups, the more pushups you can do, right?

In a similar manner we need to train our willpower and souls so that when the time comes and we're faced with a temptation, we're ready and able to overcome that temptation. The more virtuous we become, the greater ability we have to overcome temptations.

VIRTUE=STRENGTH.™



VIRTUE

[CLICK HERE FOR ALL THE VIDEOS
IN GOOGLE SLIDES](#)

[CLICK HERE FOR THE
TEACHER & STUDENT VIDEO
WORKSHEETS](#)



SAINT STORY

St. Clare of Assisi

August 11

[Click here for more information on St. Clare.](#)

In 1224, an army of rough soldiers from Frederick II came to attack Assisi. Although very sick, Clare went out to meet them with the Blessed Sacrament. She had the Blessed Sacrament placed at the wall where the enemies could see it. Then on her knees, she begged God to save the Sisters.

"O Lord, protect these Sisters whom I cannot protect now," she prayed. A voice seemed to answer: "I will keep them always in My care." In that moment, a sudden fright struck the attackers and they fled as fast as they could without harming anyone in Assisi.



RESOLUTION

Always say 'Please' and 'Thank You'.

FAMILY RESOLUTION

Parents and Guardians: Get some Blessed Holy Water and bless your spouse and children by making the Sign of the Cross on their foreheads each day.



VIRTUE=STRENGTH.TM

VIRTUE

VICE



Vice is the intentional weakness of a habit
inclining one to sin.

VIRTUE=STRENGTH.TM

VICE

EXAMPLES OF VICE

**SELFISHNESS
LAZINESS
ARROGANCE
DISRESPECT
CHEATING
MALICE
COWARDICE
GLUTTONY**





VIRTUE=STRENGTH.™

Virtue = Strength is a program of © SportsLeader.
SportsLeader is a charitable non-profit 501(c)(3) corporation.
1974 - A Douglass Blvd. Louisville, KY 40205